

Domestic Abuse Helpline

0508 744 633

The Shine Helpline

is available to anyone, anywhere in NZ, who is worried about their own situation, or that of a friend, family member or child. Our trained helpline staff are able to provide free, confidential support and advice.



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Call **free** from
any phone in NZ
9am - 11pm,
7 days a week.

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