

**“IT WAS EASIER TO ASK FOR
HELP AFTER I’D TALKED TO
MY COLLEAGUES.”**

**FAMILY
VIOLENCE**
IT’S NOT OK

IT IS
OK TO ASK
FOR
HELP

| 0800 456 450
| www.areyouok.org.nz

Confidential help is available:

**“IT WAS EASIER TO
ASK FOR HELP WHEN
I KNEW MY MATES
SUPPORTED ME.”**

**FAMILY
VIOLENCE**
IT'S NOT OK

**IT IS
OK TO ASK
FOR
HELP**

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| www.areyouok.org.nz

Confidential help is available:

**“IT WAS A GREAT WEIGHT
OFF MY SHOULDERS WHEN
I FINALLY TALKED ABOUT IT
WITH THE BLOKES AT WORK.”**

**FAMILY
VIOLENCE**
IT'S NOT OK

IT IS
OK TO ASK
FOR
HELP

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Confidential help is available:

**“THE WOMEN AT WORK WERE
SO KIND AND HELPFUL
- I WISH I'D TALKED TO
THEM YEARS AGO.”**

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VIOLENCE**
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OK TO ASK
FOR
HELP**

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Confidential help is available:

**“I JUST WANTED A BIT OF
SUPPORT. EVERYONE AT
WORK REALLY CARED
- IT MADE ALL THE
DIFFERENCE.”**

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VIOLENCE**
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FOR
HELP

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Confidential help is available:

**“IT WAS SUCH A RELIEF
WHEN MY FRIENDS AT
WORK FINALLY ASKED ME
WHAT WAS GOING ON.”**

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