

# Complaining to the Ombudsman for children/tamariki and young people/rangatahi



**Ombudsman**  
Kaitiaki Mana Tangata

If you are a child/tamaiti, young person/rangatahi or a trusted adult contacting us on their behalf, this is our complaints process



Are you safe? Freephone Oranga Tamariki on 0508 326 459 or the Police on 111 if you're in danger



Are you worried about something Oranga Tamariki or one of its care or custody providers has done, or should have done?



Freephone the Ombudsman on 0800 184 184 or email [info@ombudsman.parliament.nz](mailto:info@ombudsman.parliament.nz)



We'll listen, and talk to you about how we can help



If we can help we will, and if we can't, we'll find someone who can

Website: [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz)