

Mental health and wellbeing support

COVID-19 has had a significant impact on all our lives. It's normal to not feel all right all the time. It's understandable to feel sad, distressed, worried, confused, anxious or angry.

It's important to know that there are things you can do to look after your own mental wellbeing or get extra help if you need it. There are tools that you can use to support your mental wellbeing and places you can get help.

It's okay to reach out for help – never hesitate if you are concerned about yourself or someone else.

If you're struggling, good places to start can be talking to your GP, medical centre, hauora, community mental health team, school counsellor or counselling service. If you don't get the help you need the first time, keep trying.

Helplines

In a crisis or emergency – if you're worried about someone's immediate safety call 111.

If you want to talk, text or webchat with someone right now, contact one of these helplines for support, information and help.

Services are free and available 24 hours a day, seven days a week unless otherwise stated.

Need to talk? Call or text 1737 to talk to a trained counsellor

Depression and anxiety helpline – Call 0800 111 757 or text 4202 to talk to a trained counsellor about how you are feeling.

Lifeline – Call 0800 543 354 (0800 LIFELINE) or text 4357 (HELP) to talk to a qualified counsellor or trained volunteer.

Samaritans – Call 0800 72 66 66 if you are experiencing loneliness, depression, despair, distress or suicidal feelings.

Suicide crisis helpline – Call 0508 828 865 (0508 TAUTOKO) to talk to a trained and experienced counsellor.

Alcohol and drug helpline – Call 0800 787 797, text 8681 or online chat for people dealing with alcohol or other drug problems.

Gambling helpline – Call 0800 654 655 or text 8006 to talk to a counsellor.

OUTLine – Call 0800 688 5463 (0800 OUTLINE) for people in the rainbow community. 6-9pm daily.

Self-help tools and information

In uncertain times it can be hard to know how to feel or what to do. These websites, apps and self-help tools have practical tips for looking after yourself and your whānau. And if you or a loved one could use a bit of extra help, there is support available.

Getting Through Together is a mental wellbeing programme focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic.

www.allright.org.nz/campaigns/getting-through-together

Melon is an app with a health journal, resources and self-awareness tools to help you manage your emotional wellbeing. You can also join their online community to connect with and support others and watch daily webinars about wellbeing.

www.melonhealth.com/covid-19

Mentemia is an app that you can use to monitor, manage and improve your mental wellbeing by setting daily goals and tracking your progress. www.mentemia.com/covid-19

Staying on Track is an e-therapy course that teaches you practical strategies to cope with the stress and disruption of day-to-day life.

www.justathought.co.nz/covid19

My Journal is a personalised online programme that focuses on positivity, lifestyle changes and problem solving. myjournal.depression.org.nz

Whakatau Mai - The Wellbeing Sessions are free, virtual community events aimed at supporting wellbeing in real-time – to help you connect you with others, learn and practice new skills, and start looking at things differently. www.wellbeingsessions.nz

Mental Health Foundation has great advice about looking after mental health and wellbeing during COVID-19 and useful tips to get through. www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through

Best Bubble helps you think about choosing healthier activities over those that could make life trickier, particularly drinking too much alcohol. www.bestbubble.co.nz

NZ Drug Foundation and **Drug Help** have information for people who use alcohol and other drugs, and those supporting them, about how to use safer, manage withdrawal symptoms, and stay in recovery. www.drugfoundation.org.nz/covid-19 and drughelp.org.nz/covid-19-lockdown-support

Asian Family Services provides mental health support to Asians living in New Zealand. www.asianfamilyservices.nz

Rural Support NZ provides mental health support to rural communities. www.rural-support.org.nz

For advice, information and support for pregnant women and new parents, Pasifika, older people, people with long-term health conditions and Māori. depression.org.nz

For young people

Helplines

Youthline – Call 0800 376 633, text 234, email or webchat (7-11pm daily) for young people and their parents, whānau and friends.

Rainbow Youth – Call (09) 376 4155 (11am-5pm weekdays) or webchat (3-5 weekdays) for peer support for youth in the rainbow community, their friends and whānau.

What's Up – Call 0800 942 8787 (0800 WHATSUP) or webchat to talk about anything with trained counsellors. Call: Monday to Friday 12-11pm, Sat and Sun 3-11pm. Webchat: Mon-Fri 1-10pm, Sat-Sun 3-10pm.

Kidslines – Call 0800 543 754 (0800 KIDSLINE) for young people up to 18 years old. 4-9pm weekdays.

The Lowdown – Call 0800 111 757, text 5626, email or webchat to get for support for young people experiencing depression or anxiety.

Self-help tools and information

Aroha is a chatbot that provides practical, evidence-based tools to manage stress, maintain social connection and stay active.
portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial

Aunty Dee is a free online tool for anyone who needs some help working through a problem. www.auntydee.co.nz

Melon Health has a kete of resources to support teenagers' emotional wellbeing. There are videos, downloadable worksheets and a 'First steps to managing anxiety' mini-course.
www.melonhealth.com/manual

Mental Wealth has resources where you can learn more about mental health. www.mentalwealth.nz

SPARX is an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety in an interactive game-world. www.sparx.org.nz/home

The Lowdown has some great resources about recognising and understanding depression and anxiety. thelowdown.co.nz

For family, whānau, support workers

Helplines

Skylight – Call 0800 299 100 for support through trauma, loss and grief. 9am-5pm weekdays.

Supporting families – Call 0800 732 825 for families and whānau supporting a loved one who has a mental illness. 8:30am-5pm weekdays.

Parent help – Call 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. 9am-9pm daily.

Self-help tools and information

Sparklers at Home – an online toolkit for parents, full of fun activities that support the wellbeing of primary and intermediate students. sparklers.org.nz/parenting

LeVa Pasifika – information and support for Pasifika families on mental health, addiction and suicide prevention. www.leva.co.nz

Common Ground – a central hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who is struggling.
www.commonground.org.nz

After a Suicide – practical information and guidance to people who have lost someone to suicide. www.aftersuicide.nz

Need more support? Find services near you

There are over **200 providers** of mental health and addiction services in New Zealand providing programmes for different needs.

Visit www.healthpoint.co.nz/mental-health-addictions to find mental health and addiction services near you.

There are services specifically for young people, kaupapa Māori, Pasifika, addiction, and maternal mental health. You can also search for services that are 'walk-in' that you don't need a referral for.