

# Fact sheet

## Getting help and advice

### For individuals

If you are experiencing bullying, you can get help and advice here:

**Your Employee Assistance Programme for counselling and support:**

---

**Your workplace union for workplace support:**

---

#### WorkSafe NZ

[worksafe.govt.nz/adviceforworkers](https://www.worksafe.govt.nz/adviceforworkers)

Advice about bullying at work

**Employment Relations Authority** – 0800 20 90 20

For general queries on employment relations

**Citizen's Advice Bureau** – 0800 367 222

For information and advice

#### Human Rights Commission

[howtolaw.co](https://www.howtolaw.co)

0800 496 877

Their purpose is to promote and protect the human rights of all people in Aotearoa New Zealand.

Head to their website for advice or to [make a complaint](#) about discrimination.

## Find support around sexuality or gender identity

#### OUTLine NZ

[outline.org.nz](https://www.outline.org.nz)

0800 688 5463 (0800 OUTLINE)

For lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available Monday to Friday, 9am–9pm, and weekends/holidays 6pm–9pm

#### RainbowYOUTH

[info@ry.org.nz](mailto:info@ry.org.nz)

Facebook: [rainbowyouth](#), Twitter: [@RainbowYOUTH](#), Instagram: [rainbowyouth](#)

Offers support for young queer and gender diverse people up to the ages of 28

#### InsideOUT

[hello@insideout.org.nz](mailto:hello@insideout.org.nz)

Facebook: [insideoutkoaro](#), Twitter: [@insideoutkoaro](#), Instagram: [insideoutkoaro](#)

Offers speakers, consulting and staff training on rainbow diversity and inclusion in workplaces and schools

## For workplaces

### WorkSafe NZ

[worksafe.govt.nz/topic-and-industry/bullying-prevention-toolbox/](https://www.worksafe.govt.nz/topic-and-industry/bullying-prevention-toolbox/)

A suite of resources to support businesses

### Diversity Works NZ

[diversityworks.nz](https://diversityworks.nz/)

Support, advise and inspire New Zealand organisations to be better-by-diversity

## Mental Health Foundation resources

### Working Well

[mentalhealth.org.nz/workingwell](https://mentalhealth.org.nz/workingwell)

Resources for organisations so they can create a culture that prioritises the mental health and wellbeing of their employees.

### Open Minds

[mentalhealth.org.nz/open-minds](https://mentalhealth.org.nz/open-minds)

Online training materials and information to equip managers with the tools and confidence to talk about mental health.

### Pink Shirt Day

[pinkshirtday.org.nz](https://pinkshirtday.org.nz)

A national bullying prevention campaign to celebrate diversity and prevent bullying, with a workplace focus.