

He mea māori noa te pupūtanga o ngā kare ā-roto maha i nga wā taumaha.

He wā taumaha, he wā matakū hoki te wā o te aituā ā-taiao, otirā i tēnei wā, kei te noho āmaimai pea, kei te pokea, kei te ngenge, kei te riri, kei te hōhā, kei te pōuri, tētahi atu kare ā-roto rānei. Ahakoa he aha ō kare ā-roto, he mea māori noa. Mehemea e taea ana, whāia ia rā, ia rā, ia hāora, ia hāora, ā, kia mahara ake, ko koe tonu kei te kuhu anō i a koe.

He rerekē te urupare a tēnā, a tēnā, i roto i aua āhuatanga, otirā he rerekē anō te wā o te kawenga. Tērā pea e wheako ana koe i ngā tauhohenga ā-tinana rerekē – te tūwiriwiri, te whakapairua, te kore e mina kai, he uaua rānei te aro ki ngā mahi. He mea māori noa tēnei, otirā e mārāma ana he aha i pērā ai.

Ka rongo pea tātou i te manakoretanga nā ngā āhuatanga ohorere, whakamatakū hoki. He momo hiki i te wairua te hokinga mai o te mana whakahaere ki a koe, otirā he āwhinatanga kia pai ai tā tātou tiaki i anō i a tātou. Anei ētahi huatau hei āwhina pea i a koe:

- Kōrerotia ō whakaaro me ō kare ā-roto ki tō whānau, ō hoa, ō hoa mahi, ō hoa noho tata me ētahi atu kua rongo kē i ēnei wheako i mua. Ki te hiahia koe i ētahi atu tautoko, ā, he waea, he ipurangi rānei tāu e mahi ana, tēnā toro atu ki tētahi waea āwhina ki te kōrero ki tētahi kaiārahi matatau. Tirohia a muri o tēnei pānuitanga mō ētahi atu taipitopito.
- Me whai tonu i ngā hātepe ngāwari mēnā ka taea – me riterite te wā e hoki ai koe ki te moe, e whakaritea ai ō kai, me te noho tahi me ngā tamariki, he aha rawa rānei te mahi pai ki a koe.
- Tērā pea he mea hauwarea noa te tiaki anō i a koe, i te wā o te aituā ā-taiao, engari me tiaki tonu koe i tō taha tinana me tō taha hinengaro i ngā wā taumaha. I ngā wā e taea ana, whāia ngā mahi iti noa hei whakapiki i tō wairua, pēnei i te kori tinana, te pānui, te whakarongo ki ngā waiata, te noho tahi me tō whānau hoki.
- Whakawhāitihia te wā e noho ana koe i runga pae pāhopori, te tiro rānei ki ngā rongorongo kōrero. Me whai wāhi anō koe ki te whakangā.
- Mēnā ka taea, kimihia tētahi mahi hei whakaware i a koe. Me huri tō aro ki ngā ‘mahi ā-ringa’ e taea ana e koe (pēnei i te tiaki i ētahi atu, te tiroiro i ō hoa noho tata), otirā ka āwhina tēnei ki te whakatau i ō taumahatanga.
- Ki te hiahia koe, toro atu ki tētahi nēhi, tākuta rānei e tata ana ki a koe.
- Kia manawanui ki a koe anō. Hei te wā e tika ana ki a koe, ka kitea anō tēnei mea te noho tau, te noho hūmārie.



Kei te kapu o tō ringa tēnei mea te tautoko kore utu.

Ki te whakaaro koe tērā tētahi atu e hiahia tautoko ana, ko koe rānei e hiahia tautoko ana, kei te pai, e wātea ana he āwhinatanga – me kaua te tangata e mate kia whakamātauria te wā taumaha e tōna kotahi.

I te wā o te ohotata waea ki 111.

Mō ētahi atu kupu āwhina, tautoko hoki, toro ki mentalhealth.org.nz.

Ngā waea āwhina kore utu

- Need to talk? – Waea, pātuhi rānei **1737** ahakoa te wā, ki te whiwhi tautoko i tētahi kaiārahi mātanga
- The Depression Helpline – Waea ki **0800 111 757** te pātuhi rānei ki **4202** ki te kōrero ki tētahi kaiārahi mātanga i ō kare ā-roto, te whiu pātai rānei
- Youthline – Waea ki **0800 376 633**, pātuhi rānei ki **234**, īmēra ki talk@youthline.co.nz, toro atu rānei ki youthline.co.nz ki te kōrero ā-tuihono
- The Lowdown – Pātuhi ki **5626** ki te kimi tautoko hei āwhina i te hunga rangatahi kia taea ai e rātou te āhukahuka me te mōhio ki te mate pāpōuri me te āwangawanga.
- Healthline – Waea ki **0800 611 116** mō ētahi tohutohu, mōhiohio hauora hoki
- Alcohol Drug Helpline – Waea ki **0800 787 797** e kōrero ai koe ki tētahi kaiārahi matatau

Ngā taupānga oranga kore utu

Ka taea e koe te tikiake kore utu i ngā taupānga oranga o Groov me Headstrong i runga waea Android me te Apple. Kei roto i tō Google Pay, Apple App Store rānei.

Ngā Kaitiaki Tautoko ā-Tuawhenua

He wāhi pai ngā Kaitiaki Tautoko ā-Tuawhenua (RST) e āhei atu koe ki te tautoko me te tohutohu kore utu, matatapu hoki. Ko tā tēnei whatunga ā-motu, e whakahaeretia ana e te hunga kāinga tonu, he āwhina i ngā whānau mahi pāmu me ngā hāpori tuawhenua. He kaiwhakarite wā ngā RST kua whakangungua ki te kite i ngā take hauora hinengaro, take oranga hoki. Ka taea hoki e rātou te tuku i a koe ki ngā ratonga pēnei i ngā ratonga mōhiohio hauora, tautoko ahumoni hoki. Tēnā waea atu ki a rātou ki te kōrero i ō kōwhiringa. Waea ki **0800 787 254 (0800 RURAL HELP)** ki te whakarite i tētahi kōrero kore utu, matatapu hoki, hei te wā e pai ana ki a koe, toro atu rānei ki rural-support.org.nz

Farmstrong

He hōtaka oranga ā-motu a Farmstrong mā te hāpori tuawhenua. Ko tana whāinga ko te āwhina i a koe kia pai tō oranga, kia pai hoki tō mahi pāmu. Kei tana paetukutuku ētahi rauemi huhua hei āwhina i a koe ki te whakahaere i tōu ake oranga. Toro atu ki farmstrong.co.nz

