# Nau mai

Haere mai, Kōrero mai

##  ‘O’ is for Ombudsman

If you’re unhappy with Oranga Tamariki or one of its care or custody providers, you can talk to us.

Our service is free, confidential, and you can tell us anything.

## The process

This process is for you if you’re a tamaiti/child, rangatahi/young person, or a trusted adult contacting us on their behalf.

1. Are you safe?

Freephone Oranga Tamariki on 0508 326 459 or the Police on 111 if you’re in danger

1. Are you worried about something Oranga Tamariki or one of its care or custody providers has done, or should have done?
2. Talk for free to the O on 0800 184 184, text 8951 for a call back, or email info@ombudsman.parliament.nz
3. We’ll listen, and we’ll talk to you about how we can help
4. If we can help we will, and if we can’t, we’ll find someone who can

This process is for you if you’re a tamaiti/child, rangatahi/young person, or a trusted adult contacting us on their behalf.

Ombudsman

Kaitiaki Mana Tangata

[www.nau-mai.nz](http://www.nau-mai.nz)