

NEED TO TALK?

1737
Free call or text any time



Aunty Dee is a free online tool you can use on your mobile phone, tablet, laptop or personal computer.

www.auntydee.co.nz

www.commonground.org.nz

www.thelowdown.co.nz

www.sparx.org.nz

SAMARITANS ☎ 0800 726 666

WHATS UP ☎ 0800 942 8787 (1-11pm)

YOUTHLINE ☎ 0800 376 633 (11-11 7 days)

DEPRESSION ☎ 0800 111 757 (24 hrs)

www.depression.org.nz

DIRECTIONS YOUTH HEALTH CENTRE

06 871 5307

Child, Adolescent & Family Mental

Health Services 06 878 8109 ext 5848

COMMUNITY MENTAL HEALTH

Napier 06 878 8109 ext 4220

Hastings 06 878 8109 ext 5700

Wairoa 06 838 7099 ext 4875

CHB 06 858 9090 ext 5551

EMERGENCY MENTAL HEALTH

☎ 0800 112 334

ARE YOU CONCERNED ABOUT SOMEONE?

This is one thing you can do:

A

Ask if someone is feeling suicidal. Be direct and matter-of-fact.

E

Ensure immediate safety (take away means to suicide like ropes, guns, pills and knives). Don't leave them alone.

I

Identify the problems that a person is trying to escape from by taking their life.

O

Offer hope that there are other ways out, another way to solve the problem, that there is Hope.

U

Use professional / Services / Community / Kaumatua and Kuia to help. Don't be sworn to secrecy. Don't carry this alone.

We would like to acknowledge the original designers of AEIOU Roger Shave and Te Runanga o Ngāti Pikiao

WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

IT'S OK TO
ASK FOR
HELP



E hika mā, kei te pai
noaiho, ki te pātai mō
tētahi āwhina

