

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

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

Barnardos free counselling services phone **0800 Whats Up (94287 87)** or Chat online at whatsup.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



Helping young Kiwis recognise and understand depression or anxiety.
thelowdown.co.nz



Free courses on anxiety, depression, and managing stress.
justathought.co.nz



Resources to support mental health and wellbeing.
mentalhealth.org.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 to 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:

FIVE WAYS TO WELLBEING

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

CONNECT

TALK & LISTEN,
BE THERE, FEEL CONNECTED

BE ACTIVE

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

Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE

TAKE NOTICE

REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

Mental Health Foundation
mauri tu, mauri ora
www.mentalhealth.org.nz

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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

Offers 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 | 03 281 7616

Community Wellbeing North Canterbury Trust

Providing free community and social services that strengthen the wellbeing of families, children and young people in Waimakariri and the Hurunui.
www.wellbeingnz.org.nz | 03 310 6375

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 | 03 377 7020

Hope Community Trust

Provides community services in Rangiora including counselling, a community garden, a food bank and activities.
www.thehopecommunitytrust.org | 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

He Waka Tapu

0800 439 252 (HEWAKA)
hewakatapu.org.nz

Purapura Whetu

0800 4 WHETU (0800 4 94388)
pw.maori.nz

He Waka Tapu and Purapura Whetu offer support and interventions for individuals and their whānau unit facing mental health challenges. Together they offer Whakahohoro Te Hau, a dedicated service designed to address and eliminate obstacles for whānau seeking assistance during mental health crises. The core principles of Whakahohoro Te Hau involve a holistic approach to mental health care and wellness.

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.