

For garem staka different feeling tumas hem normol sumting lo hard time.

Sapos naturol disaster kasem iu hem sa ve mekem stress an fright, bae iu sa ve feelim staka wari, no sa ve wat fo doim tierd, kros, sorre or different feeling osem. No mata hao iu feel, hem normol sumting. Iu sa ve mekem tings easi easi nmoa day by day or hour by hour, an rememba dat iu doim best blo iu.

Everiwān sa ve garem different feeling lo situation osem an lo own wei blo oketa seleva to. Bae iu sa ve experiencim staka physical reactions osem – bae iu feel sek sek, sicki, no like kai kai, or hard fo tingting stret. Hem nomol sumting and man sa ve understandim situation ia.

Oketa sumting iu no expectim an sa ve mekem man freight sa ve mekem iumi feel osem iumi no garem control. Sapos iu sa ve feel osem, iu takem bak smol control. Hem sa ve mekem iumi feel gud an luk outim iumi seleva an oketa loved ones blo iumi. Hem ia sumfala idea bae iu sa ve findim helpful:



- Iu sharim ting ting blo iu wetem oketa family, frens, wakaman, neighbours, or oketa nara man wea kaen experience kasem oketa. If iu likem sumfala support an garem phone or internet, iu contactim helpline an stori wetem counsellor. Iu luk lo nara saet blo leaflet ia fo sumfala detail moa.
- Iu keepm sumfala smol plan wea iu sa ve doem – go slip everi day lo same time, planim kai kai, mekem time fo oketa pikinini, or any sumting wea gud lo iu.
- Luk outim iu seleva bae feel osem smol sumting nmoa time iu busy wetem effects blo naturol disaster, but physical health blo iu and mental health blo iu hem na barava important sumting fo tingim lo hard times. Iu doem oketa sumting wea sa ve mekem iu feel gud, osem exercise, read read, herem music or spendim time wetem oketa loved ones blo iu.
- Iu limitim time blo iu lo social media or time iu checkim nius. Iu mas rest time body blo iu like rest.
- If iu sa ve doim, iu try findm sumting gud fo doim. Iu sensim focus blo iu go lo smol sumting practical wea iu sa ve doim (osem look outim oketa nara pipol, or checkim oketa neighbour) hem ia sumfala sumting wea sa ve mekem stress kam down.
- If iu like, iu sa ve go lukim nurse or doctor lo clinic kosap lo iu.
- Iu mas garem patience wetm iu seleva. Bae iu findim balance and peace moa lo own taem and wei blo iu seleva.

Free support hem available nmoa.

If iu ting iu sa ve lo sumfala wea likem support, or iu seleva likem support, hem orite, help stap nmoa – no anyone wan should facim hard times seleva.

Supos any emergency, ringim 111.

For any advice or support go lo web page blo.mentalhealth.org.nz.

Free helplines

- Sapos iu like talk? – Ring or text **1737** any time fo support from counsellor
- Depression Helpline – Ring **0800 111 757** or text **4202** fo talk lo counsellor lo ting ting blo iu or sapos iu like ask any questions
- Youthline – Ring **0800 376 633**, text **234**, email talk@youthline.co.nz, or go lo youthline.co.nz for an online chat
- The Lowdown – Text **5626** support fo helpm oketa young people recognisem and understandim depression or anxiety
- Healthline – Ring **0800 611 116** fo health advice and information
- Alcohol Drug Helpline – Ring **0800 787 797** fo tok lo counsellor

Free wellbeing apps

Iu sa ve download the Groov an Headstrong wellbeing apps fo free lo Android and Apple phone. Iu sa ve findim lo Google Play or Apple App store.

Rural Support Trusts

Local Rural Support Trust (RST) hem barava gud place fo accessim free an confidential support and advice. Dis fala nationwide network, wea hem run by local people, hem sa ve helpm oketa family wea waka lo farm and oketa rural communities. RSTs garem oketa facilitators wea garem training fo recognisim oketa issues wetem mental heatlh and wellbeing. Oketea sa ve putim iu in contact wetem oketa help service to, osem health information or financial support. Iu sa ve ringim oketa an tok aboutim oketa idea iu likem. Ring **0800 787 254 (0800 RURAL HELP)** fo arrangim free an confidential tok tok lo any place iu like, or iu sa ve visitim rural-support.org.nz

Farmstrong

Farmstrong hem nationwide wellbeing programme fo oketa rural community. Aim blo oketa fo helpm iu stap gud mekem iu sa ve farm gud. Lo website blo oketa iu sa ve findim oketa resource fo helpm iu managim wellbeing. Go lo farmstrong.co.nz

