

THE BIG CHECK-IN

An online evening of support for rural people post-cyclone

Real-time Resilience:

Practical strategies to boost wellbeing & resilience



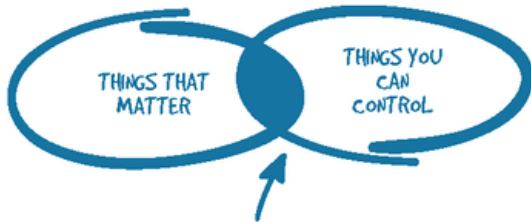
NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**

Based on the best of science and our own experiences of working with emergency management and resilience training programmes, these are some of the practical strategies we've seen work to support resilience.



Choose where you focus your attention.

»» What is still good?



Do the things that make you happy.
Talk to the people that make you happy!
Love; joy; hope; pride; thankful; calm; interested; inspired.



Strong relationships = strong wellbeing.

»» Keep texting, talking, emailing, chat.



Help yourself by helping others.

»» Stops you thinking too much about you.

Give your brain a holiday from worry

Find distractions.



Find the right people to talk to...
People that make you feel good.



Put a timer on.

»» Worry / be sad for ONE minute ... then call a friend.



Keep safe!
Don't be careless.

»» This is a marathon, not a sprint.

A little kindness will go a long way.
A lot of kindness is even better!



Keep helpful daily routines ...
or make new ones!



Is the news helping or harming you?

»» Choose your sources carefully
»» Switch it off!

Free support is at hand

If you think someone you know needs further tautoko/support, or if you need support yourself, it's okay, there is help available – no one should go through a tough time alone.

In case of an emergency, call 111.

For more tips and support, go to allsorts.org.nz.

FREE HELPLINES

- Need to talk? – Call or text **1737** any time for support from a trained counsellor
- The Depression Helpline – Call **0800 111 757** or text **4202** to talk to a trained counsellor about how you are feeling or to ask any questions
- Youthline – Call **0800 376 633**, text **234**, email talk@youthline.co.nz, or go to youthline.co.nz for an online chat
- The Lowdown – Text **5626** for support to help young people recognise and understand depression or anxiety
- Healthline – Call **0800 611 116** for health advice and information
- Alcohol Drug Helpline – Call **0800 787 797** to speak with a trained counsellor

FREE WELLBEING APPS

You can download the Groov and Headstrong wellbeing apps for free for Android and Apple phones. You can find them in your Google Play or Apple App Store.

RURAL SUPPORT TRUSTS

A local Rural Support Trust (RST) is a great place to access free and confidential support and advice. This nationwide network, run by local people, helps farmers, growers and their families. RSTs have facilitators trained to recognise issues with mental health and wellbeing. They can also put you in touch with services including health information or financial support. You can give them a call to talk through your options. Call **0800 787 254 (0800 RURAL HELP)** to arrange a free and confidential chat at a place that suits you, or visit rural-support.org.nz

FARMSTRONG

Farmstrong is a nationwide wellbeing programme for the rural community. Their aim is to help you live well to farm well. On their website you can find a range of resources to help you manage your wellbeing.

Visit farmstrong.co.nz

FIRSTMATE

FirstMate New Zealand supports the health and wellbeing of people across the commercial seafood sector. FirstMate's goal is to offer fishers and businesses the guidance, direction and support they need to better navigate the pressures and complexities that come with the job. Working at sea can be very challenging – mentally, physically, legally and financially. And as things continue to change, it's vital that people in the industry – and their whānau – have the support they need to adjust and thrive.

Call **0800 ADRIFT (0800 237 438)** for support or advice.

Kei roto i te pōuri, te marama e whiti ana. Through perseverance and hope, we will overcome



Te Aka Whai Ora
Māori Health Authority

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

Te Whatu Ora
Health New Zealand