

Looking after yourselves and others in uncertain times

A guide for Nelson Marlborough workplaces

It's normal to experience stress, anxiety, anger, sadness and even relief in the face of a threat we cannot control. Every person reacts differently.

In these tough times it is even more important to **stay connected** – to family and friends, to talk with people you trust about your concerns and how you are feeling.

You can make a difference and create a supportive environment by having conversations about wellbeing in your workplace every day. It's as easy as asking:



You don't have to have all the answers. **Listening** is one of the most important things you can do. Find a private space if you need to.

Other things to ask-

- Have you talked to anyone about this?
- What would help you manage this situation?

When you are in a role where you are supporting others, it's very important to care for yourself and to refuel your tank. Here's some things to help with that-

- Stick to normal routines
- Eat well and stay active doing things you enjoy
- Notice what helps you get through
- Get adequate rest

New Zealand's Mental Health Foundation is a one stop shop for information and tools:
www.mentalhealth.org.nz/get-help/getting-through-together/workplace-wellbeing/

Remember: It's OK to ask for help
Text or phone 1737 to talk to a trained counsellor, 24/7. It's free.

For urgent mental health advice and referrals:

- **Nelson/Tasman:** 0800 776 364 and press 2
- **Marlborough/Blenheim:** 0800 948 497 and press 2
- **Golden Bay:** Te Whare Mahana (03) 525 7647

If you or someone else has suicidal thoughts but is not actively attempting or planning suicide, **call or text 1737 for free advice.** This service is available 24 hours a day, 7 days a week.

In an emergency phone 111

For non-urgent advice and general concerns:

- Talk to your GP
- Te Piki Oranga for kaupapa Māori services across the region: 0800 ORANGA (672 642)
- Supporting Families in Mental Illness: Nelson: (03) 546 6090 or email support@sfnelson.org.nz | Motueka: (03) 528 7790 or email motueka@sfnelson.org.nz | Blenheim: (03) 577 5491 or sfmarlb@xtra.co.nz

Helplines

- Need to talk? Free call or text **1737** any time for support from a trained counsellor
- Depression and Anxiety Helpline: 0800 111 757
- Lifeline: 0800 543 354
- Samaritans Aotearoa: 0800 726 666
- Suicide Crisis Helpline: 0508 828 865
- Healthline: 0800 611 116
- Compass Health (peer support and advocacy): 0800 212 798
- Youthline: 0800 37 66 33 | txt **234** | email talk@youthline.co.nz
- Marlborough Youth Trust: (03) 579 3143
- Parenting Helpline: 0800 568 856
- Plunketline: 0800 933 922
- OUTLine NZ (sexuality or gender identity): 0800 688 5463
- The Male Room (Nelson): (03) 548 0403
- Alcohol and Drug Helpline: 0800 787 797 | txt **8681**
- Alcohol and Drug Addiction Services: Nelson: (03) 546 1994 | Blenheim: (03) 520 9908
- Gambling Helpline: 0800 654 655 | txt **8006**
- Citizens Advice Bureau (advice on community support agencies): 0800 367 222
- Are You OK (family violence): 0800 456 450
- Women's Refuge: 0800 733 843
- Victim Support: 0800 842 846
- Family Services Helpline: 0800 211 211

Online resources

www.depression.org.nz

www.lifeline.org.nz

www.samaritans.org.nz

www.thelowdown.co.nz

www.mentalhealth.org.nz

www.moh.govt.nz/healthline

www.sparx.org.nz

www.auntydee.co.nz

<https://aftersuicide.nz>

www.whatsup.co.nz

www.beatingtheblues.co.nz

www.booksonprescription.co.nz

www.skylight.org.nz

mentemia.com/

www.allright.org.nz/

melonhealth.com/covid-19

<http://tiny.cc/aroha>

<https://www.youthline.co.nz/>

<http://kidsline.co.nz/>

www.skip.org.nz

www.areyouok.org.nz/

www.healthpoint.co.nz

<https://outline.org.nz>

www.alcoholrughelp.org.nz

www.gamblinghelpline.co.nz

www.moneytalks.co.nz

www.parenthelp.org.nz/

www.familyservices.govt.nz/directory

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

www.orangatamariki.govt.nz/