Te Whatu Ora
Health New Zealand
Counties Manukau

Resources and Information - Mental Wellbeing and Suicide Prevention

Mental Health Foundation resources

CHUR, All good bro? – tips on how to korero with the bro. This resource is directed at tāne to tautoko/support fellow tāne Māori who may be going through a rough patch or thinking about suicide.

Connecting through Kōrero – a guidebook for parents, caregivers, teachers, counsellors, aunties, uncles, friends and other whānau members - anyone who cares about taiohi and needs tautoko/support and guidance to kōrero with them about suicide

Tihei Mauri Ora, supporting whānau through suicidal distress – information for whānau and friends to support someone who is in crisis or distress. This resource gives information and suggestions about how to support people who might be distressed or in suicidal crisis, and those who are recovering from feeling suicidal

Are you worried someone is thinking of suicide? - Advice for families, whānau and friends who are worried about the suicide risk of someone close to them.

Takatāpui: part of the whānau - This resource is for takatāpui, their whānau and communities, sharing stories and information about identity, wellbeing and suicide prevention

What happens now? - This resource offers information to help people stay safe in the days and weeks after they survive a suicide attempt or serious self-harm. The resource also provides information to friends, whanau, counsellors or support people about how to help

Bereavement support

Aoake te Rā – providing free brief therapeutic support for people bereaved by suicide
After a Suicide – support and information after a suicide for whānau, friends and communities
Ka Ao Ka Ao - Māori Postvention resource
Manaaki Tangata Victim Support – suicide, homicide and traumatic incident support and resources
Pacific Communities Postvention resource - LeVa

Ngaa Rauemi Māori (Māori Resources)

- Te Aka Online Māori Dictionary
- Kuputaka (glossary)
- Te Ara Online Encyclopedia of New Zealand
- Āke Āke app (Waitematā/Auckland DHB) cultural competency app
- Te Tiriti o Waitangi
- Te Tiriti training on Ko Awatea
- Whakamaua: Māori Health Action Plan 2020 – 2025
- Wai 2575 Māori Health Trends Report
- Te Pou – Evidence Based Workforce Development for mental health, addiction and disability
- Te Rau Ora – Centre of Māori Suicide Prevention
- Ministry of Health 'Māori Health' page

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- Hui Process
- Cultural Safety

HELPLINES
1737 – Need to talk? Free support and advice from trained counsellors and options to talk to a peer supporter
Lifeline – 0800 54 33 54 or text 4357 (HELP) – 24/7 confidential support
Tautoko Suicide Crisis - 0508 82 88 65, free nationwide support line
Samaritans – for people experiencing loneliness, depression, distress or suicidal feelings, can call **0800 72 66 66** - Samaritans operates a 24/7 crisis help line operating by volunteers in the community
Youthline – free counselling for taiohi under 25, free call 0800 376 633, free text 234 or webchat online

Wellbeing advice and support
Aoake te Rā – free counselling support for suicide bereaved
Allright.org.nz – for wellbeing information
Depression.org.nz – ideas on how to support self and others experiencing depression
EDANZ - eating disorders support run by people with lived experience
Engage Aotearoa – support for people living with disability
Farm Strong – nationwide wellbeing kaupapa for the farming community
Grief Centre – support through all forms of grief and loss
Healthline – source of expert health advice
Mental Health Foundation – supporting yourself to sustain positive wellbeing
Justathought.co.nz – free online therapy to improve mental health
Rural Support – help and support for rural communities in NZ
SANDS NZ – parent run support for people who have experienced baby loss
Skylight - online resilience hub
Small Steps – a toolkit to help manage wellbeing
Senior Line – help for older persons and their family navigating the health system
Talking Minds – understanding psychosis

Support for whānau, families and tamariki
Whats Up – 0800 942 8787, free counselling for kids and teens
Plunketline – a free parent helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week.
PADA - perinatal mental health support
Shakti NZ - a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin
Refugees as Survivors NZ – refugee health and wellbeing support
Asian Family Services Helpline - provides nationwide free and confidential services from Monday to Friday between 9am-8pm. Avaliable in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi and English
LeVa - supporting Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes

Support for taiohi young people
The Low Down – by rangatahi for rangatahi for hauora, mental health and cultural support

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Sparx - a free online computer game intended to help young people with mild to moderate depression, stress or anxiety using CBT principles to help build resiliency
Aunty Dee - wellbeing tool to help people cope with stressful life experiences through support with problem solving.
Mental Wealth (LeVa) - Helping young people and their families recognise signs of **mental** distress and equipping them with skills on how to improve wellbeing.
Shakti Youth – youth advocates for social justice
Village Collective – empowering Pasifika Youth

Transgender, non-binary, Takatāpui and Rainbow support
OutLine - an all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning
InsideOUT - a national charity working to make Aotearoa safer for all rainbow young people
Rainbow Youth - provide support, information, resources & advocacy for Aotearoa's queer, gender diverse, takatāpui and intersex youth
Te Ngakau Kahukura – works to make communities, environments and systems more safe for and inclusive for rainbow people across Aotearoa
Takatāpui NZ - a resource hub for Takatāpui and their whānau
Intersex NZ - an intersex-led non-profit organisation that provides affirmation, advocacy and referral for intersex people and their whānau
Gender Minorities Aotearoa - a nationwide transgender organisation. Run by and for transgender people; including binary and non-binary, intersex, and irawhiti takatāpui
Body Positive INC - a peer support organisation, founded by and run for, all people living with HIV in New Zealand

Lived Experience
DRIVE Consumer Direction Counties
Take Notice - promotes the voices of people with lived experience of mental health and addictions in all levels of service development and delivery
How to tell your lived experience story safely
Changing Minds – your lived experience is your strength

Alcohol, Drug and gambling support
Alcohol and Drug Helpline
The Level – harm minimisation for people who use drugs
Gambling Helpline

Support for people experiencing family, partner or gender related harm
Women's Refuge
Shine Family Violence Helpline
Male Survivor NZ
Safe to Talk – Sexual Harm Helpline
ACC – sexual harm support
Yellow Brick Road - mental health support for families

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Wellbeing APPs

Whānau M3 - The **M3 Whānau app** is a bilingual breath, mindfulness, meditation, movement, and sleep stories app grounded in te ao Māori. The app is designed to build your well-being through simple daily practices for an empowered and resilient Aotearoa.

The HAAAA – meditation app using ingenious sounds from the Pacific

Manaaki Ora - An app to provide guidance and self-help tips for improving well-being. It can also be used to help others who might be going through hard times, distress or depression

Allright? An app for people wanting to learn relaxation breathing techniques to manage stress and anxiety. Read more about

Bite Back - An online, self-guided program, for youth (aged 13–16 years old) to help promote mental wellbeing and prevent or manage symptoms of depression and anxiety (Australian)

Calm Harm – an app to reduce the urge to self-harm (UK)

Happify – an app for people looking to improve personal wellbeing andn learn more about positive psychology

Headspace – to learn and practice meditation

Headstrong - helping rangatahi stay resilient and well

oVERcome – for people who have a phobia or fear and want to overcome it using virtual reality

Sleepio – an online sleep improvement programme (USA/UK)

Smiling Mind – for children and young people wanted to practice mindfulness and meditation (Australian)

Health Navigator wellbeing apps review