

How to support someone experiencing foreign interference

In an emergency:

If someone is in immediate danger now, call 111 and ask for the New Zealand Police.

If you can't talk and you are on a **cell phone**, stay quiet and listen for the "press 55" prompt.

If you can't talk and you are on a **landline phone**, stay quiet and listen to the operator who will tell you to press any button for help.

How you can help

If someone you know is experiencing foreign interference:

- **Listen and stay supportive.** Let them know you believe them and that you are there to help.
- **If they feel physically unsafe**, help them contact the New Zealand Police (NZ Police). Encourage them to reach out to trusted friends or family for support.
- **If they need mental health support**, encourage them to talk with a doctor, GP, or another health professional. You can also help them find additional services through [Healthpoint](#) or the [Mental Health Foundation](#).

Find out more information on how to boost wellbeing on the Health New Zealand's [Wellbeing support](#) website.

- **Support their online safety.** Encourage them to block or unfollow any accounts that are:
 - suspicious
 - sending threats
 - harassing them or people they know.

[Learn more about keeping safe online here](#)

- **Encourage them to report foreign interference** to the NZ Police or the New Zealand Security Intelligence Service (NZSIS) if something doesn't look or feel right. No matter which way they choose, they will make sure your information gets to the right place.

Foreign interference can only be reported to the NZ Police or NZSIS. Letting another New Zealand Government agency know about it does not count as an official report.

[Learn more about how to report here](#)

- **Consider whether legal support may help.** Depending on what is happening, they may want to talk to a lawyer, especially if there are threats, harassment, or other concerns about their rights.

[Learn more about accessing legal support here](#)

- **Learn more about staying safe.** Visit the Safeguard section of the Community Resilience to Foreign Interference Hub for more ways to protect yourself and others.

[Visit the Safeguard section on 'The Hub' here](#)

Remember: You do not need to investigate the situation yourself. Trying to do so could be unsafe for both you and the person experiencing foreign interference.