

Tips, guides and info sheets

To view the tips, guides and info sheets, please click on the links underlined below.

- **[Living Well](#)**
Living Well is a resource for family, whānau and friends of people using alcohol and other drugs. It provides suggestions, strategies and ideas about how families, whānau and friends can look after themselves during difficult times
- **[The best for me and my baby](#)**
Managing mental health during pregnancy and early parenthood. Health professionals and parents working together
- **[Family Talk](#)**
Tips and information for families where a parent has a mental health problem or disorder
- **[Plan for Caring for Children](#)**
This plan is for parents to record their wishes regarding supports for their child/ren should the parent need a period of time in a residential/rehabilitation/inpatient service in the future
- **[Talking with your child about mental health and addiction issues](#)**
This information sheet provides advice and suggestions for parents for talking with their child/ren about the parent's mental health or addiction issue
- **[Parenting Through Challenging Times](#)**
This Matua Raki (now Te Pou) resource is part of the Supporting Parents, Healthy Children programme of work and aims to support parents or carers to talk to their children/tamariki in an age-appropriate way about challenges that might be occurring in the family and whānau; and build healthy strong relationships with their children/tamariki
- **[Kina Families and Addictions Trust](#)**
Lots of family members struggle with a loved one's alcohol or other drug use, often suffering in silence for years with the mistaken belief that there is nothing they can do to improve their lives. The Kina families and addictions trust website has tools and resources to help you understand the impact of addiction on your life and the life of your whānau.