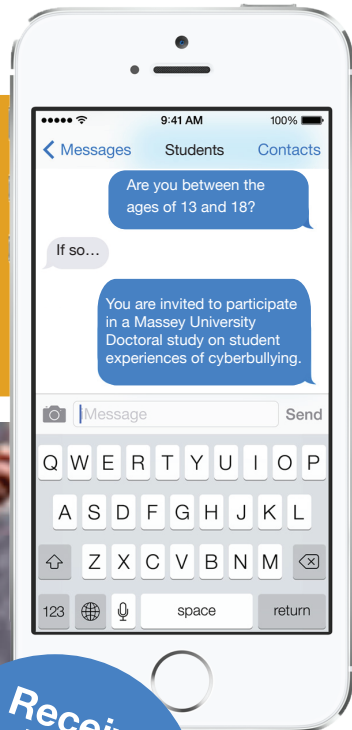


Have you ever experienced,
or have been involved in
'cyberbullying?'

Want to tell your story
in a safe & confidential
environment that
is free from judgement?



Receive
\$20
Westfield
Voucher

For further information:
Contact Adi Papirany
Email: adi.papirany.1@uni.massey.ac
Text or Phone: 0211569856



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UNIVERSITY OF NEW ZEALAND

If you (or someone you know) are having difficult thoughts or feelings about cyberbullying, there is some support available for you:

What's Up

Free Phone (daily from 1- 11pm): 0800 942 8787
Online Chat (daily from 7- 11pm): <https://public.mc.host-edcc.com/whatsupnz/forms/Chat/Chat>
This helpline is for young people aged 18 and under.

Kidsline

Free Phone (anytime): 0800 543 754
This helpline is for young people aged 18 and under.

Lifeline

Free Phone (anytime): 0800 543 35
This helpline is for people of all ages.

**Suicide
Crisis Helpline**

Free Phone (anytime): 0508 828 865
This helpline is for those who may be thinking about suicide, or are concerned about their friends and family.

OUTLine

Free Phone: 0800 688 5463
Hours: Mon-Fri 9am- 9pm/ Sat-Sun & holidays 6pm- 9pm
OUTLine is a confidential phone support service for LGBTIQ people, or people experiencing gender identity issues.

RainbowYOUTH

Phone (Mon- Fri 11am till 5pm): (09)376 4155
Email: info@ry.org.nz
Drop-in centre (Mon-Fri 11am- 5pm):
281 Karangahape Road, Newton, Central Auckland
RainbowYOUTH provides support for young queer and trans* people, friends and families.