

# Looking for support in North Canterbury?

## General Practices

A good first step is to see your GP. You and your whanau can use a number of health and wellbeing services when you are enrolled with a GP team.

You can call your GP to ask what services they offer. Some GP practices offer the free services of:

**Health Improvement Practitioners** are qualified, registered health professionals who help people of all ages take positive steps in improving their physical and mental wellbeing.

**Health Coaches**, can support people with understanding healthy choices, goal setting, managing medication, and chronic conditions.

**Support Workers**, help people to lead healthy lifestyles, and assist with social engagement, paid work, housing and money matters.

## Mental Health Brief Intervention Service

Your GP may be able to refer you to have free sessions with a mental health clinician, who can help with mild to moderate health needs, including stress, anxiety, low mood and depression.



## Community support groups

You can access free mental health support through community support groups, including peer support, whanau support and specialised support. You can visit this website to find a support group in the Canterbury region. [www.mentalhealth.org.nz/groups](http://www.mentalhealth.org.nz/groups)

## Phone and text services

1737

Free phone or text **1737**, for support from trained counsellors 24/7. Interpreter services are available in more than 40 languages.

Youthline counselling services, free phone **0800 376 633** or text **234** or webchat [youthline.co.nz](http://youthline.co.nz)

## Apps and online learning

There are lots of great free wellbeing apps and online learning to support you.



A free app, empowering you to become your strongest self.  
[melonhealth.com](http://melonhealth.com)



Helping young Kiwis recognise and understand depression or anxiety.  
[thelowdown.co.nz](http://thelowdown.co.nz)



Free courses on anxiety, depression, and managing stress.  
[justathought.co.nz](http://justathought.co.nz)



Resources to support mental health and wellbeing.  
[mentalhealth.org.nz](http://mentalhealth.org.nz)



A free NZ app with mental wellbeing coach support 24/7. [mentemia.com/nz](http://mentemia.com/nz)

Thanks to **Te Hau Toka Southern Lakes Wellbeing Group** for use of the Traffic Light design.

Traffic Light Guide

# Looking after your mental wellbeing

# Manaakitia i tō oraka

## Keeping well Kia piki te ora

## Extra support He taupua ano

## Immediate crisis Mōrearea ināianeī tonu



# Keeping well Kia piki te ora

Maintaining your wellbeing is important. It's a bit like keeping physically fit- something you work on throughout life. These tips are designed to get you thinking about what will help your mental wellbeing:

## WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation  
MŪHURI TU, MŪHURI ORA

# When you need some extra support

## So you're not feeling great?

It's been a tough time and some of us who may not have needed support previously could do with a helping hand. There's support out there if you need it.

You can access free support through:

- **Your GP team** - they can help you to connect with support that's right for you.
- **Your school** - some schools offer counselling services for students.
- **Your workplace** - some workplaces offer support through Employee Assistance Programmes.

## Manu Ka Rere

Offer free mental health and addiction support for young people aged 13-24 years in Canterbury. Referrals can be made through their website:  
[www.manukarere.org.nz](http://www.manukarere.org.nz) | 03 281 7616

## Community Wellbeing North Canterbury Trust

Provides a range of free community and social services aimed at improving the lives of people in Waimakariri and the Hurunui. 03 281 7616

## Comcare Trust

Offer free community based mental health and addiction services to people aged 18+ towards wellbeing. They offer peer support services and physical activity based Activelinks support service.  
[www.comcare.org.nz](http://www.comcare.org.nz) | 03 3777020

## Hope Community Trust

Provides community services in Rangiora including counselling, a community garden, a food bank and activities. 03 928 3066

## North Canterbury Rural Support Trust

Supports farmers and their families through tough times. They can help people navigate financial and personal challenges or assist during climatic adverse events. 0800 787 254

# When you need immediate mental health help

In an immediate and serious situation when you are concerned for your safety or the safety of those around you, call the **Police** on 111.

If the situation does not require an immediate urgent response, contact **Crisis Resolution** on 0800 920 092 (24 hours, 7 days a week). If you are calling on behalf of someone, you will need their consent to access this service.

For children and young people up to the age of 18, call **Child, Adolescent & Family Emergency (CAFEm)** on 0800 218 219 and press option 2 (weekdays, 8:30am-5pm). For afterhours support, please contact Crisis Resolution on 0800 920 092.