



Windley School

E tipu nga rakau iti

8th September 2020

Malo e lelei,

This newsletter focuses on people's well-being. It has been highlighted across Aotearoa/New Zealand that many families are under stress. It is important that families seek help and support when stressed as stress can affect our relationships and general health. People are sick more often and sometimes withdrawn and, when adults are stressed it affects children. Now is a time to show kindness to others and care for family and friends. Below are some supports that may be useful.

Rhys McKinley
PRINCIPAL

Mental wellbeing supports for young people

There is a large range of self-help tools and other supports available for young people who may feel they aren't coping.

Helplines:

- **Youthline** – Call 0800 376 633, text 234, email talk@youthline.co.nz or webchat (7-11pm daily) for young people and their parents, whanau, 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 9428787 (0800 WHATSUP) or webchat to talk about anything with trained counsellors. Call: Monday to Friday 12-11pm, Saturday and Sunday 3-11pm. Webchat: Monday-Friday 1-10pm, Saturday-Sunday 3-10pm.
- **Kidslines** – Call 0800 543 754 (0800 KIDSLINE) for young people up to 18 years old - 4-9pm weekdays.
- **The Lowdown** – Call 0800 111757, 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 Pacific families:

The Mental Health Foundation also recently sent the following message out to their Pacific families:

- *Wellness is community. As children of the moana, our wellness is collective, it is caring for ourselves and caring for each other. Now more than ever, we as a people need to come together in heart and mind, keeping our village strong.* Words by Grace Iwashita-Taylor.
- If you or someone you know is feeling stressed or anxious, our friends at Vaka Tautua can offer you support through their helpline 0800 OLA LELEI (0800 652535)

LeVa Pasifika also provides information and support for Pasifika families on mental health, addiction and suicide prevention.