



LINCOLN
UNIVERSITY
TE WHARE WĀNAKA O AORAKI

Something bad happened?

Sexual harm or relationship issues? We're here to help.

At Lincoln University, we take disclosures of sexual harm extremely seriously and we offer wide-ranging support and information services to all.



If you are currently in danger or need urgent medical help now, ring **111**.

If you would like to understand more about sexual harm and consent, see the information on the [New Zealand Police website](#).

If you have experienced an incident of sexual violence on campus, there are several steps you can take.

1

If possible, get to a place where you will be safe.

2

If you are a Halls of Residence student and the incident took place on campus, ring Jamie Threadwell, Accommodation Services Manager, on **022 131 7899**. The Halls Night Manager or Weekend Night Manager can be contacted on **0800 545 644**.

3

If the incident occurred during office hours, visit or phone **Student Health & Support** and request an urgent appointment using the **ASAP Card**. The staff at reception will know what this means and you won't have to give any other details. You will then be seen by someone from our sexual harm support team as soon as possible for current distress. If there is a short wait, you will be offered a private, safe place to sit. A GP or Nurse can arrange for you to see a counsellor, psychologist, or other health professional on your behalf.

4

If the incident took place on campus after hours, phone campus security on **0800 545 388**.

If you need support or advice, we're here to help.

Please don't hesitate to reach out to any of these contacts (see over page).



Sexual Harm Response and Prevention

Wellbeing Support is the first point of contact for any student affected by sexual harm. Your call or email will be answered by the on-call Wellbeing Advisor.

E: wellbeing.support@lincoln.ac.nz

M: 021 589 475

Available: 8.30am – 5pm weekdays

Located on the second floor of Hudson Hall

If you need assistance outside these hours (5pm – 8.30am) please; **free call 0800 044 334 or text 4334** (Safe to talk – 24/7 confidential, free sexual harm helpline) or **free text or call 1737** (Need to Talk service) or **free call 111** (Emergency services) or check the **SAFELU app**

Student Health & Support

P: 03 325 3835

LUSA

Kate Lindsay – Student Advocacy and Voice

P: 03 423 0582

Kate can offer support and connect you with other services. She also works with issues around safety on campus and can help you with academic support if you need it.

International Student Advisors

Denise Pelvin and Dee Hannam

P: 03 423 0086

M: 021 246 5233 (Dee)

Denise and Dee provide support to international students and can also help connect you to other services.

Support in the community

For specialist community help, there are a number of sexual harm support services available. You may want to seek further information or discuss your options. You can also talk to the police without being obligated to make a formal complaint.

New Zealand Police can offer support whether the sexual harm has just occurred or taken place in the last few days, weeks, months or years ago.

If you are unsure whether you want to report the sexual harm incident to the police, it may be helpful to visit their website for more information. Read more [here](#).

You may also find it useful to watch this series of videos from the New Zealand Police about the [journey of reporting a sexual assault](#).

Other Community Resources

You can also contact:

Safe to talk –

24/7 Confidential, free sexual harm helpline:

P: 0800 044 334

Text: 4334

E: support@safetotalk.nz

Live webchat on www.safetotalk.nz has a range of resources and information about sexual harm.

They offer free, confidential contact with a trained specialist and can connect you with support services in your community. They provide:

- Answers to questions about sexual harm
- Information about medical, emotional, and behavioural issues related to harmful experiences
- Explanations of what to expect if you make a report to the police

- A referral to specialists in your area
- Information for family/whānau and friends of people affected by sexual violence
- Information and contact with a specialist for anyone worried about their own sexually harmful thoughts or behaviour
- Information or a referral to medical practitioners for care or a forensic medical examination. This can happen without police involvement or while making up your mind about whether to contact the police
- 24/7 interpreter services in 100 languages. However, it is recognised that having an interpreter on the line for a sensitive topic can be uncomfortable for many people. Ethnically diverse staff can provide services in many of NZ's commonly spoken languages.

24/7 Sexual Assault Support Service Canterbury (SASSC):

P: 0800 2848 2669

SASSC provides 24/7 support to adults affected by sexual harm either recently or in the past.

Cambridge Clinic - (offers medical examinations)

P: 03 366 0067

The Cambridge Clinic is a specialist medical service for anyone affected by sexual harm regardless of their gender, age, sexual orientation, ethnicity, disability or residential status. Their trained staff provide medical and forensic examinations, and practical and emotional support. They can also refer you to other agencies that can help.

Te Puna Oranga

P: 03 381 8472

Te Puna Oranga is a non-profit organisation with a whānau-centred approach offering counselling and support.

To begin a chat online, follow this link – m.me/TePunaOranga

Shakti Ethnic Women's Support Group Christchurch

Hotline: 0800-742-584

The Shakti Ethnic Women's Support Group provides support services to international women experiencing domestic or sexual harm. This includes emergency accommodation for women refugees, migrants or asylum seekers (and their children); information and advocacy for women and children who experience domestic/sexual harm; advocacy on behalf of ethnic women with government agencies; interpreters and language assistance in different languages; and a drop-in centre for ethnic migrant and refugee women and children.

P: 03 940 9416

E: sewsg@shakti.org.nz

Location: 301 Tuam Street,

Christchurch Central, Christchurch 8011

W: <http://www.shakti.org.nz>

OUTLineNZ

P: 0800 688 5463 (6-9pm)

LGBTQIA* support line. Their trained volunteers can discuss topics around sexual orientation, gender identity and diverse sex characteristics. They can help you find sources of trusted information, connection to community or peers, and medical or mental health services.

W: www.outline.org.nz

Victims information from the Ministry of Justice

Website with supportive information, focusing mainly on the court process that would follow an arrest.

W: <https://sexualviolence.victiminfo.govt.nz>