



SVS-LIVING SAFE COVID-19 RESPONSE

SVS-Living Safe offers a variety of services to anyone who has been impacted by family harm in all its forms.

SVS-Living Safe is considered an essential service during the Covid-19 crisis. However, the way we are working has changed to ensure safety to clients and staff. Our Offices are closed. Our services are only available remotely, **by phone, email and possibly by video call**. All group programmes have been postponed; however one-to-one support is available.

The services available include:

Chat: provision by phone. The best way forward when stress and harmful behaviours are occurring is to ring and have a chat. This can assist the caller and the SVS Staff determine the best way forward for a family/whanau.

Non-Violence Programme: provision by phone (video if possible) regarding; exploration of behaviour, impact on others, insight, behaviour change by choice, how to express and manage feelings, develop strategies for alternative communication, problem solving, healthier relationships through equality and respect and improving interactions with whanau and the wider community. Strategies for managing risk, time-out and strategies for keeping yourself and family safe

Safety programmes: provision by phone (video if possible) for female or male clients who may be applicants of a protection order or for children that are protected by a protection order. The programme is also available for those who do not have a protection order. This is an opportunity to develop a safety plan and decision making for healthier and safer relationships.

Counselling: provision of phone (video if possible) counselling to support those who are concerned about their own safety and/or their children. Counselling to deal with past issues impacting on healthy relationships. Phone counselling is also available to those concerned about causing harm to others.

Youth Support: provision by phone (video if possible) to develop ways to deal with stressful situations in a healthy and safe way. Focusing on self-care, emotional regulation, understanding impacts of violence on self and others, safety planning and healthy relationships.

Parent Support: provision by phone (video if possible) to support parents with practical tools to support positive parenting and behaviours including conflict resolution strategies. We look at parenting styles and skills to safely manage a young person's challenging behaviour.

We can be contacted on:

027 548 3850, admin@svs.org.nz. www.svs.org.nz

Other helpful services Include:

Hey Bro: 0800 Hey Bro (439 276)
Women's Refuge: 0800 1633 44
CAMHS on call crisis: 03 546 1800 (Hospital Number).

