

Talk to the O

If you're a tamaiti/child, rangatahi/young person, or a trusted adult contacting us on their behalf, here's the 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?



Talk for free to the O
on 0800 184 184, email info@ombudsman.parliament.nz or text 8951 for a call back



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