

He rauemi
hei āwhina

Information
and support

Local Rainbow community groups may be able to support you to connect to violence response services, or they may know which groups are most friendly for Takatāpui and Rainbow folks. Specialist support can really help after violence, or if you want to know about accessing free therapy, talking to the police or checking your health.



Hohou Te Rongo Kahukura: information and resources by Rainbow communities, for Rainbow communities, about family, partner and sexual violence: www.kahukura.co.nz

OutLine: mental health support for the rainbow community. Call 0800 688 5463 / 0800 OUTLINE or visit www.outline.org.nz to ask about rainbow support organisations near you.

Police Diversity Liaison Officers (DLOs): DLOs are the liaison between the Police and Rainbow communities. They can support Takatāpui and Rainbow folks to talk to the police about violence. Contact them via email DLOs@police.govt.nz to ask for help.

Te Kāhui Tika Tangata/Human Rights Commission: if someone has tried to change your identity, you may have experienced conversion practices. Call 0800 496 877 for support and advice.

Sexual Abuse Assessment and Treatment Service (SAATS): after any kind of sexual violence, SAATS offers free healthcare. SAATS specialist sexual assault medical services are available to people of all ages and genders in every part of the country – for recent or historic sexual violence. Find a service near you here: www.medsac.org.nz/saats-help

He awhi
kōhukihuki

Urgent help

These helplines are available 24/7

They are for all genders and can give you information about support services around the country, including Kaupapa Māori, Pasifika and ethnic support services.

**If you are in crisis,
call the Police on 111**

(if it is unsafe to speak, press 55)

Call **0800 456 450** or visit
www.areyouok.org.nz
for information about
family violence services.



Call **0800 044 334**
or visit www.safetotalk.nz

for confidential support for sexual harm.
They will help you find the best person or
agency, including access to healthcare
after sexual assault.



www.kahukura.co.nz

HE ĀWHINA MŌU? NEED HELP?

Takatāpui and Rainbow folks often struggle to recognise family, partner and sexual violence or think what is happening to us doesn't count.

But it does count, and you deserve the right help.



www.kahukura.co.nz



Sometimes we think the people who have hurt us have been hurt themselves, so they can't help it. Sometimes we are scared no one will believe us, or we feel shame about violence on top of the stigma we get from our culture, friends, family, community and media. Or we might be worried about the backlash if we do anything.

Everyone deserves specialist help and support after any kind of violence. We deserve help to be safe and recover from harm.


Whether you need urgent help to be safe right now, support after sexual harm, or to talk about something that happened a long time ago, there are services available, and many are free.

Services don't always know how to work with us, though many are trying. It's ok to take a friend or support person with you to check them out.

Whakaora

Recovery and healing after violence

It can be hard to talk about family, partner and sexual violence. Most people don't want to have to talk about violence again and again, so it is important to find the right person when you want specialist help.

There are also many forms of healing and recovery practices, not just talking therapies. 

There are Kaupapa Māori services, Pasifika and ethnic services, as well as services focused on different kinds of violence. It is perfectly ok to 'shop around' for a counsellor or service that's right for you.

You can ask these questions before you try a service, or spend your first session asking questions to make sure they are going to understand enough about who you are to support you appropriately.

It's ok to ask for what you want. If you're not getting good answers to your questions, it's also ok to leave.

Tou ake tūnga

Checking out about sexuality and gender

It's ok to ask questions specifically about your sexuality and gender, as well as cultural safety.

What do you know about [my sexuality]?



Look for: Honesty – it is better for the counsellor to say 'gosh, I know nothing' than to say stuff they're making up on the spot. Listen for things that resonate with you, and counsellors that don't assume things about your sexuality. If they say anything that makes you feel weird, uncomfortable or angry, it might be better to be talking to someone else. A good counsellor will challenge you to stretch your thinking, but you are the expert on your own sexuality, not them.

What do you know about [my gender]?

Look for: A client-centred approach. This means they will put you at the centre of the therapy. You need to know that they will not misgender you during therapy and that you will not be just an exciting project for them. A good counsellor will be honest about how much they know and will reassure you that they are not transphobic. It is not ok for the counsellor to ask you lots of questions about what it means to be trans, but they might ask you what it means for you, because we are all different.

Have you worked with other people of my sexuality/gender?

Look for: Reassurance that they either have experience or that they will do their own homework to understand the issues you might be facing better. A counsellor should never tell you any details about anyone else they have worked with – this is not reassuring, it's inappropriate and unprofessional.

What will you do to maintain my confidentiality?

Look for: Reassurance your counsellor understands that Takatāpui and Rainbow communities are small and interconnected. They may have to manage points of connection. What will they do if they see you out at an event? What will they do if you have mutual friends or acquaintances?

If I want to talk about something you don't understand, how will you find out about it?

Look for: Reassurance that they will look for information in appropriate spaces. They might attend workshops, seek professional development, access cultural supervision or do some reading. It is not appropriate for them to ask friends or family who are 'Rainbow' – our communities are small and it's too easy to identify people.

Have you got access to anyone who can support you about trans issues/issues relating to my sexuality?

Look for: The service recognizing the importance of cultural supervision for Takatāpui and Rainbow communities. This question might be a follow-up question – it is okay to ask questions more than once to reassure yourself.

What is your understanding of homophobia, biphobia, transphobia, etc?

Look for: Your counsellor's understanding that these issues impact us in every aspect of our lives, including asking for help after violence. Do they understand how biphobia leads to people dismissing bi people's experiences of sexual violence because they are expected to be 'up for it'? Are they going to understand sex-on-site venues? Do they understand trans people face violence every day, especially if they don't pass as cisgender? Do they understand our identities are often assumed to be caused by abuse?

Have you worked with other adult survivors of child sexual abuse?

Look for: Your counsellor having several years' worth of demonstrated experience. They should understand that if you experienced abuse before you came out or transitioned, that does not invalidate your identity in any way.

Have you worked with adult survivors of adult sexual assault?

Look for: Your counsellor having several years' worth of demonstrated experience. 