

PSYCHOSOCIAL NEWSLETTER

AUGUST 2021 | ISSUE 1

This newsletter has been created by South Canterbury District Health Board on behalf of the Psychosocial Committee. It is a resource for distribution around South Canterbury, to support mental and emotional wellbeing (taha hinengaro).



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For any questions or further information about the committee or this newsletter, please contact sgreen@scdhb.health.nz

DISCLAIMER:

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst we endeavour to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

Aoraki Health Shuttle



St John
Here for Life

When you need to travel to a health appointment

A St John Health Shuttle service is available in your community to provide transport to Christchurch for health related appointments.

The service operates Monday to Friday, with stops at:

Timaru - Temuka - Geraldine - Christchurch

The shuttle leaves from Timaru at 7:30am and departs Christchurch at 3:00pm (depending on numbers of passengers).

For more information or to make a booking please contact St John on:

0800 103 046

Bookings are required by 3:00pm the day prior to transport.





Diversity Counselling New Zealand

Check out Just a Thought now!

www.justathought.co.nz

Just a Thought is an online learning tool that improves mental wellbeing. It's free for everyone in New Zealand. You should never have to wait for help, so we've made sure it's free and available 24/7. And it works!

When life is tough Just a Thought can teach people how to manage their thoughts and feelings to help them feel better.

It is an evidence-based therapy (Cognitive Behavioural Therapy) which has been proven to be significantly helpful for people experiencing mental distress.

People who have used Just A Thought report that they value the fact that it is free, convenient (they don't have to take time off work or make an appointment), private, helpful and effective. People also like the fact that they can go back and repeat modules they found especially helpful as often as they like, or whenever they feel they need some help when they are going through a tough time.

STAYING ON TRACK

This free online course introduces easy-to-use, practical strategies to cope with the stress and disruption of day-to-day life as an impact of COVID-19.

GENERALISED ANXIETY COURSE

Generalised anxiety is the most common way anxiety can present itself. This course helps people who identify as 'chronic worriers', or who find that their levels of worrying is interfering with their daily life, work, relationships, or leisure.

DEPRESSION COURSE

One in five New Zealanders will experience depression in any given year. People living with depression experience recurring periods of sadness, loss of interest, poor concentration and feelings of worthlessness. This course helps individuals reduce their symptoms of depression both in the short and the long term.

FREE COUNSELLING AND PSYCHOLOGICAL SERVICES IN MULTIPLE LANGUAGES

Call/Text 021 0262 5587 between 9am - 5pm

Email contact@dcnz.net

<https://dcnz.net>

Diversity Counselling New Zealand (DCNZ) offers free face-to-face or remote online, culturally responsive counselling and psychological services by ethnic registered professional counsellors and clinical psychologists for migrant and former refugee clients from Asian, Middle Eastern, Latin American and African and Continental European backgrounds (all age groups, all genders).

This service will be available for a limited time, and will be available in the languages such as Sinhalese, Tamil, German, Hindi, Bemba, French, Japanese, Bengali, Punjabi, Korean, Hungarian, Nyanja. For other languages, the service will use professional interpreters.



Good and Ready

NEW ZEALAND RED CROSS

New Zealand Red Cross Good and Ready is a project aimed at building a network of community-based volunteers who can help promote emergency preparedness and planning, and champion community resilience within their communities.

The first stage is learning how we can all help ourselves and Whanau. This presentation is tailored to fit your workplace, groups, or where you live. Where possible we are presenting with other community based groups such as Betty-Ann Smart from neighbourhood support.

Please contact kathy.oneill@redcross.org.nz / 0272721983 for more information or to book a time.

FAMILY VIOLENCE - IT'S NOT OK, BUT IT IS OK TO ASK FOR HELP.

**FAMILY
VIOLENCE
IT'S NOT OK** | **IT IS
OK** **TO ASK
FOR
HELP**
0800 456 450 areyouok.org.nz

2

Reframe
Wānanga

Reframe Wānanga is a new platform that provides innovative programs to learn about Mental Health in Aotearoa-New Zealand.

Understand what you want in life and break down the steps to achieve your goals. By getting involved, you can discover how to take

action to be who you are, explore what you want from life, and understand what actually works to help you and others stay mentally healthy.

We believe in an educational and empowerment approach to mental health and wellbeing, because knowledge is power.

We're not a counselling service or a mental health clinic, we don't do therapy or need you to have a referral showing your mental health is "bad enough" to be here....

What we are about is providing lots of opportunities for young people to learn about

how our brains, bodies, thoughts and emotions work, and try out creative things that could support your wellbeing or to get through tough times (whatever those look like for you).

Some of our workshops are one-off events over a couple of hours, other courses run over four or five sessions or weeks. We aim to keep group sizes small and provide support for people coming along to get the most out of being involved - whether that's making sure there are gluten free snacks, to providing some phone or txt support before a course to help combat feelings of big anxiety.

<https://www.rw.org.nz>

NEED TO TALK?

1737

1737 NOW HAS THE OPTION TO TALK TO SOMEONE WITH LIVED EXPERIENCE OF WAIRANGI/MENTAL DISTRESS. IT'S YOUR CHOICE. YOU CAN CHOOSE A COUNSELLOR OR A PEER SUPPORT WORKER WHEN YOU PHONE 1737 BETWEEN 2PM AND 10PM.



Waimate Community Forum

- Wednesday, September 22, 2021
- 9:30 AM 1:00 PM
- Waimate Event Centre, 15 Paul Street, Waimate, Canterbury, 7924

Community Link Waimate is hosting a Community Forum to encourage information sharing and networking for our community groups, health and welfare service providers, educators and employers

We welcome any agency, or individual, who are involved in the Social Services, Health & Wellbeing or Community Sector in the Waimate District - whether they are based in Waimate or from out of town.

Our format is as follows:

- Round robin updates from attendees on their organisation and what their role is in the Waimate District
- Identify issues facing our greater Waimate community
- Solutions based action
- What next - how can we work together going forward?

To RSVP, please visit

<https://www.communitylinkwaimate.org/workshops/community-forum>

by 10th September 2021

South Canterbury Chamber of Commerce Upcoming Workshops

HEALTH AND WELLBEING SUMMIT

Wednesday, 25th August, 2021

1:00 pm to 4:00 pm or 7:00 pm to 8:30 pm

Topics will include Managing violence in the workplace, Secondary stresses and consequences of Covid, Interpreting body language and Guest presenter Rob Veale who will bring his vast experience to share with attendees.

USING BODY LANGUAGE

Thursday, 26th August, 2021

9:30 am to 11:00 am

The short session will help you to be, (and feel) more prepared the next time you are faced with unpredictable, aggressive outbursts, inappropriate language/comments, and unacceptable behaviour from customers, clients and those you deal with daily. In recent times these behaviours appear to have been exacerbated in retail and customer facing environments, becoming more common place

MENTAL HEALTH MANAGEMENT

Tuesday, 16th November, 2021

9:30 am to 12:30 pm

Why mental wellbeing is important. Stress, anxiety, and depression. Mood, drugs, and alcohol. Identification – spot the warning signs in yourself and in staff and colleagues. Strategies to look after your mental health and mental well being. Managing stress. Where to get support and advice – local pathways to care.

LEADERSHIP ACADEMY

Fridays, September - December 2021

8:45 am to 11:00 am

The South Canterbury Leadership Academy is for those looking to develop their leadership skills, those with the potential to move into senior leadership positions and those involved in governance roles. This exciting programme is made up of 6 workshops, held over 4 months and is designed to provide attendees with the opportunity to refine leadership skills, develop their leadership style and be empowered to lead others and contribute more to the success of their organisation and the wider business community.

FOR MORE INFORMATION, OTHER COURSES OR TO REGISTER FOR TICKETS, PLEASE VISIT

www.scchamber.org.nz/events-training/training/

SOUTH CANTERBURY
CHAMBER OF COMMERCE
Business Vitality



Build a great family team and have fun along the way!

Over six fun, practical and inspirational sessions, a trained facilitator will guide you through topics including:

- The importance of aroha and connection
- Different parenting styles
- Discipline and boundaries
- Understanding your child's big emotions
- And lots more!

Time: 7:00pm

Date: Tuesdays, 10 Aug - 14 Sept

Venue: Gleniti Baptist Church

Address: 58 Gleniti Rd, Timaru

For more information contact Wendy Geerling

Email: wendy.gleniti@gmail.com

Phone: 02102376585

Cost: \$25 pp

(subsidised by Thriving Neighbourhoods Trust)

Book online parentingplace.nz/toolbox

5 tips to boost your mood

Get Up and Move to Improve Your Mood

Exercise is one of the best ways to improve your mental health, no matter what your age or fitness level



Problems Feel Smaller When You Share Them

Talking about what's troubling you has been proven to have a positive impact on how you feel



Boost Your Mood with Healthy Food

What you eat can make a big difference to how you feel



Improve Mental Health with Pets

Pets can reduce anxiety and stress and are a great source of comfort, companionship and motivation



Reduce Your Daily Screen Time

You'll be more productive, feel calmer and happier, and improve relationships, sleep and physical health



mherc.org.nz | 0800 424 399

- > Professional Development
- > Workforce Wellbeing and Education
- > Library
- > Canterbury Mental Health Directory

 **MHERC**
Mental Health Education & Resource Centre

WELLBEING | 7
Psychosocial Newsletter

Languishing

IN JULY 2021 THE MACKENZIE DISTRICT COUNCIL AND THE SC DHB BROUGHT DR SARB JOHAL TO TWIZEL TO GIVE A PUBLIC TALK ABOUT WAYS TO NEGOTIATE STRESSES ASSOCIATED WITH THE COVID-19 PANDEMIC. ONE TOPIC HE DISCUSSED WAS “LANGUISHING”. ANNETTE BEAUTRAIS TAKES A CLOSER LOOK AT THIS ISSUE.

You may have heard the term ‘languishing’ used recently in regards to mental health. There has been a lot of publicity about it following an April 2021 article in the New York Times by Adam Grant; the description of ‘languishing’ in that article seemed to resonate with a lot of people

‘Languishing’ is a sense of stagnation and emptiness. People feel as if they are muddling through their days, having trouble concentrating, and feeling that they don’t have anything to feel excited about. It’s not depression, nor burnout. People still have energy, and they don’t feel hopeless, but they do feel adrift and they’re not happy or purposeful.

It seems to be a dominant emotion in the aftermath of the pandemic. In 2020 fear (of Covid-19) was possibly the over-riding emotion. As the pandemic drags on, with chronic uncertainty, various restrictions, and repeated assurances that we will never return to ‘normal’ pre-pandemic life, fear seems to have been replaced by a chronic condition of ‘languish’.

On the continuum of mental wellbeing ‘languish’ seems to sit between depression (the pit of despondency) and ‘flourishing’ (the peak of wellbeing). Languishing is the absence of wellbeing: you are not doing poorly but you are not doing well. You feel unmotivated, find it hard to focus, and aren’t doing your best work. You are not functioning optimally. You are chronically waiting for something good to happen.

The term ‘languishing’ was first described, 20 years ago, by sociologist and psychologist Corey Keyes. Keyes works at Emory University and focuses on positive psychology and public health. In his work

he noticed how many people, many more than were depressed, were languishing: not depressed but not thriving either. His work suggested that people who are languishing are at risk of becoming depressed, developing anxiety and were at higher risk of making suicide attempts and dying prematurely than people who were not languishing.

Keyes’ work has been revisited during the current pandemic. His research suggested that the people most likely to experience major depression and anxiety disorders in the following 10 years are not the people with depression and anxiety today. Rather, the group at risk of depression and anxiety in the next decade are those who are languishing now. Recent research bears this out: Italian health care workers who were languishing in early 2020 were three times more likely than their peers (who were not languishing) to be diagnosed subsequently with post-traumatic stress disorder.

Keyes pointed out that one of the problems of languishing was such an imperceptible slide into the condition that you don’t realise you are developing it. And because you don’t recognise it, you don’t do anything to try to help yourself or get help.

If you feel you are languishing, or know others who might be - what can you do? One of the important strategies for managing emotions is to name them. So it may be helpful to name how you are feeling, and to acknowledge that other people feel the same way right now. Not depressed but not good. “Struggling” but, until now, not able to label the feeling.

So what can you do that might help? It is time to recognise the importance, and necessity, of taking responsibility for



nurturing your own mental health, just as you are responsible for taking care of your physical health. You can start by doing things that might give you some control over your life again. Set yourself small challenges. Make plans for the future – and it is often helpful to have Plans B, and C. Take a break; take time off if you can; give yourself a change of scenery; disconnect from your usual surroundings. Give yourself time with no interruptions. Take a break from technology and devices; get out in nature; value ‘green’ over ‘screen’. Find things that you enjoy doing. Find some activity or hobby that absorbs you to the extent that you lose track of time (e.g. self-improvement projects, home improvement projects, gardening, baking, knitting, sports). Find ways to connect with other people. Volunteer, or offer help to others.

The Mental Health Foundation has promoted “5 Ways to Wellbeing” for many years, and highlighted them in Canterbury after the earthquakes. They might be another useful starting point to address languishing. You can access resources and information here:

<https://mentalhealth.org.nz/five-ways-to-wellbeing>

Small Steps

Small Steps is a new wellbeing initiative and resource, funded by the Ministry of Health. Small Steps are digital tools, developed by Te Hiringa Hauora in partnership with Clearhead.

The Small Steps website is a place where people of Aotearoa (and further abroad!) can take small steps on their journey to improve wellbeing.

Whether you're here to maintain wellness, find relief, or get help for yourself, friends or whānau, we're here with you, for you - he waka eke noa.

We will be constantly improving the platform as well as adding new tools so keep checking in. We'd love your feedback on what works for you.

YOUR TOOL BOX



MINDFUL WATCHING

During this mindfulness exercise, you'll be guided by relaxing audio to calmly notice different visual aspects of images and apply this to your surroundings.



IDENTIFYING SIGNALS

During this exercise, you'll be guided to identify sensations in your body that you often experience when feeling upset. You can use these as signals to react differently, use a tool, or engage in self-care.



DEEP BREATHING

This reflective technique involves slowly breathing in and out to help you feel calmer and more relaxed. This tool is guided by an animated image that inflates and deflates.



ACTIVE LISTENING

This skill involves fully focusing on what a person is saying, rather than selectively hearing. In this exercise, you'll practice listening to develop awareness of when you're not paying attention.



BALANCING MOOD

This tool can give you insight into how what you're doing affects your mood, and recommends activities that can improve how you're feeling.



REFRAMING THOUGHTS

This tool can help to identify unhelpful patterns in your thoughts and beliefs and reframe them over time to help you feel better and make decisions to support your sense of wellbeing.

THESE TOOLS HAVE BEEN DEVELOPED TO HELP WITH FEELINGS OF ANXIETY, STRESS, OR LOW MOOD. EACH TOOL ONLY TAKES A FEW MINUTES.

HEALTH AND WELLBEING IS AN ONGOING JOURNEY - SO TRY THEM OUT AND SEE WHAT WORKS FOR YOU.

For more information, check out the Small Steps website

www.smallsteps.org.nz



CANOPY
EATING DISORDERS SUPPORT SERVICES

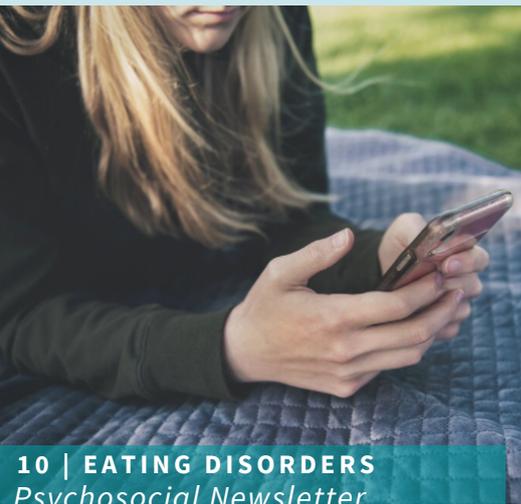
Canopy Eating Disorders Support Service NZ

RECLAIM YOUR LIFE FROM EATING DISORDERS AND DISORDERED EATING WITH HELP FROM CANOPY'S INNOVATIVE RECOVERY SUPPORT & COMMUNITY-BASED SERVICES

www.canopyeds.co.nz

Canopy Eating Disorders Support Services are dedicated to creating and delivering thoughtfully designed support services and programmes that helps Kiwis flourish in their eating disorder and disordered eating recovery journeys.

Canopy is New Zealand's first eating disorder specific peer-to-peer support, both online and in person, community-centric service. It makes practical support affordable and accessible to all Kiwis affected by eating disorders and disordered eating.

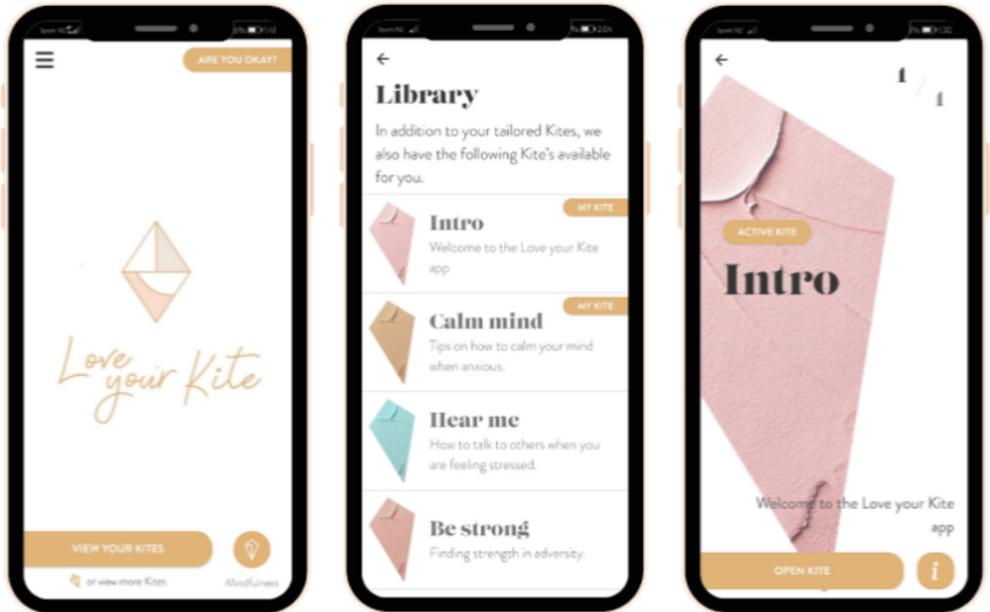


Love your Kite

A PRACTICAL APP RESOURCE TO SUPPORT EATING DISORDER RECOVERY

<https://loveyourkite.com>

Love your Kite is a practical resource to support people on their Eating Disorder recovery journey based on the award-winning Kite Program. Kite is based on micro-learning (small practical steps each day) that help make change.



Love your Kite is made up of over 35 weeks worth of activities. It is user-led, meaning you create your own journey by choosing the Kites that resonate with you. Each day you will receive a practical and supportive activity that will take you one step closer to your recovery goal. You can save your favourite activities, access additional mental health resources, and use our on the go mindfulness button for quick and easy exercises for those moments where you need some more support.

Love your Kite is not “just an app”. It is not a food tracker or a clinical resource. It is a kind and caring resource that is with you every day- cheering you on. Love your Kite is a community full of the bravest and strongest people who are saying YES to recovery from an Eating Disorder.

Download Love your Kite from Apple or Google Play stores.

The app is \$9.99 NZ for lifetime access however, we believe that everyone should be able to access support so, if cost is a barrier then the “financial hardship” option is for you.

If you have any questions or are unable to log in, please contact loveyourkiteorders@gmail.com



Genevieve Mora, co-founder of mental health charity Voices of Hope and eating disorder survivor, is helping launch an app to offer patients more support.



NEW ZEALAND

01 "Fight or Flight: Anxiety - What is anxiety?"

Engaging Content to Help Youth to Talk about Mental Wellbeing

ANXIETY TRUST NZ

<https://www.anxiety.org.nz/post/engaging-content-to-help-youth-to-talk-about-mental-wellbeing>

Many of today's teenager have experienced, or will go on to experience a mental health crisis. Mental illness occurs for every one in four New Zealanders. Our youth/rangatahi are particularly at risk, showing increasing distress and self-harm behaviours. Anxiety, depression and suicide rates among rangatahi have been showing a disturbing increasing trend over the past decade. Generation Z are more likely to report mental health problems than any other generation. LGBTQIA persons and ethnic minorities continue to be disproportionately affected by mental health problems.

It's common for people to get physical illness and anxiety confused. That's because anxiety can often be located in feelings in our bodies. Examples can be: our heart racing, our breathing increases and is short and fast, our stomach is in knots or fluttering or feels like there's a pit in it, we may be shaky, tense, or sweaty. Our mind may go blank, or the opposite – a million thoughts may be racing through our mind, overwhelming us. Sometimes, anxiety isn't clear cut, and comes across like something else. This could be feeling sick, anger or irritability, trouble sleeping, difficulty focusing, avoiding school or school work, over planning, or even negativity.

Feeling nervous and worrying are normal responses everyone has to challenging situations. Most people get anxious before public speaking, or an exam. These emotions can help us stay safe and get things done, but too much anxiety can affect our ability to feel good and function well. Once the threat has been removed, such as when the exam is over, usually our anxiety goes down. When anxiety is making us feel bad too often, or interfering with our

day to day lives, it may be a sign that we need to reach out for help.

But reaching out for help is not always easy. Mental illness is often seen as a taboo topic. Young people feel at risk of facing judgement of their peers at a time when fitting in feels particularly important. That is why content that reaches out to rangatahi normalising mental health struggles is so important.

The recently launched documentary webseries *Fight or Flight*, by director Michelle Cameron, presents 12 young people sharing what anxiety and depression feels like for them, with honest testimonials and great animations. Having also suffered from anxiety herself, Michelle presented mental issues respectfully and very engagingly, in a way that rangatahi can find relatable. Content like this can help reduce stigma, encourage young people to talk more openly about mental health, and seek support.

Remember, everyone goes through tough times or difficult feelings at some point in their lives, and it isn't always easy or useful to try to deal with them alone. Talking to someone can help you to better understand yourself, discover your strengths, make decisions, and cope with difficult feelings.

All rangatahi have the potential to do well. Through building identity, confidence, hope and empowerment to determine their own futures, when whānau is valued and supportive, and intergenerational and cultural connections are strong, rangatahi can thrive.

Anxiety is a Superpower!

SHANNA PEEPLES

You can't see it on my face, but I'm almost barking with panic in the photo at the top of this piece. And not just because I was on a stage in front of hundreds of people who I was sure would soon walk out.

The other reason I'm terrified: anxiety. When I sketched out the talk months before, I thought: What better way to deal with my anxiety than to just create a whole speech about it?

What seemed like a good idea then now seemed incredibly stupid. This was 2016 and no one I'd ever seen had chosen to use their education conference keynote to do such a thing.

The insides of my cheeks were shredded from biting them to quell the panic. It could be worse and it probably is, my brain said as it lapped the inside of my skull.

The poet, Rilke, wrote:

Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.

After some rigorous questions, I started to find answers I never expected.

Anxiety taught me to check in with my students to gauge their mood, allowing them to opt out of the lesson until they could recalibrate.

Ruminating over flaws and failures taught me to build a culture where it's OK to be human, where

achievement isn't your only worth. Where your competencies with humor, thoughtfulness, conscientiousness, friend-ship, and consistency are valued.

My colleagues can see what I can't and I need their vision. In a very real sense, anxiety helped me get better at trusting other people's opinions, and to involve them in decision-making.

As a friend, I'm better when I let anxiety remind me what it feels like to believe that you're a fraud, that you don't belong, that everyone hates you behind your back.

Anxiety helps me to be a better co-worker because it causes me to be exacting and careful.

Anxiety helps me think through decisions much more carefully because I'm aware of how much I catastrophize.

Anxiety made me who I am. It's made me empathetic to others because anxious people learn to quickly scan faces and body language, to read emotions.

Reflection reminds me that irritation is a mask anxiety likes to wear to see if anyone is brave enough to offer kindness. This is the hardest lesson by far, but it's saved my relationship.

See the full article at the address below

<https://medium.com/swlh/anxiety-is-a-superpower-d2388d73b17a>



Coping with Exams

FROM COMMUNITY AND PUBLIC HEALTH

<https://www.cph.co.nz/wp-content/uploads/mnh0029.pdf>

Most students notice some anxiety and tension at the thought of sitting exams. Some students, however, will experience a degree of stress and anxiety that is quite defeating. Their fears can affect them physically, e.g. difficulty sleeping, headaches or stomach upsets, and mentally, e.g. lack of concentration, irritability and gloomy feelings. It then becomes important to take steps to minimise and reduce these feelings.

See the link above for ideas around

- How to Cope
- Ideas for Planning and Studying
- Ideas for afterwards
- If you don't pass

The link above will take you to a printable book-let to share.



Health & Wellness Resources

Websites

These websites have useful information, tools, and resources that you can download or order for free to support your physical and mental health.

GENERAL HEALTH

www.healthnavigator.org.nz/healthy-living

Information about health issues and healthy living

www.menshealthnz.org.nz/health-topics

Information about men's health issues

www.hpa.org.nz

Health Promotion Agency – information about living a healthier life, mentally and physically

www.healthyfood.com

ALCOHOL AND DRUGS

www.alcohol.org.nz

information, advice and resources to help reduce alcohol-related issues and harm

www.alcoholdrughelp.org.nz

Information about how and where to get help for alcohol and drug problems including problems with methamphetamine use

SMOKING AND VAPING

www.smokefree.org.nz

Advice about stopping smoking, also about vaping

[Text 4006](http://Text4006)

Stop smoking text number

GAMBLING

www.choicenotchance.org.nz

Support for problems with gambling

MENTAL HEALTH, RELAXATION, WELL-BEING

www.mentalhealth.org.nz

Mental Health Foundation of New Zealand - information, resources, tools

www.depression.org.nz

Depression support, includes The Journal free on-line self-help tool (fronted by John Kirwan)

www.thelowdown.co.nz/

Depression support line for young people, includes 24/7 helpline or help via text

www.leva.org.nz

Tools and resources for Pasifika families and communities to encourage health and wellbeing

FINANCES

www.sorted.org.nz

Free website with information, tools, resources and links to other helpful resources

Apps

All these apps have information and tools for managing and strengthening physical and mental health. Most are free or offer a free trial.



Breathe2Relax

Stress management tool



Calm

Tools to meditate, sleep and relax



CBT-I Coach

Coaching to improve sleep habits and deal with insomnia



Headspace

Guided meditation



High Res

Tools to manage daily stress & build resilience



Living Well

Practical guide to living a healthier lifestyle, for men



Lose It

Weight loss and calorie counter



Melon

Health & wellness app



Mentemia

Mental wellbeing & problem solving coach



Mood Tracker

Tracks emotional experiences over time



Nike Run Club

Running and motivation tips and tools



Nike Training Club

Workouts and fitness plans



Performance triad

Information and tips for healthy habits including sleep, nutrition and activity



Virtual Hope Box

Resilience tools and personal safety plan

FOR MORE USEFUL APPS, VISIT THE NZ DIRECTORY OF HEALTH APPS

<https://www.healthnavigator.org.nz/apps/>

WHERE TO GO FOR HELP

For any crisis, including medical and mental health emergencies, call 111

MENTAL HEALTH AND FAMILY PROBLEMS PHONE LINES

WHO	NUMBER TO CALL	SERVICE OFFERED
EAP Employee Assistance Programme	Check your workplace	24/7 Free, confidential counselling and advisory service for employees – each workplace has a different provider so ask.
Need to Talk Helpline	1737	24/7 Free call or free text to talk or text with a trained counsellor Available in > 40 languages
Healthline	0800 54 33 54	24/7 Free health advice from a trained registered nurse
It's not OK Family Violence Prevention	0800 456 450	For people who want to stop perpetrating violence, and for information about violence. 9am-11pm, 7 days
Asian Family Services	0800 862 342	Counselling and support services
Women's Refuge	0800 REFUGE Or 0800 73 38 43	24/7 Crisis line for women dealing with violence in their lives
Mensline	0800 63 67 54	Helpline for men
Rural Support Trust (RST)	0800 RURAL HELP Or 0800 787 254	Confidential, free support service provided by rural people who understand the challenges of rural life You will be connected to help in your area
Depression Helpline	0800 11 17 57	24/7 Telephone counselling support for people experiencing depression
Alcohol Drug Helpline	0800 787 797 Or free text 8691	24/7 Confidential, non-judgmental help and advice
Citizen's Advice Bureau	0800 36 72 22	Free independent service to help people understand their rights and obligations, and support them to take action
Parent Helpline	0800 56 88 56	Support, practical advice and strategies for all parenting issues
Plunket Line	0800 933 922	Support for new parents, including for postnatal depression
Youthline	0800 37 66 63	(or text 234) 24/7 Helpline for any youth issues
OUTLine NZ	0800 OUTLINE or 0800 688 5463	For sexuality or gender identity issues 9am to 9pm weekdays; 6pm to 8pm weekends
Chinese Lifeline	0800 888 880	For people who speak Mandarin or Cantonese
Shakti Crisis Line	0800 742 584	For migrant or refugee women living with family violence
Safe to Talk	0800 044 334 or text 4334	24/7 Confidential free helpline for sexual harm
Rape Crisis	0800 883 300	For support after rape or sexual assault
Supporting Families in Mental Illness	0800 732 825	For families and whānau supporting a family member who has a mental illness
Skylight	0800 299 100	For support after a suicide or through any loss, trauma or grief 9am to 5pm weekdays