



Southland

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Sometimes it's hard to know where to start. It can be challenging to access face-to-face services in rural communities.

Our ConnectHER can guide you to get support with women's health, education, finances, family harm, and child or youth issues.

- Call, or email ConnectHER anytime. We'll listen to understand what's going on.
- We'll connect you with the best services to help you get the support you need.
- If you know a woman in rural New Zealand who may need support, encourage her to give us a call.

ConnectHER is a free service from Rural Women New Zealand, funded by the Ministry for Primary Industries.

mpi.govt.nz • familyservices.co.nz • ruralwomennz.nz womensrefuge.co.nz • ruralsupport.org.nz