

**Kia koe te ihi me te wehi. Wepua mai!**  
**You've got strength!**

## Helpful Apps



### Manaaki Ora

The Manaaki Ora app supports individuals and whānau to build well-being and resilience.

### OL@-OR@

The OL@-OR@ app supports Pasifika and Māori communities with well-being and encourages activities.



### Manawa My Own Survival Plan



The Manawa app supports people to keep a record of the things you can do and the people you can contact to keep yourself safe if you are feeling really bad.

## 5 Ways to Wellbeing

Introduce these 5 strategies into your life & you will feel the benefits

### Be Active

Do what you can  
Enjoy what you do  
Move your mood

### Connect

Talk & Listen  
Be there  
Feel connected

### 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

# Kei te aha Tairāwhiti

How are you



## Suicide Prevention Wellbeing

### Te Whatu Ora

Health New Zealand

Tairāwhiti

# What is Wellbeing?

**Wellbeing is about the state of a person, whānau or community and, how they are doing or feeling.**

Feeling happy and healthy is positive wellbeing, at times we can need support to continue this feeling.

It is important when people think about their wellbeing they consider Te Whare Tapa Whā - their physical, spiritual, mental and family wellbeing (Durie, 1994).

## Te Whare Tapa Whā



## Tairāwhiti Supports



### Friends | Whānau – All 24/7

Need to talk? **1737** - Trained Counsellors  
Kidline: **0800 543 754**  
Lifeline: **0800 LIFELINE**  
Samaritans: **0800 72 66 66**  
Rural Support: **0800 787 254**  
Healthline: **0800 611 116**



### Infant, Child & Adolescent Mental Health Services (ICAMHS)

**06 869 0541**

421 Ormond Rd | Mon-Fri, 8.30am - 5pm

### Community Mental Health & Addictions

**0800 999 014 - (06) 869 2097**

Tangata Rite | 110 Peel St, Gisborne  
Mon-Fri, 8am - 4.30pm

### Te Waharoa

**06 868 3550** | 26 Peel St, Gisborne  
(opposite Library) Mon-Fri, 8.30am - 4pm

### Tauawhi Men's Centre

**0800 120 072 or 06 868 8278**

71 Peel St, Gisborne | Mon-Fri, 9am - 5pm

### Employee Assistance Programme (EAP)

Helpline 24/7 - ask your manager

### Suicide Crisis Helpline

**0508 828 865** (0508 TAUTOKO)



## IN AN EMERGENCY CALL 111

**Te Whatu Ora Tairāwhiti Crisis Team**

**0800 243 500** (24/7)

## East Coast

**Needing support and live between Anaura Bay and Potaka, please contact:**

**Ngāti Porou Hauora Te Oranga  
Hinengaro (Mental Health)**

Ph: **06 864 6803** | Mon-Fri, 8am-4.30pm

## Pirangi kōrero? Kōrero mai.

## Want to talk? Talk.

**If you need help understanding or navigating wellbeing, you can contact community groups, marae, hapu & whānau, service providers or your local GP.**

**For more information:**

**Te Whatu Ora Tairāwhiti:**

<https://www.hauoratairawhiti.org.nz/ourservices/mental-health-and-addictionsservices/suicide-prevention/>

**Mental Health Foundation:**

<https://mentalhealth.org.nz/>