

Helplines and reporting guide

Not sure what to do when you or someone else comes across content that sticks with them? Reporting it and talking to someone you trust can help prevent it from resurfacing in your feed—or your mind—later on.

Save this page, share it with friends, pin it up in a shared space (bathrooms are great), or include it in a newsletter. You're not alone – help is just a call or message away.

Helplines

Need to talk but unsure where to start? These free, confidential helplines are here to support you:



Free call Youthline **0800 376 633** or **text 234** to talk with someone from a safe and youth-centred organisation.



Free call or **text 1737** any time for support from a trained counsellor.



Free call OutLine Aotearoa **0800 688 5463** from 6pm to 9pm any evening to talk to trained volunteers from Aotearoa's rainbow communities.



For eating disorders support, contact the Eating Disorders Association of New Zealand (EDANZ) helpline on **0800 2 EDANZ / 0800 2 33269** or at info@ed.org.nz



Free call Safe to Talk **0800044334**, **text 4334** or live chat to talk with someone about sexual harm.



Wellstop is an organisation that aims to eliminate harmful sexual behaviour in our communities. Call **04 566 4745** or contact online: www.wellstop.org.nz/enquiries-and-contact.html

Where to report content in New Zealand

If you come across material that you believe may be illegal or harmful, you can report it:



Child sexual abuse material or terrorist content
Report directly to the Department of Internal Affairs



Harmful online behaviour
If someone is harassing you online, sharing intimate images without consent, or engaging in harmful digital communication, you can report it to Netsafe

If you are in immediate danger or need urgent help,
call 111 for the NZ Police.

How to report to platforms

If you see something on a social media platform that isn't okay, you should report it to the platform in the first instance.

Go to our website to report:

Reporting is important but so is protecting your own space.

Blocking or unfollowing content or accounts can help keep your feed safer and put you back in control of what you see.



Questions about harmful content and the law

- Are you unsure if something you've seen crosses the legal line?
- Do you have questions about illegal or extremely harmful content?

You can contact a member of the Classification Office team here.

Email: info@classificationoffice.govt.nz

Phone: +64 4 471 6770

Freephone: 0508 236 767

www.classificationoffice.govt.nz

Whether you're looking out for yourself or someone else, reaching out can make all the difference. A conversation, a report, or a simple call for help can be the first step towards feeling safer online and in real life.

**Classification
Office**

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