



Health New Zealand
Te Whatu Ora

Looking after how you are feeling after a natural disaster



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What this document is about



Easy Read uses plain words and pictures to explain information.

This Easy Read document is about how you might be feeling after a **natural disaster**.



Natural disasters are events like:

- floods
- earthquakes
- fires
- cyclones
- volcanic eruptions
- landslides.



You can find more Easy Read information about natural disasters on the Get Ready **website**:

www.getready.govt.nz/en/alternate-formats/easy-read



This Easy Read document about looking after how you are feeling after a natural disaster has been put together with information from:

Health New Zealand
Te Whatu Ora

- Health New Zealand - Te Whatu Ora



- Mental Health Foundation of New Zealand.



You may want to read this information with support from a:

- whānau / family member
- friend
- support worker.

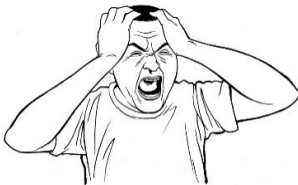
How you might be feeling



Looking after your **mental wellbeing** is about taking care of how you are feeling.



When there has been a **natural disaster** your life may change.



When there has been a natural disaster you may feel:

- overwhelmed
- angry
- frustrated
- tired
- **anxious.**

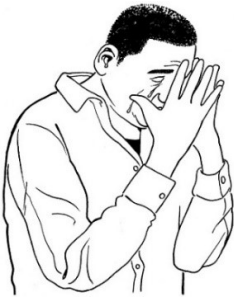




If you are feeling **anxious** you might:

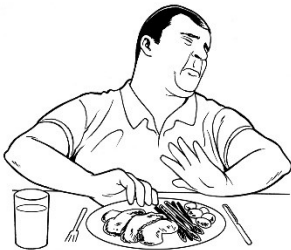
- feel your heart beating faster
- breathe faster
- feel butterflies in your tummy or feel sick
- have trouble sleeping / bad dreams
- feel moody / grumpy.

Things to watch out for



You might need extra support for your mental wellbeing after a natural disaster if you:

- feel hopeless / worthless / useless
- are very tired
- have changes in behaviour like:
 - eating less / more
 - sleeping less / more.





You might need extra support for your mental wellbeing after a natural disaster if you turn to:

- taking drugs
- drinking lots of alcohol like:
 - beer
 - wine
 - spirits
- gambling.





You might need extra support for your mental wellbeing after a natural disaster if you:

- have to stay somewhere different because your home is damaged
- are separated / away from your family / loved ones
- are not able to do the things you used to enjoy
- feel unwell with:
 - headaches
 - stomach aches.



Things to do to make you feel better



There are things you can do to look after how you are feeling.

Take some time to think about how you are feeling.



You may feel:

- anxious
- overwhelmed
- **on edge.**



Feeling **on edge** means feeling nervous.

Being on edge means you are worried / afraid about what might happen.



If you feel like crying that is okay.



Feeling all sorts of things is a part of getting better.



Another thing you can do to look after how you are feeling is take it 1 day at a time.



When things are hard you may feel overwhelmed.



You may be thinking about:

- what was lost in the natural disaster
- how you do not know what is going to happen in the future.



The **future** is a time that has not happened yet.

Taking things day by day is okay.



Another thing you can do to look after how you are feeling is have a kōrero / talk with someone.



Other people you know may be feeling the same things.



You can talk to:

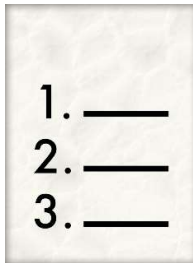
- whānau / family
- friends
- neighbours
- other people in your community.



Sharing a problem can make it easier to deal with.



Another thing you can do to look after how you are feeling is to know what you can control.



Make a list of everything you are thinking about to do with the natural disaster.

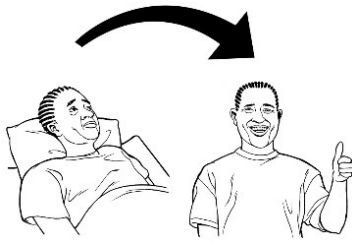


You might want to ask a friend or family member to support you with this.



From your list decide what you:

- can control
- cannot control.



Doing the things from your list you can control will support you in feeling better.



Another thing you can do to look after how you are feeling is build a **routine**.



A **routine** is doing the same activities at the same time every day.

Your routine may include:

- going to bed at the same time every night
- planning meals
- spending time with your tamariki / children.





Another thing you can do to look after how you are feeling is do things you enjoy.



Try to do things that you enjoy every day.



The things you enjoy can be small things like:

- drinking a hot cup of coffee / tea
- going fishing
- exercising
- listening to music
- resting.



Keep doing the things you enjoy every day as best you can.



Another thing you can do to look after how you are feeling is keep up hope.



You may not be feeling great right now.

These bad feelings will not last forever.



It is important to reach out for support if you feel like you cannot cope with these feelings.

Getting extra support for how you are feeling



You are not alone.

You can start by talking to your
doctor.



Your doctor is trained to work out
what you need.



Your doctor can tell you about
support services that are in your
area.

ACCESS & CHOICE

Your doctor can tell you about the
Access and Choice programme.



The **Access and Choice** programme:

- has 4 types of services that can support your mental wellbeing
- is free / does not cost any money
- allows you to **self-refer** yourself to their services.

Self-refer means you can contact / talk to the service yourself to book in an appointment.

You do not need a referral / letter from your doctor.

You can find more information about the 4 types of services on **pages 21 to 26** of this document.

ACCESS & CHOICE

These 4 Access and Choice programme services are:



1. Kaupapa Māori wellbeing services

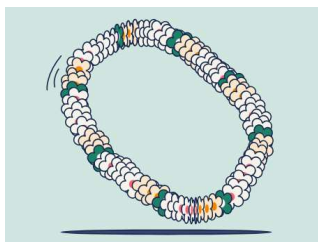
These services are:

- for tāngata whaiora / person seeking support
- for whānau / family
- for all ages
- run by Māori services.



You can find more information about Kaupapa Māori wellbeing services on this **website**:

<https://tinyurl.com/3mcczsa6>



2. Pacific-led wellbeing services

These services are for:

- Pacific people of all ages
- aiga / family.



The services are run by Pacific services.



You can find more information about Pacific-led wellbeing services on this **website**:

<https://tinyurl.com/3k4uzexz>

3. Youth wellbeing services



These services are for young people 12 to 24 years old.

Youth services also includes **rainbow** youth services.

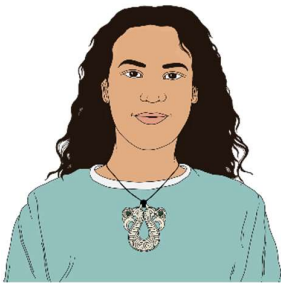


Rainbow people means people who are **LGBTTIQ+**.



LGBTTIQ+ stands for people who are:

- lesbian
- gay
- bisexual
- transgender.

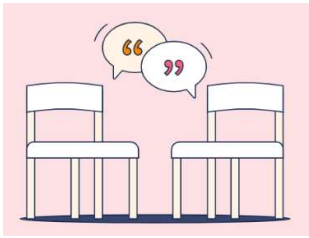


LGBTTIQ+ also stands for people who are:

- takatāpui
- intersex
- queer
- others such as asexual.

You can find more information about Youth wellbeing services on this **website**:

<https://tinyurl.com/36e8v5h2>



4. Wellbeing services in general practices

A **general practice** is where you see your doctor or nurse.



Your general practice has people trained to support you / your whānau to improve:

- your mental wellbeing
- physical wellbeing.



The doctor or nurse can refer you to the Access and Choice programme.



You can find more information about Wellbeing services in general practices on this **website**:

<https://tinyurl.com/3mk8cc6r>

ACCESS & CHOICE



You can find more information about the Access and Choice programme on this **website**:

www.wellbeingsupport.health.nz/available-wellbeing-support

The information on the website is **not** in Easy Read.

Helplines to support how you are feeling



Helplines are services that you can contact for advice / support.

Most of the places will have a **trained counsellor** that you can talk to.



A **trained counsellor** is someone who can help you talk about your feelings.



If you are Deaf / cannot speak on the phone you can use the NZ Relay Service:

www.nzrelay.co.nz



1. 1737: Need to Talk

Phone: **1737**

Text: **1737**



At 1737: Need to Talk you can talk to a trained counsellor.



1737: Need to Talk is free to call or text.



1737: Need to Talk is open all day / night.



If the 1737 number does not work from your phone you can call this number:

0800 1737 1737



You can find out more about
1737: Need to Talk on this
website:

www.1737.org.nz

Depression Helpline



2. The Depression Helpline

Phone: **0800 111 757**

Text: **4202**



At the Depression Helpline you can talk to a trained counsellor.



The Depression Helpline is free to call or text.



The Depression Helpline is open all day / night.



You can find out more about the Depression Helpline on this **website**:

www.depression.org.nz



3. Youthline



Phone: **0800 376 633**

Text: **234**

Email: **talk@youthline.co.nz**



Website: **www.youthline.co.nz**



Youthline supports young people
12 to 24 years old who are finding
things hard going.

At Youthline you can talk to a trained
counsellor.



Youthline is free to call / text / email /
chat.



Youthline is open all day / night.



On the Youthline website there is **webchat**.

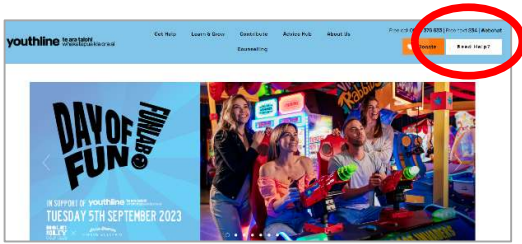
Webchat means you can chat online to a counsellor by typing into the webchat box.



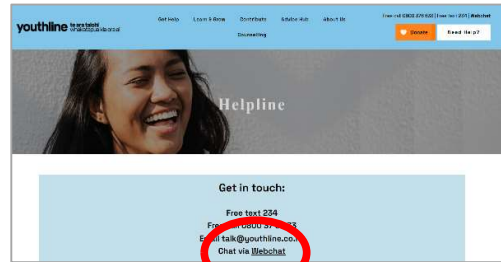
The Youthline webchat is open:

Every day 10 am to 10 pm

To get the Webchat:

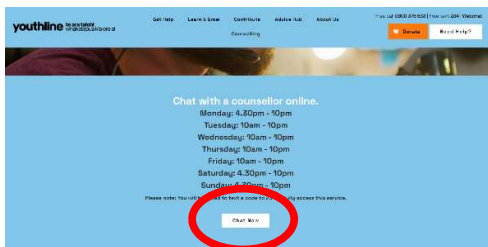


1. Go the website:
www.youthline.co.nz



2. Click on the **Need Help?** box on
the top right of the screen

3. Click on **Chat via Webchat**



4. Click on the **Chat Now** box

5. Type in what you want to say

6. Someone will reply / start to chat
with you.



4. Alcohol Drug Helpline



Phone: **0800 787 797**

Text: **8681**



At Alcohol Drug Helpline you can talk to a trained counsellor.



Alcohol Drug Helpline can give you:

- information / support about alcohol addiction
- information / support about drug use
- **confidential** advice.





Confidential means what you say will not be told to everyone / to people who do not need to know.



Alcohol Drug Helpline is free to call or text.



Alcohol Drug Helpline is open all day / night.



You can find out more about Alcohol Drug Helpline on this **website**:

www.alcoholdrughelp.org.nz



5. Disability Helpline: Whakarongorau Aotearoa New Zealand Telehealth Services



Phone: **0800 111 213**

Text: **8988**



The Disability Helpline is free to call / text.



The Disability Helpline is open all day / night.



The Disability Helpline can:

- give you information / support about natural disasters
- help if a support worker / carer is not available or has not arrived
- answer any general health questions you have.



Mental Health Foundation website

www.mentalhealth.org.nz



The website is made by the Mental Health Foundation of New Zealand.



The website can give you information / ideas on how to look after your mental wellbeing.

Free mental wellbeing apps



There are free wellbeing **apps** you can use to get support for your mental wellbeing after a natural disaster.



App is short for application.

An app is a piece of software that lets you use social media on a mobile phone or tablet.



You can download wellbeing apps onto your phone / tablet from:

- Google Play
- the App Store.



1. Groov

Groov is an app to support people to manage their mental wellbeing.



You can use the Groov app:

- every day
- when your feelings gets worse.





2. Headstrong

Headstrong is an app to support the mental wellbeing of rangatahi / young people.



Headstrong was made by people in Aotearoa New Zealand.



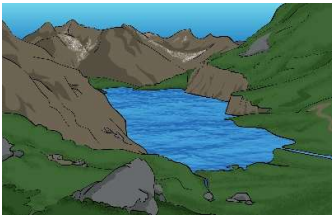
Headstrong has a chat function that makes rangatahi / young people feel like they are talking to a friend.

Support for rural / farming communities



1. Farmstrong

Farmstrong is a wellbeing programme for the **rural** community.



Rural means in the countryside.



Farmstrong supports farmers to live well so they can do their job well.

There is information to support farmers to manage stress / pressure.



You can find out more about Farmstrong on this **website**:

www.farmstrong.co.nz



2. Rural Support Trust

Phone: **0800 787 254**



Rural Support Trust supports farming families / rural communities.

Rural Support Trust is run by local people in the community they support.



Your talk with Rural Support Trust is confidential.



Rural Support Trust is free to call.



You can find out more about Rural Support Trust on this **website**:

www.rural-support.org.nz

This information has been written by:

Health New Zealand
Te Whatu Ora

- Health New Zealand – Te Whatu Ora

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

- Mental Health Foundation New Zealand.

 **Make it Easy**
Kia Māmā Mai

It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

People First NZ 
Ngā Tāngata Tuatahi

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CHANGE

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