

Legal support and advice

Note: This is general information. It is for your understanding only and is not legal advice. For specific legal advice, speak to a qualified legal professional.

If someone is experiencing foreign interference, accessing legal support and advice can help them understand their rights and available options.

Your rights in New Zealand

[Learn about your rights in New Zealand here](#)

Where to find legal support

Community Law

Community Law Centres can help with:

- legal information and education
- legal advice, assistance, and representation – particularly for people who can't afford to pay for legal services

There are 24 Community Law Centres throughout New Zealand. Most centres offer outreach services or clinics in smaller communities. Contact local centres directly to make an appointment.

[Go to the Community Law website for more information](#)

Youth Law

Youth Law provides free legal services for all children and young people under 25.

[Go to the Youth Law website for more information](#)

Citizens Advice Bureau

The Citizens Advice Bureau can help with:

- information about rights
- free, confidential, independent information and advice
- referrals to your local Community Law Centre for legal advice
- information about how to access services you may need

[Go to the Citizens Advice Bureau website for information](#), or call them free on 0800 367 222 for confidential help.

Legal aid

Legal aid is government funding for people who cannot afford a lawyer. It helps pay for legal assistance and resolve legal problems that may go to court so that people are not denied justice because they can't afford a lawyer.

[Learn more about legal aid here](#)

New Zealand Law Society

The New Zealand Law Society (NZLS) is the regulatory body for lawyers in New Zealand. People can search for a lawyer using their online directory. It lists lawyers who are authorised to practise law in New Zealand.

[Go to the New Zealand Law Society website](#)