

IT IS
OK
TO ASK
FOR HELP

TE AU MEA KARE I OK

Kare i te mea tau kia maku, me kore ra, kia tāmatakutaku'ia tetai o te kopu tangata e tetai rai o ratou. Kare takiri i te mea ok me ko toou patana, me kore ra, ko tetai o te mema o te kopu tangata te ka:

- tāmatakutaku, me kore ra, te ka akamataku atu ia koe
- akatakake ia koe kia noo koe ko koe anake ua
- amiri ia koe e kare koe e mareka i tana tu amiri'anga
- tuatua akakino atu ei ravenga i te akatere ia koe
- rave kino i te ngutuare e te au apinga ei ravenga i te tāmatakutaku ia koe
- rutu, turaki, 'o'oni, komiri i to karaponga, komiri ketaketa ia koe
- akatupu i te maku kia koe no te au mea te ka aru mai
- tāpu i taau moni mei kona mai ia koe.

“ KA TUERA TETAI
AO OU MEITAKI,
NO TEIA TANGATA
TE KARE TE
ANGAANGA KINO
MAATA E TUPU
KIAIA.”



E TANGATA AINEI TETAI E RAVE ANGAANGA KINO MAATA RA KIA KOE?

Me te raveia ra te angaanga kino maata kia koe, e akakite koe ki tetai tangata, mei tena e, ki tetai taeake, ki tetai mema o te kopu tangata, ki tetai taeake angaanga o'ou, ki tetai puapii, me kore ra, ki tetai tangata akono tiaki tangata, ki tetai pu ona angaanga, me kore ra, ki tetai tangata angaanga rapakau, me kore ra, ki tetai putuputu'anga no te au ngutuare te ka roko'ia e te angaanga kino maata.

KA TUPU AINEI TE KINO KIA KOE?

Me te noo ra koe, me kore ra, tetai au mema o te kopu tangata ma te maku, me kore ra, ka roko'ia kotou e te angaanga kino maata, tena i reira, kua tupu takere te turanga kino pakari noou. E au putuputu'anga oronga tauturu to te au oire no teia au angaanga kino me tupu ake, te ka rauka i te tauturu ia koe.

E MEA OK TE PATI TAUTURU

Ka rauka te tauturu noou me te:

- manamanata ra koe i toou uaorai piri'anga
- maku ra koe, me kore ra, te manamanata kino ra
- mareka-kore ra koe i taau uaorai au tu peu
- manamanata ra koe i tetai tangata ke mai
- manamanata ra koe i te au tamariki taau i kite
- mareka-kore ra koe i te angaanga kino maata e tupu ra i roto i toou oire.



Me ka roko'ia viviki'ia koe e te kino maata, ringi'ia te numero **111** ma te pati atu i te Akava

Founu'ia te putuputu'anga o te Tamariki, te Mapu e te Kopu Tangata (Child Youth and Family)
0508 326 459

Founu'ia te shine* (Au Ngutuare Meitaki i Nu Tireni i te au Ra [Safer Homes in New Zealand Everyday])
0508 7440 633

Founu'ia te Punanga Akaruru o te Vainetini (Women's Refuge)
080 733 843

New Zealand Government



0800 456 450
www.areyouok.org.nz

KA ANOANO AINEI KOE I TE TIENI I TAAU UAORAI AU TU PEU?

Me te matakū ra toou kopu tangata ia koe, me kore ra, te akakite atu ra te tangata kia koe e, kare taau au tu peu e ok ra, ka anoano'ia koe kia akamanako meitaki i te kimi tauturu noou.

E maata te au putuputu'anga takapini ia Nu Tireni nei te ka rauka i te tauturu ia koe no teia.

E MEA OK TE PIRI ATU KI ROTO

I te maata'anga o te taime, te noo takake ra ma te akama te aronga e raveia ra te angaanga kino maata kia ratou. Penei, ka riro taau oronga turuturu ei mea puapinga maata.

Me akakite atu tetai tangata kia koe e, te noo ra aia ma te matakū, e irinaki koe iaia.

Me akakite atu tetai tangata kia koe e, te manamanata ra aia i tana au tu peu, e akarongo koe iaia.



TE MANAMANATA RA AINEI KOE I TE AU ANGAANGA KINO MAATA E TUPU RA I ROTO I TOOU OIRE?

Kia riro ko koe tetai i te akatuke i te tu manako e te peu a te iti tangata Nu Tireni no te angaanga kino maata e tupu ana ki te kopu tangata. Ka rauka ia koe i te:

- akamataua ia koe ki te aronga o te au ngutuare i te pae mai ia koe
- akapapu i toou uaorai kopu tangata kia noo ma te meitaki ma te kore takiri e angaanga kino maata e tupu
- tuatua me kite e me rongu koe i tetai au mea te ka riro i te tāmamanata ia koe
- komakoma no teia i ko i taau ngai angaanga, i taau karapu tārekareka, me kore ra, i taau putuputu'anga tāmataora
- turuturu i te au putuputu'anga te ka tauturu i te au ngutuare o te oire kia kore e angaanga kino maata e tupu kia ratou.



“KARE I TE MEA OK I TE AKATUPU I TE MATAKU KI TAAU ANAU TAMARIKI I ROTO I TO RATOU UAORAI NGUTUARE.”

TE NGAI E RAUKA MAI EI TE TAUTURU

Me e kino maata tei tupu, kapiki'ia te numero **111** ka pati ei i te Akava

No te au tuatua akakitekite no te ngai e rauka mai ei te tauturu i roto i toou oire:

Atoro'ia atu te roro uira atuitui

www.areyouok.org.nz

Kapiki'ia te numero **0800 456 450**

Tena te au ngai oronga tauturu o te au oire i roto i te akapapa'anga basileia i ko i te:

www.familyservices.govt.nz/directory/index.jsp

IT IS
OK TO ASK
FOR HELP