

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 naomia, 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 naomia, 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 ekspiriensem 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 ekspiriens. 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 mentalhealth.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**, o yu go long intanet long 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

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

