

# Support sheet



## Economic harm support

Economic harm is illegal. It is a form of family violence that can happen to anyone.

Our Financial Wellbeing Coach – Economic Harm can provide support with the financial challenges of family violence.

Our coach has experience in financial capability, advocacy and working with those who have experienced family violence and economic harm.

Call us today to speak to our Financial Wellbeing Coach – Economic Harm.

Or visit: [goodshepherd.org.nz/economic-harm](https://goodshepherd.org.nz/economic-harm) for more information.

### More than economic harm

If you suspect economic harm is occurring, other forms of family violence may also be present.

Family violence agencies are best placed to work with you to establish whether other forms of harm are occurring in your relationship and we would encourage you to call one of the agencies listed on the other side of this support sheet.

It is important to take some form of action to stop or address economic harm, but only when it is **safe** to do so.

**If your safety is at immediate risk, please call the New Zealand Police – 111**



Get support for  
economic harm

0800 466 370

### Possible signs of economic harm:

- Limited or no access to money or resources
- Child support isn't being paid
- Your employment situation becomes difficult due to constant harassment
- The car is damaged so you can't go anywhere
- Court processes are intentionally dragged out

Individually these warnings may mean very little, however several together could indicate economic harm.

For more information or to find support visit:

[goodshepherd.org.nz/economic-harm](https://goodshepherd.org.nz/economic-harm)

Or call: 0800 466 370





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# More support

## Family violence support

### Women's Refuge New Zealand

- 0800 733 843
- [womensrefuge.org.nz](http://womensrefuge.org.nz)

### Shine

- 0508 774 633
- [2shine.org.nz](http://2shine.org.nz)

### Aviva (Christchurch)

- 0800 2848 2669
- [avivafamilies.org.nz](http://avivafamilies.org.nz)

### Shakti

- 0800 742 584
- [shakti-international.org/shakti-nz](http://shakti-international.org/shakti-nz)

### Are you ok?

- 0800 456 450
- [areyouok.org.nz](http://areyouok.org.nz)

### Gandhi Nivas (Auckland support for men)

- 0800 426 344
- [gandhinivas.nz](http://gandhinivas.nz)

### Men's Health

- [menshealthnz.org.nz/support-for-men](http://menshealthnz.org.nz/support-for-men)

### He Waka Tapu

- 0800 (hey bro) 439 279
- [hewakatapu.org.nz/services/0800-hey-bro](http://hewakatapu.org.nz/services/0800-hey-bro)

## Legal support

Your local family violence specialist support providers are likely to be able to recommend a good lawyer for you who can do legal aid.

### Community Law

- [communitylaw.org.nz](http://communitylaw.org.nz)

### Citizen Advice Bureau

- 0800 367 22
- [cab.org.nz](http://cab.org.nz)

### Youth Law (for under 25-year-olds)

- 0800 884 529
- [youthlaw.co.nz](http://youthlaw.co.nz)

## Financial support

### Good Shepherd New Zealand - Good Loans

- 0800 466 370
- [goodshepherd.org.nz](http://goodshepherd.org.nz)

### Work and Income

- 0800 456 450
- [workandincome.govt.nz](http://workandincome.govt.nz)

### Money Talks

- 0800 345 123 or text 4029
- [moneytalks.co.nz](http://moneytalks.co.nz) (live chat available)

### Sorted

- [sorted.org.nz](http://sorted.org.nz) (live chat available)

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Good Shepherd  
New Zealand