



**WE TALK ABOUT  
FAMILY VIOLENCE HERE  
BECAUSE WE CARE AND  
WE'RE TRAINED TO HELP.**



**FAMILY  
VIOLENCE  
IT'S NOT OK** | **IT IS  
OK** **TO ASK  
FOR  
HELP**  
0800 456 450 [areyouok.org.nz](http://areyouok.org.nz)

