

Support for victims and those affected by prohibited behaviour



Help is available

If you or someone else has been affected by bullying, discrimination, harassment or other forms of prohibited behaviour, there is support and help available.

The Law Society provides the following options:

Vitae Legal Community Counselling service

Phone 0508 664 981. You can access up to six free counselling sessions through Vitae. The service is available to anyone in a legal workplace including lawyers and non-lawyers.

It's available 24/7. There are three ways to access it:

- Free phone Vitae on 0508 664 981
- Complete Vitae's [online referral form](#)
- Download the Vitae New Zealand app from the App store or Google Play.

Law Care

Phone 0800 0800 28. Use this confidential service to discuss sensitive matters with a Law Society staff member. Our specially trained staff can provide a range of options and support services to help you.

National Friends Panel Sensitive List

The National Friends Panel is made up of lawyers willing to be contacted on a confidential basis by other lawyers with questions or concerns relating to practice issues. The [National Friends Panel Sensitive List](#) is a list of lawyers

who are available to discuss sensitive matters such as workplace bullying and harassment.

Contact details for the individual Friends are available on the Law Society website, and you can reach out to them directly.

Other options for support

The *Human Rights Commission* has a specific guide on dealing with sexual harassment. The Commission also offers a free, confidential service for anyone enquiring or complaining about discrimination, racial or sexual harassment – 0800 496 7877.

Other resources and organisations that can assist in relation to sexual harassment and assault:

- Safe to Talk: Send a text to 4334 and they will text you back
- Police: 111
- HELP: 09 623 1700
- Counselling Services Centre: 09 277 9324
- National rape crisis: 0800 883 300
- ACC (for assistance with funding support): ACC Sensitive Claims 0800 735 566
- Lifeline: 0800 543 354 (0800 LIFELINE)
- Sexual assault support centres near you: sexualabuse.org.nz

You may also have access to free confidential services or support schemes through your employer, such as an Employee Assistance Programme (EAP).

If you are a union member you may wish to contact your union and see what support they are able to offer you.