

# Blong kasem ol difren kaen filing hem i nomol long ol had taem.

Blong go tru long wan natjoral disasta hem i save mekem yu tingting tumas mo yu fraet, mo naoia, yu stap wari, harem se i hevi long yu, taed, kros, les, harem nogud, o wan narakaen samting olsem. Olsem wanem we yu stap harem naoia, hem i nomol nomo ia. Sapos yu save mekem, yu tekem wan dei long wan taem o wan aoa long wan taem, mo rimemba se yu stap traem bes blong yu ia.

Evri man i tekem ol kaen situesen olsem i difren mo long wanwan wei blong hem wan. Maet yu eksperiensem ol difren kaen fisikel aksen tu – yu seksek, bel i tantanem, yu no hangre, o tingting blong yu i no save stap long wan samting. Evri samting ia hem i nomol nomo mo evriwan hem i save ia.

Ol samting we i tekem ples we yumi no ekspektem o i mekem yumi fraet i save mekem yumi filim se yumi nogat kontrol. Blong kasem kontrol bakegen long ol smolsmol wei i save mekem yumi harem gud bakegen mo helpem yumi blong lukaotem yumi wan mo ol olgeta we yumi lavem. Hemia hem i samfala gud wei we ating bae yu faenem hem i helpem yu:



- Serem ol tingting mo filing blong yu wetem ol famle, fren, olgeta we yu wok wetem, ol neiba, o ol nara pipol we olgeta tu i go tru wetem semak eksperiens. Sapos yu nidim mo sapot mo yu gat fon o intanet risepsen, kontaktem wan helplaen blong toktok wetem wan profesonal kaonsela. Jekem nara saed long pepa ia blong kasem mo infomesen.
- Yu folem ol smolsmol aksen we yu mekem evri dei – go silip long sem taem evri dei, planem wanem blong kakae, givim inaf taem blong spenem wetem ol pikinini, o wanem we yu luk se bae i stret long yu.
- Self-kea (lukaotem gud yu wan) maet yumi no tingting hevi long hem taem yumi stap long taem blong wan natjoral disasta, be hem i impoten blong yu lukaotem gud long helt blong yu, long bodi mo long maen blong yu, long taem we laef i had. Sapos yu save mekem, mekem fulap smolsmol samting we i mekem yu i harem gud, olsem eksasaes, ridim buk, lisen long miusik, o spenem taem wetem olgeta we yu lavem.
- No spenem tumas taem long sosol midia o jekem lo nius. Tekem taem blong silip taem yu nidim.
- Sapos yu save, faenem wan gudfala samting blong mekem. Taem yu muvum fokas i go long ol samting we yu save mekem we i stap long kontrol blong yu (olsem lukaotem ol narafala pipol o jekem ol neiba) bae i save katem daon lo level blong wari blong yu.
- Sapos yu nidim, kontaktem wan nes o dokta long wan klinik o hospital klosap long yu.
- Yu tekem isi long yu wan. Bae yu faenem ol samting i kam oraet mo pis i kasem yumi bakegen, long taem blong hem yet.

**Kei roto i te pōuri, te marama e whiti ana. Long insaed long daknes bambae laet i kamaot.**

# I gat fri sapot.

Sapos yu ting wan man/woman we yu save hem i nidim sapot yet, o yu nidim sapot yu wan, hem i oraet, i gat help i stap – i nogat eni man i sud go tru long wan had taem hem wan.

Sapos i gat imejensi, ringim 111.

Blong kasem ol gud advaes mo sapot, yu go long intanet long [allsorts.org.nz](https://allsorts.org.nz).

## Ol fri helplaen

- Yu nid blong toktok? – Yu ringim o teksem **1737** eni taem blong kasem sapot long wan profesonal kaonsela
- Depression helpline – Yu ringim **0800 111 757** o teksem **4202** blong tokbaot kondisen we yu stap long hem o blong askem ol kwesten long wan profesonal kaonsela
- Youthline – Yu ringim **0800 376 633**, teksem **234**, emeilem [talk@youthline.co.nz](mailto:talk@youthline.co.nz), o yu go long intanet long [youthline.co.nz](https://youthline.co.nz) blong jat/toktok onlaen
- The Lowdown – Yu teksem **5626** blong kasem sapot blong helpem ol yang pipol blong luksave mo andastanem dipresen o strong wari
- Healthline – Yu ringim **0800 611 116** blong kasem advaes mo infomesen long saed blong helt
- Alcohol Drug Helpline – Yu ringim **0800 787 797** blong toktok wetem wan profesonal kaonsela

## Fri ap blong gudlaef

Yu save daonlodem Groov mo Headstrong ap blong gudlaef blong fri, long ol Android mo Apple fon. Yu save faenem olgeta long Google Play o long Apple App Store.

## Ol Rural Support Trust

Wan lokol Rural Support Trust (RST) hem i wan gudfala ples blong kasem fri mo sikret sapot mo advaes. Hem i wan netwok we i kasem evri pat blong kantri, we ol lokol pipol i ranem, i helpem ol famle we ol i gat fam mo ol rurol komiuniti. Ol RST ol i gat man/woman we ol i tren blong luksave ol trabol blong mental helt mo gudlaef. Ol i save konektem yu wetem ol sevis olsem helt infomesen o faenansol/mane sapot. Yu save ringim olgeta blong toktok long ol opsen blong yu. Yu ringim **0800 787 254 (0800 RURAL HELP)** blong arenjem wan fri mo sikret toktok long wan ples we i folem tingting blong yu, o yu go long intanet [rural-support.org.nz](https://rural-support.org.nz)

## Farmstrong

Farmstrong hem i wan program blong gudlaef blong ol rurol komiuniti we i stap olbaot long kantri. Stamba tingting bihaen hem i blong yu laef gud blong yu save wok gud long fam. Long websaet blong olgeta yu save faenem plante kaen wok o tingting (risos) blong helpem yu manejem gudlaef blong yu. Yu go long intanet long [farmstrong.co.nz](https://farmstrong.co.nz)

