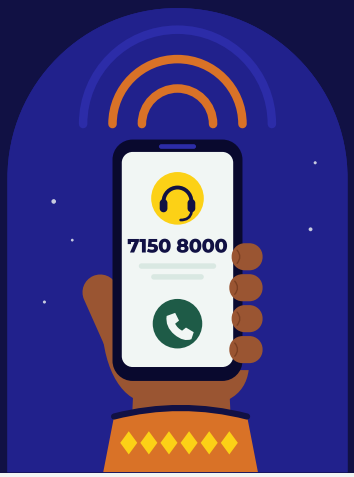
Shield PNG

WHERE TO GET HELP



Free, confidential, and no judgement. You do not need to have reported anything to anyone.

If you are in danger now, call the police.

TO TALK TO SOMEONE

1-Tok Kaunselin Helpim Lain

7150 8000

Free, confidential, 24 hours a day, every day, in English, Tok Pisin and Hiri Motu. Crisis counselling, safety planning, and connections to services near you. For most people this is the best first call, because the counsellors know what is actually available where you are.

CASE MANAGEMENT

Femili PNG

LAE	**7091 4027 or 472 8904**
PORT MORESBY	**7916 9063 or 325 1018**
GOROKA	**7217 9445**

A Papua New Guinean organisation that gives you a case worker to walk you through medical care, police, courts, protection orders and safe accommodation, so you are not doing it alone.

COUNSELLING

Community First PNG

714 71518 or 765 85653

Phone and online counselling, 24 hours, including crisis and trauma support. They take calls from men as well as women.

POLICE VICTIM SUPPORT

Victims of Crime Helpline

1800 200

Open 8am to 11pm daily. Even if you are not ready to report anything, they can explain your options.

SAFE HOUSES

More than fifty operate nationwide. Most run on donations. 1-Tok, Femili PNG or your nearest Family and Sexual Violence Unit can connect you to the closest one.

About reporting to police

It is worth knowing what to expect. Family and Sexual Violence Units exist in police stations and the officers there are trained, but the units are badly under-resourced and you may wait a long time. Of the reports made to them, only a small number currently end in an arrest, though hundreds of interim protection orders are granted each year and those are worth having.

None of that means do not report. It means go prepared. Take someone with you. Go early in the day. Bring anything you have – photographs, a record of dates, the name of anyone who saw. Ask for the Family and Sexual Violence Unit by name. If you are told this is a family matter, ask for the officer in charge. And call 1-Tok first if you can, because they can tell you which station in your area actually has a working unit.

If you are helping someone else

Believe her, sit with her, listen, help her feel safe. Do not say it was her fault. Do not rush her. Where you can, let her make the calls herself so the help fits what she actually needs. Going with her to the station is one of the most useful things anyone can do. And look after yourself – the numbers above are for you too.

One thing to do today

Put 7150 8000 in your phone now, before you need it.

