To contact your local Women’s Refuge look under “W” in the White Pages, call the Police, or check out the website www.womensrefuge.org.nz. In an emergency call 111.

For further information, contact Women’s Refuge National Office at info@refuge.org.nz, or PO Box 11074, Wellington.

To donate $20 to Women’s Refuge call 0900 REFUGE (0900 73384).