

**ELDER ABUSE
IT'S NOT OK**

SPEAK OUT



0800 326 6865

support@elderabuse.nz | text: 5032

SPEAK OUT

If you're concerned that someone is experiencing elder abuse, **it's OK to help.**

Something as simple as asking how they are can make a real difference.

The sooner you reach out, the sooner they can get help.

Reaching out

If you have concerns about someone, try asking:

- Are you ok?
- Do you want to talk?
- Is someone hurting you?
- Is there anything I can do?

Don't judge

Listen to what they have to say. Try to give the support, rather than giving them advice or telling them what to do.

Not sure?

Call the Elder Abuse Response Service **0800 326 6865**. This free helpline is available all day, every day.



Te Tari Kaumātua
Office for Seniors



Te Kāwanatanga o Aotearoa
New Zealand Government