

MENTAL HEALTH & WELLBEING ADVICE COVID-19 COMMUNITY COMMUNICATION

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Protect Whānau, Protect Whakapapa

To ensure public health and wellbeing, the Government has initiated a lock-down period of at least 4 weeks. This means that whānau must stay in a bubble with those in their whare, unless you're buying groceries or using an essential service.

For some of our whānau, this will create more stress and anxiety. This might be because of money worries, health problems (including mental health) transport issues, or simply being holed up with others for a long time. When it all becomes too much, it is important to reach out for help. Remember, there are people who are here to help you.

Beyond health and social services, there are a number of things you and your whānau can do to help get through the next few weeks.

- The first thing to remember is that feeling stressed and anxious is normal at this time. These are incredibly hard times and there is a lot of uncertainty.
- Give yourself, your tamariki and whānau time to take it all in – this situation is like a wave, it is only temporary and we will get through this together.
- Share your ideas about how to cope and share your strengths with your whānau so that they can do the same.
- Acknowledge you or others might be distressed, and at this time our feelings can be all over the place. So be kind to yourself and take time to karakia and connect with whānau. If you notice someone else is distressed, ask them how they are, and what you can do to help.

Tamariki – Mokopuna

Tamariki and Mokopuna might also be stressed or frightened at present.

- When speaking with them about COVID-19 - be open, honest and calm. Hear how they are feeling. You don't need to have the answers but listening to their kōrero will help.
- Comfort your Tamariki so that they know they are safe and that it is OK to feel worried.

Physical Health

- Maintaining your tinana will really help your mental wellbeing.
- What we eat, how we sleep and exercise all contribute to our overall well-being. Take care of yourself and whānau by exercising regularly, get plenty of rest and eat the best you can and keep alcohol drinking to a minimum.
- Make a daily whānau exercise plan, even if this is cleaning up inside or outside of the whare. It is important to keep active, no matter what the physical activity may be.

Media

- Watching or reading lots of negative info over and over again can unsettle or trigger us. While it's important to stay informed, you and your whānau might want to limit your media if it is making you stressed. Social media can be full of untrue kōrero, please be aware of this and look for info from official sources.



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Connecting

- Whānaungatanga is so important for support, connection, and reassurance. Whakawhanaungatanga at this time can be hard. In your whare, it is important to think about the feelings and challenges others have. Do your best to support each other. And Stay connected.
- For many of us, we may have lots of people under one roof, so show aroha, respect, and compassion. Listen to one another, and encourage each other to talk about things. Make sure you do the same with your tamariki. Be kind.
- Phones, the internet, streaming video, or social media can all help with whanaungatanga. Try to use these to support others, checking on how they are, reassuring them, and build confidence. Those who are alone, vulnerable, or are in challenging places will appreciate your support.
- Be aware, that not all whānau will have technology like you, or won't know how to use it. Our kuia and koroua in particular maybe struggling. If possible, try calling them or even sending a letter.

Resources and Support

While the tips and advice described previously can help, for harder stuff you can also talk to a health professional. It might be for grief, anxiety, distress or mental wellbeing. Along with that, there are other community, online and social media support who can also help.

There are Free National Helplines which support people who may need help for themselves or others in their whānau for a range of reasons. They can support you and discuss other options of support where needed.

We encourage you and your whānau to get support and resources from a helpline, online or in your community, and from your friends and whānau.

Need to talk? Free call or text 1737
Depression helpline – 0800 111 757
Alcohol drug helpline – 0800 787 797
Gambling helpline – 0800 654 655
Healthline – 0800 611 116
Lifeline Aotearoa – 0800 543 354
Samaritans – 0800 726 666

Safety of yourself, whānau and mokopuna is paramount, where needed seek other support services (Example: Police 111) if you recognise heighten risk or have concerns for your own or whānau safety.



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