

**Te Manawa Taki Mental Health & Addiction
February Special Edition Newsletter 2023**



Director Regional Mental Health & Addiction Update



Kia ora, Talofa Lava and Greetings

We hope that recovery from the cyclone is progressing especially for Tairāwhiti and Hawkes Bay. Our thoughts and prayers are with you.

Due to the sheer volume of articles being released by Te Whatu Ora, Te Aka Whaiora and multiple government organisations, we have decided rather than send out multiple emails that we will do a Special Edition Newsletter for the time being.

We hope you find value in this special edition.

Nga mihi mahana
Eseta

PRIMHD Update



Workforce & Information Project Lead, Mental Health & Addiction, Te Manawa Taki
waea pūkoro: +64 27 2476 440 | Īmēra: belinda.walker@healthshare.co.nz | pae tukutuku:
www.midlandmentalhealthnetwork.co.nz

Exploring your organisations PRIMHD data

You can access data recorded within the PRIMHD database through a secure website supported by Manatū Hauora-Ministry of Health, called the Qlik Sense hub. The data available through Qlik is a visual and analytic tool that can be useful to understand your organisation's activities that you provide under Te Whatu Ora and Te Aka Whai Ora contracts. The dashboards include information about both NGOs and Te Whatu Ora district mental health and addiction services.

So why could accessing this data be useful for you?

- It can help to understand why reporting data accurately is important
- It can be used for service improvements
- It holds wider demographic data on tāngata whaiora that your organisation may not have

If you work for a mental health and addiction NGO or community service provider and would like access to Qlik, or if you have any further questions, please contact

primhduserinterface@health.govt.nz

Privacy protocol for collecting NHI and accessing data

The pamphlet *What Happens to Your Mental Health and Addiction Information?* provides details of how and why consumer information is collected by PRIMHD. It also looks at who uses the information, and the privacy rights of consumers under the Privacy Act 2020 (New Zealand Legislation website). The pamphlet can be ordered or downloaded

[What Happens to Your Mental Health and Addiction Information? | Ministry of Health NZ](#)



Workforce Update

Farewell Dr Maria Baker Chief Executive Officer Te Rau Ora

The Board of Te Rau Ora would like to announce that it is with both sadness and gratitude that we farewell Dr Maria Baker as Chief Executive of Te Rau Ora. Since 2007, Maria has played a critical role in the development, growth, and success of Te Rau Ora in her roles as Project Leader (2007-2014), Workforce Innovations Manager (2014-2017), and Chief Executive Officer (2017-2023). We celebrate Maria's new role as Chief Executive, Te Hiku Hauora – and our continued relationship as collaborators, innovators, and health sector leaders.

[Farewell Dr Maria Baker Chief Executive Officer - Te Rau Ora](#)

“I’m a doctor, I shouldn’t get sick” – Geoff’s experience of work stress and depression

Despite spending decades helping others get better, Geoff's greatest challenge was taking care of himself. Geoff Toogood had always liked helping people. It was one of the main reasons he decided to become a doctor. On graduating from medical school, he landed his first job as a junior doctor at a hospital. What Geoff didn't know at the time was that his profession would have a significant impact on his own mental health. That he would become great at helping others, but would struggle to take care of himself.

<https://youtu.be/cbWndkKmYfw>

[“I’m a doctor, I shouldn’t get sick” – Geoff’s experience of work stress and depression \(beyondblue.org.au\)](https://beyondblue.org.au)

Improving work-related health: Mentally healthy work

One of WorkSafe strategy actions by 2025 is looking to improve New Zealanders understanding of the levels and challenges of work-related mental health, alongside improving the competency and capacity of their inspectors when working with businesses to ensure improvements in mental health.

[Improving work-related health | WorkSafe](#)

International recruitment update

Te Whatu Ora is working to grow our frontline health workforce across a range of groups, including nurses, midwives, kaiāwhina, medical specialists and allied professionals. Last year we started a Workforce Taskforce that is prioritising a national work programme to address barriers to improving workforce pipelines and address critical staffing shortfalls. Good progress is being made to help relieve some of the pressures in the short-term, but we recognise there is still much to do.

[Health workforce pressures met with new initiatives – Te Whatu Ora - Health New Zealand](#)

Options paper for the development of a national professional body for the consumer, peer support and lived experience workforce.

Te Pou has published a new resource to support the consumer, peer support and lived experience (CPSLE) workforce to explore options for developing a national professional body. This document aims to support the CPSLE workforce to make informed decisions about the next steps in the development of a national professional body. If you have any questions or feedback on this paper, please email gina.giordani@tepou.co.nz
[CPSLE National body options paper | Te Pou](#)

Pay equity extension for people in social work roles

As part of the extension of the pay equity settlement for social workers and those in social work roles, Te Kawa Mataaho-Public Service Commission is asking organisations to register details of a contact person. This is only if you are an NGO or community organisation that employs social workers or people in social work roles. To register your organisation's details, please send an email to payequityextension@publicservice.govt.nz, including the name of your organisation and the email address and phone number of a contact person.

[Extension of pay equity settlement - Te Kawa Mataaho Public Service Commission](#)

Skills Matter Funding -registered health professionals

For postgraduate training for new graduates and existing practitioners working in hospital, NGO and primary care settings, including nurses, social workers,, occupational therapists, psychologist and addiction practitioners. Along with funding for specific programmes, a grant is available for travel and accommodation.

[Skills Matter | Training and development | Te Pou](#)

Why do some hard workers burn out and others are fine?

Over the past two years we've been studying this question. The simplistic view is that burnout is caused by too much work. While this is a factor – no one is burning out at the beach – it is not that simple. In our interviews we saw that it was a pattern of behaviours that took people down an unhealthy path.

<https://lnkd.in/gzeJWGDZ>

Why you should go home on time every day

Working overtime on a regular basis doesn't guarantee increased productivity. Learn how to get work done without the long hours.

[Why you should go home on time every day \(beyondblue.org.au\)](#)



Professional Development

Addiction Leadership Day, Thursday 30 March 2023

Registrations are now full, to be added to the waitlist please email holly.coulter@tepou.co.nz

Boosting wellbeing in dispersed teams

Get the most from flexible working. This research-based session is for leaders who want to promote a culture of wellbeing in teams working remotely.

[Umbrella's introductory training in mental health and wellbeing | Umbrella Wellbeing Ltd](#)

Cardiac education for nurses – new e-learning course

The Heart Foundation has launched a new e-learning cardiovascular disease risk assessment (CVDRA) course for nurses. The course outlines who needs CDVRA and when, how to carry out CVDRA and offers tips on how to communicate results and self-management strategies to patients.

[Online courses for nurses. CPD. - Heart Foundation](#)

Change readiness

Are you preparing for or dealing with change in the workplace? This session offers people a safe space to reflect on their own and others' responses to changing circumstances.

[Umbrella's introductory training in mental health and wellbeing | Umbrella Wellbeing Ltd](#)

Changing My Practice

As practitioners supporting the wellbeing of young people and whānau, you work with Rainbow people. Rainbow young people need to be able to access services that can understand and support them, and where practitioners are responsive to young people's identities and diverse experiences. These resources provide guidance on how to work effectively with Rainbow young people and whānau - by building on your own skills to enhance your practice and by considering how service environments, practices and policies can become safer and more inclusive.

[Changing my Practice | Whāraurau \(wharaurau.org.nz\)](#)

Child abuse – podcast

Dr Juliet Soper discusses child abuse, talking to families and child protection agencies about possible child abuse. We discuss strategies to support you to have these difficult conversations.

[Child abuse | Goodfellow Unit](#)

Co-design case study: Susanne Cummings

Susanne Cummings is a senior peer support worker at Vaka Tautua. She explains what it was like working in a co-design project with Te Ara Pae Trust.

[Co-design case study: Susanne Cummings | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Debriefing: Understanding the Benefits and Learning Fundamental Skills 18 April 9am online

Debriefing is a dialogue between two or more people who have been involved in a critical situation/incident. Its goals are to provide an opportunity to discuss the actions and individual thought processes that occurred in order to encourage reflection and determine opportunities for improvement and support at the individual, team, and system level. Debriefing essentially assists staff to explore what went well and what could be done differently. This workshop provides an overview regarding the benefits of debriefing alongside identifying fundamental skills in relation to the debriefing process. Note: This workshop does not teach you to become a qualified debriefer. Cost involved.

[Debriefing: Understanding the Benefits and Learning Fundamental Skills | A Change For Better](#)

Dementia: diagnosis and management – e-learning

Key components of assessment to incorporate into a framework for evaluating dementia.

[Dementia: diagnosis and management | Goodfellow Unit](#)

Depression/distress: how to manage – recorded webinar

Pim Cuijpers and Bruce Arroll present cases of depression/distress that commonly occur in primary care. Pim presents the evidence on what has been shown to work in primary care from the talk therapy point of view. Evidence on situations where medication may be useful will also be covered. Bruce talks about how he uses the FACT (Focused Acceptance and Commitment Therapy) model to get an assessment of his patients' lives and how their mood is affecting their lives and vice-versa.

<https://www.youtube.com/watch?v=ponyoCaTfRA>

Depression in the elderly – recorded webinar

Dr Sachin Jauhari, a consultant psychiatrist, discusses mental health in older adults. Specifically, the assessment and management of depression in elderly patients.

<https://youtu.be/8rDpDeXrZAK>

Eating disorders – e-learning

Early detection and treatment of eating disorders, especially within the first 3 years of illness onset are important to improve long-term outcomes.

[Eating disorders | Goodfellow Unit](#)

Effects of ice on the brain and body, and implications for responding

This webinar explains in plain language the effects of methamphetamine (including ice) on the brain and body and the resulting impacts on functioning. This understanding will assist participants to adapt and develop more effective strategies to respond to people who use methamphetamine.

Please note: some of the videos played within this webinar were distorted. These clips were taken from a TV episode, which can be viewed by copying and pasting this link into your browser:

iview.abc.net.au/programs/you-cant-ask-that/LE1617H007S00#

<https://youtu.be/V3NGfnjzHNU>

Engaging Pasifika Online Course

Engaging Pasifika (EP) is Le Va's national Cultural Competency programme that supports health and disability services to connect culture and care through a blended learning approach. It focuses on foundational cultural skills, knowledge and attitudes required to effectively engage with Pasifika people and their families, particularly at the critical point of engagement. Watch the video to see if it would be helpful for you and the communities you serve

<https://youtu.be/6LM0x69WVi8>

[Engaging Pasifika - Le Va](#)

Engaging with consumers and whānau at different levels – co-design

The lived-experience level

Consumer and whānau members share their lived experiences of the health system, which provides valuable insights and ideas that lead to improvements; for example, gathering consumers' experiences with and thoughts on topics such as patient information and how to improve it or understanding consumer experiences of and challenges with accessing primary care.

Project team membership level

Consumers and whānau with experience of the area of focus are prepared, supported and resourced to contribute their unique skills as an active member of a project team; for example, identifying community connections and advising on and developing methods so consumers can share their experiences.

Governance level

This can include but is not limited to consumers and whānau providing their unique lived experiences on boards, steering groups and committees. Specifically, co-design at the governance level is characterised by two-way flow of information and shared power and responsibility. Consumers play an active part in defining agendas and making decisions. For example, consumer advisory groups and consumer councils provide a strong voice for consumers, whānau and the community so they can engage with and advise on the planning, design, delivery and evaluation of services so they are more likely to meet the needs of the people who use them.

[Section 2.1: Guidance and support for co-designing with consumers, whānau and communities | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Evidence Based Interventions - tools for practitioners.

A growing compilation of the best practice evidence that exists is now in a user-friendly format on our website for professionals. These pages provide tools for practitioners to use when considering approaches with their clients. Log in to view these resources.

[EBI - Evidence Based Interventions - tools for practitioners | Whāraurau \(wharaurau.org.nz\)](#)

Facilitating Change – recorded webinar

Watch a replay of how to be Tangata Tiriti Haumi -being an ally in health, Groundwork: Facilitating Change. He Aka Hui 28 November 2022.

<https://youtu.be/be5Jx1o2M0A>

[Posts - Whāriki \(whariki-ao.nz\)](#)

Flourishing: The power of positive psychology

Positive psychology is the scientific study of what helps us thrive. We look at evidence-based and practical tools to enhance positive emotion, engagement, relationships, meaning and accomplishment (PERMA).

[Umbrella's introductory training in mental health and wellbeing | Umbrella Wellbeing Ltd](#)

"From the Margins to the Mainstream: How to harness innovation to create best practice responses to crisis and adversity" 21 - 22 March 2023 | Mercure Sydney, Australia

Registrations now open (including virtual attendance).. Speakers from Australia and Aotearoa will explore some of the latest innovations occurring inside and outside mainstream mental health services. Topics include:

State of the Nations' Suicide Prevention updates from Australia and Aotearoa New Zealand
Multiple of examples of 'on the ground' programs that are working in prevention, early intervention and postvention

- Evaluations and reviews of program trials and implementation
- Peer and clinical approaches working together
- Restorative Just and Learning cultures
- Culturally safe and appropriate services – First Nations perspectives – Australia and Aotearoa New Zealand

[TheMHS Forum 2023 - TheMHS Learning Network Inc.](#)

Goodfellow Unit e-learning

Provides high quality online resources for healthcare professionals working in primary care, using peer reviewed evidence-based content. These courses are endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and have been approved for CME credit for the General Practice Educational Programme (GPEP) and Continuing Professional Development (CPD) purposes. They are endorsed by The Pharmaceutical Society of New Zealand (PSNZ) and the College of Nurses Aotearoa (NZ) for PD hours.

[e-Learning | Goodfellow Unit](#)

Harm reduction

Whāraurau have some Harm Reduction advice tips on our SACS ABC desktop quick reference guide, these tips (below) offer some general advice on strategies you can use with young people to encourage positive change.

[SAC ABC desktop-WEB.pdf \(wharaurau.org.nz\)](#)

Haumanu Whakaohooho Whakāro – Māori (Cognitive Stimulation Therapy – Māori

1-day workshops for people interested in becoming registered trainers

This programme is effective for kaumātua living with mate wareware (dementia)

Kaiwhakahaere (Facilitators) Training Workshops

Ideal candidates should have a background in health with a special interest in mate wareware.

NZ Dementia are planning on running the following workshops:

Tāmaki Makaurau – Feb 22 2023

Kirikiriroa – March/April Date TBA

Rotorua – 5 May 2023

Gisborne – 16 June 2023

The workshop will only accommodate 8 attendees so do get in quick!

[PowerPoint Presentation \(nzdementia.org\)](https://www.nzdementia.org)

Health and wellbeing for Māori – e-learning

Developing strong relationships with your patients and their families leads to greater diagnosis accuracy and continuity of care.

[Health and wellbeing for Māori | Goodfellow Unit](#)

HIV Essentials Online Course

Learn about HIV prevention, treatment and stigma in Aotearoa The aim of the course is to provide accessible, accurate and up-to-date information on HIV prevention, treatment and stigma. The course is aimed at people working in the health sector and as an educational tool for the wider community. Coupled with a speaker from the Positive Speakers Bureau, the PSB is offering a unique, engaging and comprehensive learning package. This is a free course and qualifies for Continuing Professional Development (CPD) points and educational credits by some NZ professional bodies. There is an assessment component to the course. Those who successfully complete the assessment, will receive a Certificate of Achievement.

[HIV Essentials online course | Positive Speakers Bureau](#)

How to support families and friends with a loved one using methamphetamine

This webinar describes the challenges faced by families and friends of those struggling with addiction and introduces an online support program for families and friends of addicted loved ones, which integrates the 5-Step model (SAFE), developed by Professor Richard Velleman in the UK.

<https://youtu.be/q5YCVj1sPvs>

How Tikanga Informed Care is Trauma Informed Power to Protect – recorded webinar

Dr Kiri Prentice (Tūhoe, Ngāti Awa) is a consultant psychiatrist at Whitiki Maurea Māori Mental Health & Addiction Service, Te Whatu Ora Waitematā, Deputy Clinical Director Māori Mental Health Services, Te Whatu Ora Counties Manukau and a Professional Teaching Fellow at The University of Auckland.

<https://youtu.be/aow8uyDOiqw>

Importance of families, whanau and friends

Tony Trimmingham, CEO and Founder of Family Drug Support Australia, talks about the importance of families, whanau and friends where there is concern about alcohol or other drug misuse by a family member or friend.

<https://youtu.be/-2n6pi9KjYk>

Kia Noho Rangatira Ai Tātou - online workshop

Kia Noho Rangatira Ai Tātou is a unique education programme that aims to build understanding of disabled people's rights and self-determination, from the unique cultural context of Aotearoa. This workshop is useful for disabled people, family/whānau and those working with disabled people either in the sector or wider community. Our next online workshop will be held over four 2.5-hour sessions in February 2023.

[Kia Noho Rangatira Ai Tātou Online Workshop - February 2023 | Te Pou](#)

Maramataka Māori Workshops

We have a range of workshops available where you can learn about all things Maramataka. Workshops are designed specifically for your organisation focusing on how to apply mātauranga Māori in workplace planning, productivity and wellbeing. This knowledge can be utilised by participants to guide planning and application of their work practice, self-care practice and where appropriate service development and delivery. All the workshops are developed around ancient Māori knowledge that will benefit you and your business in everyday life

[Workshops – Maramataka](#)

Mate pākenetana - Parkinson's Disease

Gain a better understanding of Parkinson's Disease. For primary care clinical staff who would like to gain a better understanding of Parkinson's Disease (PD), its management throughout the various stages and treatment modalities.

[Parkinson's Disease - Mate pākenetana | Goodfellow Unit](#)

Medicinal cannabis and chronic pain – e-learning

What you need to know about medicinal cannabis for chronic pain. Potential value and potential problems

[Medicinal cannabis and chronic pain | Goodfellow Unit](#)

Mental Health (Compulsory Assessment and Treatment) Act Guidelines - E-learning modules

Te Pou have developed a series of e-learning modules to support the workforce in application of the 2022 changes to the Mental Health (Compulsory Assessment and Treatment) Act Guidelines.

The intent of the e-learning package is to support the workforce in adopting a person-centred, human-rights based approach to situations where the Act is used. In this series there are three e-learning, the first e-learning is a general introduction to the changes for anyone in the health workforce, the second for the mental health workforce and the third for the specialist mental health workforce who administer the Act.

[Mental Health Act e-learning | Te Pou](#)

Meth addiction and the devastating effect on families

Families need support to build coping and resilience – a recent interview discusses why Families Matter with Chris Lynch from Newstalk ZB and Psychologist Dr Pauline Stewart from Family Drug Support Aotearoa New Zealand

[Meth addiction and the devastating effect on families - Psychologist Dr Pauline Stewart from Family Drug Support Aotearoa New Zealand. For more... | By Chris Lynch | Facebook](#)

Minimising harm in opioid drug prescribing – e-learning

Prescribing opioid medications can be problematic due to potential for dependence and misuse.

[Minimising harm in opioid drug prescribing | Goodfellow Unit](#)

Neurodiversity Affirmative Practice Training online 31 Aug 10am (3hrs) – free

We are excited to offer to the therapy community this online training by Joel Schwartz. Joel is a licensed clinical psychologist based in the United States, he owns Total Spectrum Counselling with his wife, Brittany Boveé Schwartz. He also offers training, features on podcasts and has been a guest speaker at numerous conferences. His focus is on affirmative therapeutic approaches and recognises that neurodiversity is a natural occurring biodiversity.

[Neurodiversity Affirmative Practice Training | A Change For Better](#)

Ontology of Whanaungatanga

An explanation of The Ontology of Whanaungatanga from Te Ao Raranga: The Weaving Universe. A Māori Philosophy Framework.

<https://youtu.be/16dF6WyuquM>

Practical resilience at work – 28th April 2023 in Wellington

This one-day, in-person course has been developed from best-practice scientific research on resilience. It will equip you with practical tools to build resilience in both your professional and personal roles. You will learn the knowledge and skills to be able to perform well under pressure and “bounce back” from stress, pressure and change.

[Practical Resilience at Work - Wellington Uni-Professional](#)

PTSD - podcast

Cheryl Buhay discusses PTSD. What we need to know and how we can look after ourselves in a pandemic to avoid this diagnosis. A trauma may be a single event or a series of traumas.

[PTSD | Goodfellow Unit](#)

Putting Yourself in Someone Else's Shoes

Sometimes we need to step out of ourselves and think what it would be like to live from another's perspective and environment.

<https://youtu.be/cTOhzcSYMIM>

Real Skills Plus

Before you continue on with your Professional Development it is a good idea to review your skills set and identify your training needs. Completing the Real Skills Plus competency framework will enable you to do this. Real Skills Plus is a competency framework designed to help you identify your strengths and further develop your knowledge and skills as a practitioner working with infant children, young people, and whānau.

[Real Skills | \(wharaurau.org.nz\)](https://wharaurau.org.nz)

Resilience during uncertain times

This session helps people to normalise and understand natural responses to uncertainty. Using Te Whare Tapa Whā model, participants identify their current strategies for managing stress, and learn new ways to strengthen resilience.

[Umbrella's introductory training in mental health and wellbeing | Umbrella Wellbeing Ltd](#)

Sector Leaders' Day, 17 March 2023, Wellington.

Infant, child, youth, and whānau services across the health, welfare, education, and justice sectors. These events are funded through government contracts and there is no charge to attend. This is an in-person event in Wellington. For those unable to attend in person, there is a Zoom link, when you register, please tick the appropriate box. If your availability changes, let us know so we can cater for the right number of people. Use the link below to register.

[Sector Leaders' Day 2023 | Whāraurau \(wharaurau.org.nz\)](https://wharaurau.org.nz)

Shift work – podcast

Fiona Johnston discusses how to thrive when working shifts, including strategies to optimise your sleep quality and quantity.

[Shift work | Goodfellow Unit](#)

Shifting the frantic

In our “always on” world, people describe feeling constantly overwhelmed and as if they are playing catch-up. This session looks at the common underlying factors, and sets out effective strategies to increase the sense of calm and control.

[Umbrella's introductory training in mental health and wellbeing | Umbrella Wellbeing Ltd](#)

Supporting Parents Healthy Children Online Forum Wed, 3 May 2023, 9am -3pm

This online forum will give you insight into managing the change required to support the implementation of the Supporting Parents Healthy Children guidelines. The agenda is in development meanwhile, book the date in your diary now and share this opportunity with your colleagues. No registrations are required. For queries about this event please contact:

josie.opie@auckland.ac.nz. Please click the link below to join the webinar:

<https://auckland.zoom.us/j/91345955987?pwd=ZFNXR2RoWTVVUmMwbzVPcExBVVpZ...>

Passcode: 997600

[SPHC Online Forum | Whāraurau \(wharaurau.org.nz\)](#)

Te Pā Harakeke | Nurturing care in the first 1000 days – recorded webinar

Pēpi experience the world through the relationship they have within their whānau, and these early experiences set them up for how they interpret the world as they grow older. It is imperative, therefore, that both pēpi and whānau are supported during this crucial period so that pēpi, and our communities, can truly thrive. Kaupapa Māori informed practices understood through matauranga Māori (Māori ways of knowing, being and doing) recognise pēpi and tamariki as taonga. Adopting this world view to inform and underpin service design and delivery for infant mental health ensures whānau and community are partners in the design, development and delivery of services.

[Te Pā Harakeke | Nurturing care in the first 1000 days - myhealthhub.co.nz](#)

Te Tiriti Articles in Practice

It is vital for tangata Tiriti organisations, and anyone working for or on behalf of the Crown – that is, all those in the kāwanatanga sphere – to understand what honouring Te Tiriti means in practice. This expression of the articles of Te Tiriti has been developed collectively by tangata whenua and tangata Tiriti experts and leaders across a range of fields. It supports us to move away from Crown-defined “principles” and to honour Te Tiriti o Waitangi, the te reo Māori text agreed to by rangatira and the Crown.

[Te Tiriti articles in practice | Groundwork](#)

There is something about oppression: Allies' perspectives on challenges in relationships with experts by experience

Despite the important role allies play, research investigating their experiences is limited. The aim of this research was to explore allies' views on supporting implementation of the academic positions for Experts by Experience.

[There is something about oppression: Allies' perspectives on challenges in relationships with experts by experience - Happell - International Journal of Mental Health Nursing - Wiley Online Library](#)

Titiro whakamuri, kōkiri whakamua What's known of Māori experiencing eating disorders?

Presentation by Dr Michaela Pettie Ngāti Pūkenga & Mau Te Rangimarie Clark Waikato/Tainui, Ngāti Kahungunu ki te Wairoa, Ngāti Pīkia

[PowerPoint Presentation \(wharaurau.org.nz\)](#)

Value of Mātauranga Māori & Tikanga Informed Care by Dr Kiri Prentice

This talk was prepared by consultant psychiatrist, Dr Kiri Prentice (Ngāi Tūhoe, Ngāti Awa), for the Toitū Hauora 2022 event hosted by Te Rau Ora. The event theme was "Titiro ki muri, haere atu ki

mua", our past and our future are intertwined. In this video, I discuss the challenges to Aotearoa's healthcare system and I offer examples of how Mātauranga Māori and Tikanga-Informed Care could contribute to positive health system transformation.

<https://youtu.be/PstS9pPN18E>

What's happening on the ground? – Dementia Podcast

Alzheimers South Canterbury services manager Rosie Chambers and Alzheimers Tauranga/Western Bay of Plenty general manager Glenn Bradley share their insights about what's really happening on the ground.

[What's happening on the ground? - Alzheimers New Zealand](#)

Youth | AOD/CEP Online Meeting 2 March 10am-11.30am

Are you a Youth | Taiohi AOD or CEP worker? Would you like to connect with other workers in the sector, keep up to date with what is happening across NZ, and find out about resources useful to your mahi? Join us at the Youth | Taihoi AOD/CEP forum where you will get the opportunity to connect with other AOD/CEP clinicians, have the opportunity to share ideas, resources and learn what's new. As this is our first meeting for the year, we will give you an update on Whāraurau, and also give you an opportunity to share what is happening in your local area.

[Youth | AOD/CEP Online Meeting | Whāraurau \(wharaurau.org.nz\)](#)

YouthAOD Toolbox

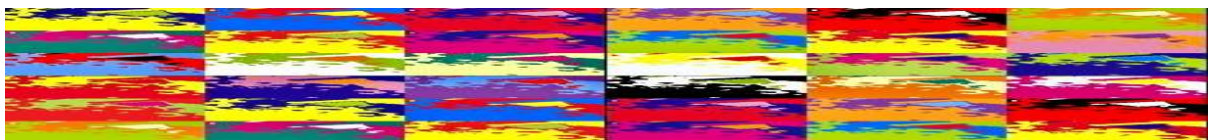
Advance your practice knowledge. Help young people achieve their goals What is this toolbox? This toolbox provides practitioners in the youth alcohol + other drugs field with reliable and current information to help to increase their knowledge

[YouthAOD Toolbox | Evidence-informed practice in youth AOD work](#)

Youth vaping – podcast

Dr Colette Muir talks about youth vaping, what we need to know.

[Youth vaping | Goodfellow Unit](#)



Resources

5-Step Family/Whanau Programme

Nationwide Online Support available. Living with or actively supporting someone we care about who has alcohol or other drug misuse, is often painful, frustrating, and overwhelming. The most challenging part of this experience for many families/whanau is that it is so unpredictable.

The good news is that there are steps which can be taken, and as a family/whanau member, you don't have to deal with this situation on your own. The 5-Step programme has been designed to support you on what can often be an emotional roller coaster. There can be chaotic situations and moments of desperation and despair when supporting family/whanau members who have alcohol and other drug misuse. The programme provides opportunities to reflect on the impact this is having on you and the rest of your family/whanau, and guides you to develop practical strategies, so you cope better. For further information contact office@fds.org.nz
[5-Step Family/Whanau Programme - Family Drug Support Aotearoa New Zealand \(fds.org.nz\)](https://www.fds.org.nz/5-Step-Family-Whanau-Programme)

10 ways to be there for someone.

Gestures of kindness that show you're there for a friend in need. So you're worried about a loved one? Knowing how to be a great support to that person can be difficult and take time to figure out. But sometimes just the simplest of acts or gestures can make a world of difference to someone who may be going through a tough time.

Here's a list of things you could try to help put a pep back in their step:

[10 ways to be there for someone \(beyondblue.org.au\)](https://www.beyondblue.org.au/10-ways-to-be-there-for-someone)

A Change For Better (ACFB)

A web-based platform for members of the public and mental health professionals alike. ACFB is a safe place to learn, interact, and gain support.

<https://achangeforbetter.com/>

Accidental counselling – when someone confides in you

If someone you know is going through a tough time, they might tell you about it when you feel least prepared to help them. It's important to remember that you don't need to be an expert to support someone. You also don't have to help them address all their challenges during a single, unexpected conversation.

[Accidental counselling – when someone confides in you \(beyondblue.org.au\)](https://www.beyondblue.org.au/accidental-counselling-when-someone-confides-in-you)

Adhikaar Aotearoa

A new organisation that provides support, advocacy and education for rainbow people of colour, particularly South Asians, in Aotearoa.

[LGBTQIA+ people of colour community | Adhikaar Aotearoa](https://www.adhikaar.org.nz/)

Adolescent Detoxification Guidelines

These guidelines were developed to for health professionals supporting young people going through withdrawal from substances.

[2017 Update - Guidelines for Management of Acute Substance Withdrawal in Adolescents](https://www.health.govt.nz/publication/2017-update-guidelines-for-management-of-acute-substance-withdrawal-in-adolescents)
[Guidelines for the management of acute substance withdrawal in adolescents \(2008\)](https://www.health.govt.nz/publication/guidelines-for-the-management-of-acute-substance-withdrawal-in-adolescents-2008)

Advocacy through song - Tara Aumalesulu

Find out how Tara has brought to life music that was hidden in the archives to advocate and reduce the stigma of disability.

<https://youtu.be/NjrJuREp3bY>

AED Locations - app

An app to help you quickly locate the nearest AED (Automatic External Defibrillator) to your current location, in New Zealand.

[AED Locations on the App Store \(apple.com\)](#)

[AED Locations v2 - Apps on Google Play](#)

[AED Locations](#)

‘Akakitekite’anga nō runga ‘i te maki manakongarongaro, ‘ē te turu’anga

Kia Orāna tātou ‘i te aro’a mā’ana’ana ‘ō tō tātou Atua Ko teia pēpa ‘akakitekite’anga, nō tēta’i ‘ua atu e mātakutaku nei ‘i te maki manako-ngarongaro, mē kore ra, tē ‘inangaro nei kia ma’ata atu ‘i te kite nō runga ‘i te maki manako-ngarongaro. Tē vai ‘okota’i ‘ua nei te tauturu, nā roto ‘i te tāniuniu’anga atu. ‘Aere atu ‘ākara’ia ki runga ‘i te www.alzheimers.org.nz mē kore ra, ‘e tāniuniu atu ‘i te 0800 004 001, nō tēta’i atu au ‘akakitekite’anga, ‘ē te turu’anga.

[Dementia-and-support-cook-islands.pdf \(alzheimers.org.nz\)](#)

Alcoholics Anonymous

A fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover.

[Alcoholics Anonymous - AA - Aotearoa/New Zealand](#)

Anxiety Unloaded Course

Free 4 week course for NZ food & fibre producers e.g. farming, horticulture, cropping, rural mums and partners, shearers, rural vets, rural professionals

This course, has everything that you need to know about how to reduce and alleviate your anxiety. It comes at anxiety from a very unique and different angle to everything else that is out there. It focuses on healing the body as the primary source for treating anxiety, which makes it easy and accessible to just about everyone, including even the time poor and children (and it is all done in a very easy and relaxed way!). These sessions aim to give you opportunities to share your experiences with others, and to realise that you are not alone in how you are feeling. This may feel intimidating at first, so we will also be recording these sessions so you can listen in and get a feel for how they work and the value you will get from them. Once you have listened to these group sessions you will no doubt see the benefit. They are also recorded in case you are unable to make the session times.

[ANXIETY UNLOADED | Will To Live \(willtolivenz.com\)](#)

Aotearoa food parcel measure (afpm)

During January 7,896 people were fed from 1,974 food parcels equalling 23,688 meals provided for – supplied from 3 organisations. In the year to date (July 2022 to January 2023) 58,860 people have been fed from 14,670 food parcels equalling 176,040 meals supplied from 3 organisations.

If you would like to be part of our food parcel measure (AFPM) data gathering, analysis and insights to help us monitor the number of people being given food assistance through community food

organisations please get in touch with Tammie tammie.korehiakai@nzccss.org.nz or check our our dashboard.

[Dashboard — Kore Hiakai Zero Hunger Collective](#)

Asian Family Services

They provide nationwide confidential and comprehensive services. They offer services in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai, and Hindi. Asian Helpline 0800 862 342 runs from 9am-8pm Monday to Friday.

<https://www.asianfamilyservices.nz/>

Asian Network Inc

The Asian Network Inc. (TANI) is a pan-Asian community-based organisation, committed to working together with ethnic communities including Asian migrants and former refugees, to help them experience a better quality of life & wellbeing in New Zealand.

<https://www.asiannetwork.org.nz/>

Autistic Transgender People

While transgender people make up about 1% of the general population, they make up at least 10% of the autistic population. Some studies suggest 23% or higher. Studies also suggest that while autistic people make up around 5% of the general population, they make up 13% of the transgender population.

[Autistic Transgender People - Gender Minorities Aotearoa](#)

Big Gay Out Sunday 12 March, 12-7pm, Coyle Park, Pt Chevalier

The Big Gay Out is Aotearoa's largest family-friendly rainbow event, attracting more than 10,000 rainbow people, their whānau and friends, for a day of music, food and dancing.

[Big Gay Out](#)

Body Positive Inc.

A peer support organisation, founded by and run for, all people living with HIV in New Zealand. We offer support services for people living with HIV, helping to break down isolation and building a sense of community, while advocating on behalf of people living with HIV at a national level.

[Body Positive Inc.](#)

Breathe2Relax -app

Sometimes all we need to de-stress is take a few deep breaths. Created by the National Center for Telehealth and Technology, this free app teaches users how to do diaphragmatic breathing. Features include educational videos on the stress response, logs to record stress levels, and customisable guided breathing sessions.

[Breathe2Relax on the App Store \(apple.com\)](#)

[Breathe2Relax – Apps on Google Play](#)

Building Healthy Boundaries

This resource introduces you to assertive communication skills, helping you to better express your thoughts, feelings, and opinions.

[dd9273d5bfd84b79dcb1adb4d674e3cb-Assertiveness and Healthy Boundaries.pdf \(justathought.co.nz\)](#)

Bus Stop rewind: Atu-Mai

This video looks at the different scenarios of how teenagers respond to peer pressure and respect of others.

https://youtu.be/d7ij-Z_LFec

Call-in Culture if you want change

If we want change, we must encourage boys and men to recruit and educate other boys and men in ways that lift each other up. An effective way to do this is by 'inviting' men, rather than indicting them. This means not only modelling positive behaviour in front of each other, but also understanding that other men might be at a different part of their journey and still working it out for themselves.

[Call-in Culture if you want change | White Ribbon New Zealand](#)

Can I marry a relative after I'm adopted?

When you're adopted, the law treats you as if your adoptive parents were your birth parents. This means that you cannot marry your adoptive parents, aunts, uncles, brothers, sisters, or other relatives. Meanwhile, you also cannot marry your birth parents, aunts, uncles, brothers, sisters, or other relatives. Although the law treats you in almost every situation as the child of your adoptive parents, you are still treated as the child of your birth parents when it comes to marriage. The law against 'incest' (having sex with a relative) applies to both your relatives by adoption and by birth.

[Adoption « Topics « \(youthlaw.co.nz\)](#)

Carer Pack – Eating Disorders

Whānau & carers play a crucial role in the care, support & recovery of people experiencing an eating disorder. EDANZ offers support, practical advice & understanding for those caring for a loved one.

[CARER PACK-email.pdf \(wharaurau.org.nz\)](#)

Carer support subsidy

A carer is a person who looks after someone with a disability at home on a full-time basis. If you do this and need time out, you may be eligible for Carer Support Subsidy. This gives you a break by helping to pay for someone else to look after the person you usually care for.

[Carer support subsidy | Te Whatu Ora \(seniorline.org.nz\)](#)

Centre of Māori Suicide Prevention.

Our mission is to support Māori individuals, whānau, iwi, hapū and communities to unleash their full potential and have the best possible health and wellbeing outcomes. Here we will showcase the initiatives supported by the Centre of Māori Suicide Prevention and the Māori Suicide Prevention Community Fund.

[Centre of Māori Suicide Prevention – Developing Māori Potential \(centreofmaorisuicideprevention.com\)](http://centreofmaorisuicideprevention.com)

Chitter Chatter

Chitter Chatter helps kids aged 5+ learn all about emotions and how to manage them – while also helping build social skills and empathy. It's the perfect game for the whole whānau! Buy or make your own DIY version

[Chitter Chatter | All Right?](#)

CHIVA

Works to ensure young people living with HIV have the treatment and care, knowledge, understanding, skills and wider support needed to live well and achieve their greatest potential

[CHIVA | Home](#)

Civil Defence groups and emergency shelters

Find your local Civil Defence group, including what emergency shelters may be open

<https://www.civildefence.govt.nz/find-your-civil-defence-group/>

CNSST

CNSST offers a Community Connection Service Discretionary fund to all community members that are impacted by the Flood/Cyclone, regardless of people's visa status are entitled to this support.

They also have multi-lingual support services for Greek, Mongolian, Chinese, Korean, Malay, Hokkien and Hakka speaking families.

www.cnsst.org.nz

Co-design explained in 30 seconds

Susanne Cummings, a Senior Peer Support Worker from Vaka Tautua gives a quick explanation.

<https://www.youtube.com/watch?v=pDwXzxE9hVg>

Community Food Organisations

Downloadable resources for Community Food Organisations

[Resources for Community Food Organisations — Kore Hiakai Zero Hunger Collective](#)

Compulsive Internet Use

Some people have a larger persistent problem with excessive, compulsive use of the internet and technology in general, of which gaming is only one part. But some of us find that it is a consistent problem that grows out of control and debilitates us. If you are in this group, you might find help in the meetings of Internet and Technology Addicts Anonymous.

[Internet and Technology Addicts Anonymous | Receive Free Help & Support \(internetaddictsanonymous.org\)](https://internetaddictsanonymous.org)

Coping with COVID related anxiety (manawapā)

It's normal to feel anxious about catching COVID-19, especially if you or someone you love is at increased risk of severe illness. For ideas on how to manage that anxiety, read more or watch this video.

https://youtu.be/Tli_LE_WAlo
[COVID-19: Coping with anxiety | Health Navigator NZ](#)

Cracks of Our Modern Healthcare System – the Whakapapa

Before we go forward to improve our healthcare system we need to know the origins.

https://youtu.be/xeZF6boqHWc?list=PLjf3M3jb_AlafhyMfcSkd8nO77RKx54Du

Cultural intelligence: Atu-Mai

What is it and do you have it?

<https://youtu.be/ftxvXC1Q4RM>

Depression Metaphor for Those Who Don't Experience It

Those with lived experience of depression, know first hand the monster it can be. This is a depression metaphor for those lucky enough to not have this experience.

[A Depression Metaphor - For The Unexperienced \(achangeforbetter.com\)](https://achangeforbetter.com)

Digital Mental Health & Addiction Tool Assessment

The standardised assessment of digital tools is an emerging space in Aotearoa New Zealand. The Digital Mental Health and Addiction Tool (DMHAT) Introductory Guide is intended to support anyone interested in the design and development of digital tools to deliver robust and appropriate options for our whānau, communities and populations. The guide explains the entire evaluation process and includes all relevant references and rationales for each step of the assessment.

[The Guide – DMHAT \(emhicglobal.com\)](https://emhicglobal.com)

Disability Consumer Leadership Development Grant

The Consumer leadership development grant is intended to cover the costs of disabled people or their whānau to take part in activities to develop leadership and encourage mana motuhake. For this grant, 'consumer' includes disabled people and their whānau.

This grant is available to:

- Individuals, family/whānau who are eligible for Ministry of Health-funded Disability Support Services (DSS).
- Organisations that are funded by Ministry of Health to Provide Disability Support Services.
- Disabled People's Organisations (DPOs) that are part of the DPO coalition.

The Consumer Leadership Development grant opens for applications on **Wednesday 1 March 2023**.

Applications can only be completed and submitted via our online grants portal.

For any queries or support grants@tepou.co.nz

<https://www.tepou.co.nz/training-development/grants/consumer-leadership-development-grant>

Diversity Counselling New Zealand

Diversity Counselling New Zealand (DCNZ) offers counselling and psychology services for migrants and former refugees since its establishment in 2013 by ethnic people for ethnic people. They offer service in 24 languages. DCNZ can provide free counselling and psychotherapy sessions for ethnic community members who are affected by the recent floods/Cyclone.

<https://dcnz.net/>

"Don't Forget I'm Human – Stopping dementia stigma "

The STRiDE Dementia Project Anti-Stigma Toolkit " provides cross-cultural resources to help people think about and challenge stigma

[Don't forget I'm human – Stopping dementia stigma – STRiDE Anti-stigma toolkit - Don't forget I'm human \(turtl.co\)](https://www.turtl.co/)

Dudes Like Us Trust

DudesLikeUs Trust is a not-for-profit organisation aimed to help dudes out there break down the stereotypes and stigmas that men and young men face everyday preventing them from living a life free of judgement... it provides Dudes of Aotearoa from the ages of 13+ with confidential free advocacy services, referral pathways and private forums allowing Dudes to break down barriers that create stigmas and stereotypes.

[DudesLikeUs Trust – “creating resilience in our future dudes of tomorrow...”](https://www.dudeslikeus.org.nz/)

Engage, Enable, Empower - Whakauru, Whakahohe, Whakamana

Just like everyone, people living with dementia want to lead full and active lives doing the things they enjoy in their communities¹. But stigma, the progression of dementia, and the presence of physical and social barriers can make daily life and ordinary routines more difficult. Fact sheet is in both English and Te Reo.

[Information-sheet-Engage-Enable-Empower.pdf \(alzheimers.org.nz\)](https://www.alzheimers.org.nz/information-sheet-engage-enable-empower.pdf)

Fa'amatalaga e uiga i le timentia ma se fesoasoani

Talofa lava O lenei pepa o fa'amatalaga e mo so'o se tasi o lo'o fa'apopoleina pe o fia iloa atili le timentia. Mo se fesoasoani ua na o se telefoni le lata mai. Alu i le www.alzheimers.org.nz pe telefoni i le 0800 004 001 mo nisi fa'amatalaga ma se fesoasoani.

[Dementia-and-support-Samoa.pdf \(alzheimers.org.nz\)](https://www.alzheimers.org.nz/dementia-and-support-samoa.pdf)

Families like mine

A free multimedia guide that offers practical advice to families of young gender diverse people, same sex attracted and bisexual people, and those who are questioning their sexuality or gender identity.

The guide was developed because research shows that family support can have a significant positive impact on the mental health of young lesbian, gay, bisexual or gender diverse people.

[Families like mine - Beyond Blue](#)

Family Drug Support

Providing support to family/whānau and friends impacted by the alcohol and substance use of people they care about.

[Home - Family Drug Support Aotearoa New Zealand \(fds.org.nz\)](#)

Female Condoms

An alternative to the better known male condom, the FC provides the same level of prevention against STDs and pregnancy but is more sex friendly because a woman can wear it prior to sex.

[Female Condoms | Positive Women](#)

Financial assistance for flood and cyclone

Work and Income may be able to help with some costs. 0800 400 100 between 8.00am – 5.00pm.

www.workandincome.govt.nz/eligibility/urgent-costs/index.html

Finding missing pets after the cyclone

The team at Animal Evac New Zealand has been rescuing animals from the floods. Lost and found pets, including horses, are listed on their website

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

Finding purpose – free digital tool

A guided journey of self-reflection to discover what's truly important to you in the different areas of your life. You'll gain a deeper understanding of why certain things bring you wellbeing, supporting you to make better decisions to live a more purposeful life.

[Mental Health Support Services | Resources & Tools | Clearhead \(myclearhead.com\)](#)

First 1000 Days: Atu Mai

Animated video. What happens to our children in their first 1000 days of life shapes who they become in the future.

<https://youtu.be/c7uO2OfJej4>

First Aid and Emergency - app

An app for anyone wanting information on how to deal with common first aid and emergency situations.

[First Aid & Emergency on the App Store \(apple.com\)](#)

[First Aid & Emergency - Apps on Google Play](#)

[Home | New Zealand Red Cross](#)

Flamy - quit smoking - app

When you first open the app you are invited to choose a quit program. There are 2 options; stop smoking quickly by selecting the “14 Day Challenge”, or more slowly by selecting the “One less every day” option, which is available as part of the paid upgrade.

[Flamy - quit smoking – Apps on Google Play](#)

[Flamy app - Stop smoking](#)

Fluoxetine supply issue

Due to a supply issue, from the end of January, your pharmacist can only give you seven days of fluoxetine 20 mg capsules and tablets, at a time. This is a shift from the current monthly dispensing. The supply issue is temporary and return to monthly dispensings is expected in late February. The supplier has indicated that there will be limited supply throughout February 2023. Two large shipments are expected during February. However, it will take 1 to 2 weeks for supply to reach pharmacies after arrival in New Zealand.

Find out more from the links below.

[Fluoxetine 20 mg caps: Supply issue - Pharmac | New Zealand Government](#)

[Fluoxetine | Health Navigator NZ](#)

Foodbank Directory

You can find and contact your local food bank to make an appointment or arrange delivery of a food parcel if you are in need of food assistance or in self isolation.

[Foodbank New Zealand | Find a Foodbank](#)

From doing to being: resolutions done right

Instead of making a new year’s resolution list full of things ‘to do,’ why not make a list of things ‘to be?’ We all know that life has a funny way of getting in the way of your plans and intentions, but if we spend this year focusing on our thoughts, this will, in turn, allow us to take more positive actions.

[From doing to being: resolutions done right | Just a Thought](#)

Funding resources for community organisations

Match | Te Puna Taurite (MTPT) is an online service that helps those both seeking and distributing philanthropic and grant funding, with the aim to create a more equitable, accessible, and collaborative funding system. MTPT is an initiative from Philanthropy New Zealand | Tōpūtanga Tuku Aroha o Aotearoa.

[Home \(match.org.nz\)](#)

Game Changers

Rural New Zealanders who have suffered with mental illness and recovered, are now sharing their relatable stories publicly in hope to spread mental health awareness & motivate their communities to speak up and seek help. The Game Changer Series showcase New Zealand farmers who are speaking out, changing the culture and improving the lives of others.

[GAME CHANGERS | Will To Live \(willtolivenz.com\)](#)

Gaming Addicts Anonymous

A fellowship of people who support each other in recovering from the problems resulting from excessive game playing.

[GAA - Gaming Addicts Anonymous](#)

Gender Basics – An Introduction

The way that people think and talk about gender is changing, as young people have an increased ability to share their experience with others. This requires a more precise vocabulary than has been previously used.

<https://youtu.be/COJPcfmQYgg>

Gender Spectrum

Works to create gender sensitive and inclusive environments for all children and teens. Online groups, resources etc.

[Gender Spectrum Homepage - Gender Spectrum](#)

Generalised anxiety course

If you think of yourself as a "chronic worrier", you may be experiencing generalised anxiety. This is the most common form of anxiety, where you worry about a variety of issues, rather than anything specific. You may find your levels of worry are getting in the way of relationships, work, daily life or leisure. In this free course, you'll learn skills using Online Cognitive Behavioural Therapy (CBT), to reduce your worry, anxiety, and physical symptoms. This will help you find a more positive path forward in both the short and long term.

[Anxiety course | Just a Thought](#)

Hangxiety?

Hangxiety (a hangover plus anxiety) is worse than the regular morning-after-drinking-too-much experience. Along with nausea and a pounding head, this hangover on steroids includes a serving of anxiety, too. Coping tips here.

[What Is Hangxiety? \(psycom.net\)](#)

"Half the story"

Dementia Australia has launched a guide to meaningful consultation with people living with dementia, families and carers.

[Half the Story - A guide to meaningful consultation with people living with dementia, families and carers. \(dementiafriendly.org.au\)](#)

Happify - app

Want to kick negative thoughts, nix worry, and dial down stress? The array of engaging games, activity suggestions, and gratitude prompts makes Happify a useful shortcut to a good mood. Designed with input from 18 health and happiness experts, Happify's positive mood-training program is psychologist approved. Its website links to bonus videos that are sure to make you smile.

[Happify: for Stress & Worry on the App Store \(apple.com\)](#)

[Happify - Apps on Google Play](#)

Have you thought of restoring communication with family/whānau or friends?

I miss you in my life and you are still important to me.

[Have you thought of restoring communication with family/whānau or friends? - Family Drug Support Aotearoa New Zealand \(fds.org.nz\)](#)

He mate HIV tōku

Written in te reo Māori. A resource to help people living with HIV tell potential sex partners that they have HIV. As this can be a difficult and sometimes scary conversation, the brochure provides the most essential information in a discrete format which can easily be tucked into a pocket or wallet. This resource explains the basics and is something tangible, and credible. It has purposefully been kept very basic so as not to overwhelm the reader. This means not everything is included or explained in detail but is a good starting point for further discussion.

[HIV-New-Partners-Leaflet-Te-Reo-A4-Web.pdf \(positivewomen.org.nz\)](#)

HERE

This is a digital suicide prevention hub that connects the LGBTQ+ community to support and resources. It includes resources with a focus on how to safely talk about suicide and supporting someone else through crisis.

[Here - HERE is ACON's digital hub for information on suicide and situational distress, connecting LGBTQ+ people, their loved ones, and service providers in NSW to care, support, and resources.](#)

Hikitia Te Hā – Taiaha version

Hikitia Te Hā is a series of simple te ao Māori breathing exercises that anyone can learn. Focusing on our breathing calms the body and mind, and is a very helpful practice for feeling more present and mindful. Hikitia Te Hā was developed by Rawiri Hindle

<https://youtu.be/TlvtQ03Ynk>

Hīkoi aroā mindful walking with Manu

Come along with Manu Walters as he heads outside to connect with nature and try meditation techniques of hīkoi aroā, mindful walking. "I thought I was good at staying happy and seeing the best out of every situation. But I wasn't really good at healing and dealing with stuff." "Having the tool to actually let things go and deal with things was this major eye-opener for me. Doing mindful walking, especially for me - I'm not good at meditating, I can't sit still. If my body's moving it makes my mind free up a bit. [I've] just been able to forgive people; forgive myself."

https://youtu.be/qLSdWYsnnAE?list=PLRh_COeul8yMUJ6a2GhQQzelSjd9eouSk

HIV+ Men's Retreat 2023 24-26 March, Vaughan Park, Long Bay, Auckland

Our popular annual HIV+ Men's Retreat will be held this year from Friday 24th to Sunday 26th March, at Vaughan Park in Long Bay just north of Auckland. Spaces are filling up fast, so register ASAP so you don't miss out! Those located outside Auckland who have a Community Services Card can also access the Wellness Fund to cover the cost of their travel to Auckland.

[Current and Upcoming Events \(bodypositive.org.nz\)](https://bodypositive.org.nz)

HIV Wellness Fund

Despite substantial improvements made over the last decade in the treatment of HIV, people in New Zealand living with the virus continue to face significant and diverse challenges in maintaining their health and wellbeing. The Wellness Fund offers direct financial assistance to HIV positive people who live in New Zealand where alternative sources of assistance are unavailable.

[Wellness Fund for People Living with HIV/AIDS \(bodypositive.org.nz\)](https://bodypositive.org.nz)

How to Tell Your Parents You Need Help

Talking to your parents about your struggles with anxiety, depression, or some other serious issue can be scary. What if they don't believe you? Read this guidance from a therapist to help you get the help you need.

[How to Tell Your Parents You Need Help \(psycom.net\)](https://psycom.net)

Information for you and your whānau on being assessed and treated under the Mental Health Act

For a person being assessed and treated, it can be a challenging and confusing time Te Pou, with support from Manatū Hauora Ministry of Health, has developed a range of resources that aim to provide clear and simple information about:

- the Act and the process involved in administering the Act
- the rights of people and whānau throughout the process of being assessed and treated
- what people and whānau can expect from their mental health team
- where people can get support and advice.

<https://youtu.be/J5Vn-gd66V0>

[TP-220922_2-Mental-Health-Act-booklet-for-the-person-v7a_Print.pdf](https://d2ew8vb2gktr0m.cloudfront.net/TP-220922_2-Mental-Health-Act-booklet-for-the-person-v7a_Print.pdf)

[\(d2ew8vb2gktr0m.cloudfront.net\)](https://d2ew8vb2gktr0m.cloudfront.net)

[TP-220922-Mental-Health-Act-booklet-for-whanau-v8a_Print.pdf \(d2ew8vb2gktr0m.cloudfront.net\)](https://d2ew8vb2gktr0m.cloudfront.net/TP-220922-Mental-Health-Act-booklet-for-whanau-v8a_Print.pdf)

Internet and Technology Addiction resources

If you're wondering whether you may have an internet and technology addiction, you can review our questionnaires for internet addiction, social media addiction, streaming addiction, or smartphone addiction.

[Internet and Technology Addicts Anonymous | Receive Free Help & Support \(internetaddictsanonymous.org\)](https://internetaddictsanonymous.org)

I'm Just Older Darling - Podcast

A series of conversations about what it means to be an elder in our LGBTQI+ Indigenous and people of colour community. The personal expectations, challenges and changes that come with the passage of time. This project was born out of a desire to build equality for our connected communities. A desire to take space and represent on all platforms, and to hold that queer space inside the algorithms. To hold our own conversations about our own communities.

[I'm Just Older Darling | Same Same but Black](#)

I'm Living With HIV

A resource to help people living with HIV tell potential sex partners that they have HIV. As this can be a difficult and sometimes scary conversation, the brochure provides the most essential information in a discrete format which can easily be tucked into a pocket or wallet. This resource explains the basics and is something tangible, and credible. It has purposefully been kept very basic so as not to overwhelm the reader. This means not everything is included or explained in detail but is a good starting point for further discussion.

[HIV-New-Partners-Leaflet-English-A4-Web.pdf \(positivewomen.org.nz\)](#)

Indian Origin Pride New Zealand

Supports rainbow Indians in Aotearoa through education, engagement, events and utilising support networks.

[Indian Pride | IOPNZ](#)

IT4Kaumatua - Supporting kaumātua with modern technology.

During the lockdown, a number of kaumātua were isolated from their immediate whānau, supports were not easily accessible and many of them lived in rural areas and relied heavily on whānau/kaiarahi check ins for social interaction. Maintaining these interactions are vitally important to the health and wellbeing of all people, but especially our kaumātua. Kaumātua engaged with Te Oranganui around this issue. A Whānau Ora approach was used – this is a strength-based and whānau driven approach to health and wellbeing. The programme is heavily grounded by Te Ao Māori - te reo me ona tikanga principles. It is marae-based and was piloted with Paerangi Paematua Roopu - Kaiwhaiki Marae. This was a success and several other marae have since requested to take part. You will need to register with Whāriki to access this information.

[Posts - Whāriki \(whariki-ao.nz\)](#)

It's Your Choice: Personal Autonomy in a Relationship

One of the most important things in a relationship is having your own autonomy – or getting to make decisions for yourself. If both or all partners get to be in charge of their own lives, then you have a great foundation for making room for each other and growing together. When one person controls another person, it's easy for the relationship to become abusive. In a healthy relationship each partner should have control over themselves.

[It's Your Choice: Personal Autonomy in a Relationship - Gender Minorities Aotearoa](#)

Journey to the Pacific: Atu-Mai

Check out our Pasifika migration story

<https://youtu.be/JGb1dwxEdmo>

Keeping kai on the table

Rising prices are making it harder for people to feed themselves and their families. Luckily, there are lots of services that can help out if you're struggling.

[COVID-19: Keeping kai on the table | Health Navigator NZ](#)

Key priorities and solutions for the older persons' mental health and addiction sector

This resource outlines priorities and innovative solutions for the older persons' mental health and addiction sector identified at the inaugural Older Persons' Mental Health and Addiction Symposium in 2022. The information will be used to inform future workforce planning and other activities relevant to the older persons' mental health and addiction sector.

For further information or to be kept up to date on future events and other activities related to this work, please email holly.coulter@tepou.co.nz

[Key priorities and solutions for the older persons' mental... | Te Pou](#)

Kia Noho Rangatira Ai Tātou - online workshop

Kia Noho Rangatira Ai Tātou is a unique education programme that aims to build understanding of disabled people's rights and self-determination, from the unique cultural context of Aotearoa.

This workshop is useful for disabled people, family/whānau and those working with disabled people either in the sector or wider community. Our next online workshop will be held over four 2.5-hour sessions in February 2023.

[Kia Noho Rangatira Ai Tātou Online Workshop - February 2023 | Te Pou](#)

Kora

Netsafe's first chatbot works to answer questions about the Harmful Digital Communications Act, signpost advice for online safety issues and how to resolve complaints. Our chatbot pilot means we can try to answer more questions about online safety and triage enquiries from our website into our complaint pathways and into other legal processes. This could particularly benefit those who would prefer initially not to discuss what has happened to them with a person. Look for the little robot icon at the bottom right-hand side of the screen and help us to train the AI by asking it questions!

[Online safety advice & reporting. Netsafe – Providing free online safety advice in New Zealand](#)

KYND - app

KYND stands for Know Your Numbers Dashboard. The KYND app is divided into 3 main sections relating to physical (body), mental (mind) and social (life) health. Each section has a series of questions which, when completed, provide results using a traffic light display of green (healthy), orange (something is not quite right) and red (risk zone). The free app provides people with wellness scores so they can make informed choices and track their wellness journey.

[KYND Wellness on the App Store \(apple.com\)](#)

[KYND Wellness – Apps on Google Play](#)

Language assistance

Find out more about how to ask for an interpreter if you are calling a government agency and need language assistance.

[Govt delivers support package for NGOs and community groups | Beehive.govt.nz](#)

LifeCurve - app

LifeCurve is an app designed for older people, to support and encourage ageing well. It provides access to a wealth of resources and information to support many aspects of healthy ageing. The app includes links to New Zealand-based services, and can be used by caregivers and whānau.

[ADL LifeCurve on the App Store \(apple.com\)](#)

[ADL LifeCurve - Apps on Google Play](#)

[LifeCurve](#)

Lifekeepers

The aim of LifeKeepers is to equip people aged 18 years and over with knowledge and skills to identify and support individuals at risk of suicide in their communities. Watch the video about Lifekeepers and then use the link to access the free training.

https://youtu.be/R_xx6Y0Xduk?list=PLiQ8gXvZIN5E9pZ9PkoCyczzOn7phLUX2

[Suicide Prevention Training | LifeKeepers](#)

Living Sober

An online recovery community providing mutual support for people struggling with alcohol use disorders.

[Living Sober – The friendliest place to talk honestly about your relationship with alcohol](#)

Locate Hospital Based Mental Health Crisis Teams

24 Hours, 7 Days based all over Aotearoa – find the one nearest you at this time

[Crisis assessment teams | Ministry of Health NZ](#)

Looking after yourself while supporting someone

When you're constantly worried about the mental health of a loved one, it can be easy to forget about your own wellbeing.

[Looking after yourself while supporting someone \(beyondblue.org.au\)](#)

Mahi Marumarū

Hinengaro. Virtual support group for their peers to connect daily online.

<https://www.facebook.com/mahimarumarū/>

Mana to Mana

Each and every one of us has mana. Community food distribution is about connecting to and celebrating people. In this, we are invited to recognise our own mana and the mana of everyone we encounter. Mana to Mana Practice of Community Food Distribution invites us to look for ways of respecting the inherent mana of people and all things, and to reflect on our own practices as we walk with people, recognising what people bring with them and what we have to offer. It draws from old Ao Māori wisdom to guide our relationships and our actions and invites us to reflect deeply, together.

[Kore+Hiakai+-+Mana+to+Mana+Report+A4.pdf \(squarespace.com\)](#)

Managing challenging behaviours: Atu-Mai

There is no one right way to manage challenging behaviours. What's important is that find what strategies work for you. Watch this video to hear Pasifika fathers talk about what strategies work for them.

https://youtu.be/e1sccqw_91Q

Managing worry with 'worry time'

Worry Time is a simple, helpful way to help reduce the time you spend worrying during your day.

[5e170afb5599b100a56a51c3f8615454-Worry Time.pdf \(justathought.co.nz\)](#)

Managing Insomnia course

If you've been having problems falling or staying asleep and you find that this is affecting your daily life, you may be experiencing insomnia. Insomnia can have a big impact on your energy, mood and concentration. You may find yourself worrying about your lack of sleep, especially at night - making it even more difficult to get to sleep. The good news is, insomnia can be treated and many people who seek help get better. This free course will teach you practical skills to help you get your sleep back on track.

[Managing Insomnia course | Just a Thought](#)

Manaaki Ora - App

The free Manaaki Ora app supports individuals and whānau to build well-being and resilience. It includes information on helping whānau identify their feelings and, when they feel overwhelmed, find out where to get support. It also has a section on how to support others. Users can gain insight into the symptoms of depression, create goals to help recover from depression and build a network of contact and support services. It is based on the Māori model of health Te Whare Tapa Whā.

[Manaaki Ora on the App Store \(apple.com\)](#)

[Manaaki Ora - Apps on Google Play](#)

Maramataka online

Maramataka calendars highlight the connection between the moon and our wellbeing. For the current rātaka (moon phase) check out our online Maramataka below, or download and order your free calendar today. Our Maramataka tools were adapted from the mātauranga Māori in Living by the Moon Te Maramataka A Te Whānau-ā-Apanui by Wiremu Tawhai, (2013), Huia Publishers.

[Maramataka Online | All Right?](#)

#MāoriOra

Short video

https://youtu.be/_8WNwjlqmUs

Māuri tau mindful meditation with Te Aorangi-Kōwhai

“I definitely think these tools can benefit all whanau in so many ways. It’s like te whare tapa whā. You have four sides of your whare and if one pou breaks, that’s your whole whare gone.”

<https://youtu.be/8X4l2aJaPmA>

Men and Heartbreak: Why Women Do Better When Relationships End

Men are struggling, really struggling. Drug overdose and deaths by suicide are higher for men. Why do women fare better when relationships end? Psycom digs into why this matters, what's changing, and how to help men heal.

[Men and Heartbreak: Why Breakups are Harder for Them \(psycom.net\)](https://www.psycom.net/men-and-heartbreak-why-breakups-are-harder-for-them)

Mindfulness of Breath Audio

Feel more settled and calmer by spending a few minutes focused on your breathing with this mindfulness of breath guided audio meditation.

<https://hosted.justathought.co.nz/justathoughtnz-files/resource/lesson/1/5f5f780de1d7b51d6cb5d3a390abd77b-Mindfulness-of-the-Breath.mp3>

MindShift - app

This straightforward free stress management tool helps users re-think what’s stressing them out through a variety of on-screen prompts. At the same time, the app encourages new ways to take charge of anxiety and tune into body signals.

[MindShift CBT - Anxiety Relief on the App Store \(apple.com\)](https://www.apple.com/au/health-apps/mindshift-cbt/)

[MindShift CBT - Anxiety Relief - Apps on Google Play](https://play.google.com/store/apps/details?id=com.mindshift.cbt)

MoodGYM

An Australian internet-based therapy programme designed to help people learn and practise skills to prevent and manage symptoms of depression and anxiety.

[moodgym - Interactive skills training for depression and anxiety](https://www.moodgym.com.au/)

Moving into Residential Care Booklet

This information is for people over 65 years of age requiring long-term care in a rest home or hospital. It is intended to supplement information on residential care from Work and Income and Ministry of Health.

[Moving A4 - July 2021 website.pub \(seniorline.org.nz\)](https://www.seniorline.org.nz/moving-a4-july-2021-website.pub)

Muscle Relaxation Audio

This audio recording will guide you through a muscle relaxation exercise to relieve tension, anxiety, panic, or help you to fall asleep. This exercise is great for everyone of all ages, even kids!

<https://hosted.justathought.co.nz/justathoughtnz-files/resource/audio/Progressive-Muscle-Relaxation.mp3>

My ability is bigger than my disability

From being diagnosed with cerebral palsy to breaking world records, Isis Holt has had a different upbringing to most teenagers

[My ability is bigger than my disability \(beyondblue.org.au\)](https://www.beyondblue.org.au)

Mycare - app

The free NZ app aims to help people find the support they need, in their local community, for example disability support, injury support, and support for older people. Users set up a profile and search locally for help. They can book visits instantly with available helpers. The app allows users to organise visits online, keep track of activities with helpers and make payments. Workers are pre-approved — a Ministry of Justice or NZ Police criminal history check is compulsory.

[In-Home Care Services - Home Care New Zealand | Mycare - Mycare](#)

Naming New Zealand

An initiative to help queer, gender diverse, takatāpui and intersex young people with updating their identity documents to correctly reflect their identities.

[Naming NZ — RainbowYOUTH \(ry.org.nz\)](https://www.rainbowyouth.org.nz)

National Alcohol Harm Minimisation Framework

This Framework is structured around the two pillars of policy change and culture change, with the aspiration of Aotearoa New Zealand being free from alcohol-related harm. The vision of this holistic framework is to provide a Te Tiriti aligned resource that would enable organisations to develop their own action plan for minimising alcohol-related harm.

[11.1 AL1196 National Harm Minimisation Framework.pdf](#)

NetAddiction

Help and resources for people concerned about someone's gaming or interested in understanding problematic use of gaming and gaming addictions.

<https://netaddiction.co.nz>

New Mental Health Act resources

Te Pou has launched a suite of e-learning and information resources to support the revised Mental Health (Compulsory Assessment and Treatment) Act 1992 Guidelines. The suite of resources consists of two parts – there is an e-learning series for the workforce, and two informational booklets and an animated video for people who are experiencing the Act and their whānau.

<https://www.tepou.co.nz/initiatives/mha>

Ngā Wānanga o Hine Kōpū Evaluation Summary Report

Ngā Wānanga o Hine Kōpū reconnects pregnant Māori women and their whānau with mātauranga Māori to explore conception, pregnancy, birth and parenting. An independent evaluation of the wānanga tells how Hine Kōpū awoke in them a spirit of self-determination. This summary of the evaluation shows Hine Kōpū is about more than parents learning information that is deemed clinically important for good birth outcomes.

[Ngā Wānanga o Hine Kōpū Evaluation Summary Report | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

notOK - App

NotOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."

[notOK® on the App Store \(apple.com\)](#)

NZ Parents and Guardians of Transgender and Gender Diverse Children (NZPOTC)

A parent-led group where you can find the information, guidance, advice and companionship to help you and your family safely and happily navigate your journey, knowing you are never alone.

[NZ Parents and Guardians of Transgender and Gender Diverse Children \(transgenderchildren.nz\)](#)

Obsessive Compulsive Disorder (OCD)

Obsessive Compulsive Disorder (OCD) is when we keep having unwanted thoughts that pop into our minds about scary or distressing things – such as thoughts of harm, feeling dirty, or any thoughts we don't want to have. We call these 'obsessive thoughts'. We might also do things over and over to try and get rid of these thoughts - such as routines, or things we say in our mind. We call these 'compulsions'. The good news is that OCD can be treated and many people who seek help can get better. In this course, we learn practical skills to tackle OCD, using one of the most effective approaches in the world, Cognitive Behavioural Therapy (CBT).

[OCD course | Just a Thought](#)

On-Line Gamers Anonymous

A fellowship of people providing support to gamers and family members of people experiencing an addiction to gaming.

[Welcome to On-Line Gamers Anonymous®! | On-line Gamers Anonymous® \(olganon.org\)](#)

Our life vest inside - the kindness boomerang

Sometimes we think “What difference could I possibly make?” However, we can all play some part in restoring hope with a simple act of random kindness. Take 5.44 minutes of your time and I encourage you to watch as the camera tracks an acts of kindness as it is passed from one individual to the next and manages to boomerang back to the person who set it in motion.

<https://youtu.be/nwAYpLVyeFU>

#OutintheOpen

Rangatahi talking about suicide prevention

https://youtu.be/3AWGh3_FifU

oVRcome - app

The oVRcome app is most useful for people who have a phobia or fear and want to overcome it. Currently the app offers 7 programmes, these are targeted for fear of needles, flying, heights, public speaking, dogs, spiders and social anxiety. Basic version is free but monthly/annual cost for advanced version using VR.

[oVRcome on the App Store \(apple.com\)](https://apple.com)

[oVRcome - Apps on Google Play](https://play.google.com)

[Virtual Reality Exposure Therapy App To Overcome Phobias and Social Anxiety \(ovrcome.io\)](https://ovrcome.io)

Overcoming Depression

5 Things You Can Do NOW to Make a Meaningful Impact. Therapist-approved techniques to help you lift the paralysis of depression and stop the ruminating that may be getting in your way and preventing you from feeling better.

[How to Overcome Depression: 5 Things You Can Do NOW to Make a Meaningful Impact \(psychom.net\)](https://psychom.net)

Paracetamol supply issue – new factsheet

From January 2023 a new brand of paracetamol liquid 120 mg in 5 mL will be available. Ethics paracetamol will replace the Paracare and Avallon paracetamol liquids brands.

[Paracetamol – children | Health Navigator NZ](#)

Pets and their impact on mental health

We all need attention and affection – and that’s just what pets give us. It’s hard to put into words the happiness that a pet can bring someone. You might be the one caring for your pet but they support and care for you in unspoken ways. Whether it’s a dog wagging their tail and greeting you at the door, a cat or bunny snuggled in your lap or a bird singing to you, pets provide companionship and unconditional affection. The bond you share with a pet can do a lot to support your mental health.

[Pets and their impact on mental health \(beyondblue.org.au\)](https://beyondblue.org.au)

Pamoja

An HIV prevention and support programme for Africans, by Africans, living in Aotearoa New Zealand. Pamoja aims to encourage safer sex, regular testing for HIV, and also provides support for people who are living with HIV.

[Pamoja - Together we can end HIV](#)

Pasifika Values: Atu-Mai

Check out what some Pasifika young people think about their values

https://youtu.be/gzV_lcnvNg

Police Diversity Liaison Officers

Are trained to liaise with rainbow people throughout Aotearoa. They can provide advice or assist with referrals, support and training.

[Diversity liaison officers | New Zealand Police](#)

Post Trauma - documentary

Post Trauma is a four-part documentary that dispels myths about PTSD/I. It tells the stories of four people living with it and their search not only for successful healing modalities but for understanding of a condition that is not just 'in the head'.

Episode 1: The invisible injury (12.35 minutes)

Episode 2: Treatment (11.39 minutes)

Episode 3: Public Health Crisis (11.07 minutes)

Episode 4: Post-traumatic growth – does PTSD go away?

[Post Trauma: The invisible injury | Stuff.co.nz](#)

Problem Solving Guide

This guide will teach you how to solve problems practically by breaking big problems down in a step-by-step process, making them easier to think about and start finding solutions.

[ae2fad0803389b8b617154ec934c77d6-SOT_Problem Solving Guide.pdf \(justathought.co.nz\)](#)

Pseudobulbar Affect (PBA)

Have you ever witnessed someone exhibiting mood-incongruent behaviour? Laughing uncontrollably when mad? Crying uncontrollably over something minor? What you might have witnessed is something called Pseudobulbar Affect (PBA)—also known as emotional incontinence, labile affect, forced crying, pathological emotionality, and emotional lability. PBA is resultant of a neurological disorder or a brain injury. Most commonly, individuals living with Multiple Sclerosis (MS), brain tumours, ADHD, Parkinson's disease, Alzheimer's disease, Grave's disease, and the after effects of a stroke are most likely to exhibit pseudobulbar affect. Persons suffering from this condition have no control over their incongruent moods.

[Pseudobulbar Affect Uncontrollable Crying & Laughing is Fully Treatable \(psyc.com.net\)](#)

PrEP?

PrEP is an internationally recommended HIV prevention method, in which people who do not have HIV take the HIV medication emtricitabine and tenofovir disoproxil fumarate (Truvada), to prevent getting HIV. When taken as directed PrEP is 99% effective at preventing HIV. In New Zealand we use the generic format of Truvada.

[Home | Is PrEP Right For Me? \(bodypositive.org.nz\)](#)

Project Pūtoetoe?

The stories and histories of long-term HIV survivors and those living with or affected by HIV are being forgotten. Especially in the age where HIV agencies are focusing on the eradication of HIV and getting to zero transmissions. Project Pūtoetoe is an Aotearoa, New Zealand based, PLHIV led project which aims to record, present and preserve these stories because they matter. Recording these stories is an important part of our social history and we hope to empower PLHIV while decreasing shame and stigma.

[Our Stories | Project Pūtoetoe \(bodypositive.org.nz\)](#)

Rainbow Violence Prevention Network Aotearoa New Zealand

Our goal is to make Aotearoa a place where all rainbow people are free of family and sexual violence, and all rainbow people who have experienced harm have access to safe supports.

[Rainbow Violence Prevention Network Aotearoa New Zealand \(rvpn.nz\)](#)

Refugees as Survivors New Zealand

The lead mental health agency for all incoming United Nations quota refugees entering New Zealand. Every day, people around the world are forced to flee their homes, families and communities in order to protect their own lives and those of their loved ones. Traumatic events can impact refugees' health and initial settlement in New Zealand. RASNZ works to address these issues by providing holistic mental health and wellbeing support throughout each person's journey.

[RASNZ | Refugees as Survivors New Zealand](#)

Releasing The Pressure

This guide provides helpful ideas to look after stress by guiding our minds away from distressing thoughts and feelings.

[845a8b692d022f17bab2747e1257142e-SOT_Releasing the pressure.pdf \(justathought.co.nz\)](#)

Right to be me

Elder, healer and leader in the Maori community, the late Rangimarie Turuki Rose Peri tells her story and shows us the true meaning of self-acceptance.

https://youtu.be/79II_eXKoWo

Safe Space Alliance LGBTQI+

A non-profit organisation that aims to help people identify, navigate, and create safe spaces for LGBTQI+ communities worldwide.

Safer Walking - Te Hikoī Kia Haumarū

Walking is an enjoyable activity and part of everyday life. Walking enables us to connect with people and places, carry out tasks and keep fit. Walking is the term used in this information sheet rather than 'wandering'. Wandering suggests an aimless activity, walking around often has a purpose. Fact sheet is in both English and Te Reo.

[Info Sheet Safe-walking-2.pdf \(alzheimers.org.nz\)](#)

SAM - app

How do you know what's pushing you over the edge and how to reel yourself back in? SAM's approach is to monitor anxious thoughts, track behaviour over time, and use guided self-help exercises to discourage stress. SAM takes it to the next level by offering a 'social cloud' feature that allows users to confidentially share their progress with an online community for added support. Free

[Self-help App for the Mind SAM - Apps on Google Play](#)

Same Same but Black

A collective working for black, indigenous and people of colour within rainbow communities in Aotearoa.

[Q-List | Same Same but Black | A series of Queer conversations | Celebrating LGTTQIA+ Black, Indigenous and People of Colour](#)

Sanvello

A place to feel better, wherever you go. Get all of the support you need to help improve your mental health—on your terms.

<https://www.sanvello.com/>

Seeing Things Clearly

This resource will teach you how to challenge your thoughts and see things more clearly. It will help you to notice when your thoughts become unhelpful and guide you through questions to support you in creating more balanced and helpful thoughts.

[6f7d1d6b26eca19860c07470aeb5e5f6-SOT Seeing things clearly.pdf \(justathought.co.nz\)](#)

Seniorline

A national information service to help older people and their whānau navigate the health system. A telephone service is available for over 65s Monday to Friday, 8am to 4pm. 0800 725 463.

[Home | Te Whatu Ora \(seniorline.org.nz\)](#)

Sextortion

This is a type of blackmail where money is demanded under threat of releasing intimate images or videos that were shared under false pretences or may have been stolen. Increasingly, we see teenage boys in New Zealand being targeted. The impact of sextortion can be serious emotional (and

in its most tragic cases, physical) harm. In addition to the threats and coercion, victims often feel like they are powerless to do anything to prevent the release of the images they have shared and feel they will be deeply shamed and embarrassed. This has an obvious impact on their mental health and wellbeing. With no shame or judgement they can find help. They do not need to panic, alone, in silence.

[Webcam Blackmail Scams - Netsafe – Providing free online safety advice in New Zealand](#)

Social Anxiety course

If you often worry in social situations about what others think of you, and find yourself wanting to avoid social experiences altogether, you may be experiencing 'social anxiety'. Fortunately, we don't have to get stuck with social anxiety forever! In this free course, you'll learn all about social anxiety and the practical skills you need to tackle it using one of the most effective approaches in the world, Cognitive Behavioural Therapy (CBT).

[Social Anxiety course | Just a Thought](#)

Sleep safely during pregnancy – video

Cure kids sleep on the side campaign

<https://youtu.be/GHgGbtuPMK0>

Staying on Track - Audio Course

Listen to the audio version of our Staying on Track quick course, to help you through times of stress and uncertainty.

<https://hosted.justathought.co.nz/justathoughtnz-files/resource/audio/staying-on-track-audio.mp3>

Story telling through film "Tala Loto Fale"

Find out about the Pasifika designed Tala Loto Fale programme and how it enabled self-discovery and exploration through storytelling, workshopping, and digital filmmaking.

<https://youtu.be/wTY73uKR6DM>

Strong Brains build strong futures: Atu-Mai

Watch and hear what our children have to say about the importance of brain development

<https://youtu.be/MZnOVATEaRo>

#SuicidePrevention

Short video

<https://youtu.be/aWJgIGvwbSI>

Supported living payment

To qualify for the Supported Living Payment() you need to be caring full-time for someone at home who isn't your husband, wife or partner. The person you're caring for must otherwise require

hospital or residential-level care. If you are a full-time carer and you have a partner, their income is taken into account. Contact your local Work and Income office.

[Supported Living Payment - Work and Income](#)

Supreme Sikh Society of New Zealand

They closely work with 32 organisations who we support with necessities as required. Being New Zealanders, they serve the wider NZ whānau regardless of their caste, creed, or religion.

[Contact – Supreme Sikh Society New Zealand](#)

Taiohi Times

The Taiohi Times is a quarterly newsletter produced by the Youth Advisory Team at Whāraurau, with submissions by members of the National Youth Consumer Advisors Network (NYCAN).

The purpose of The Taiohi Times is primarily to celebrate and share the work we are all doing around the motu, and grow a sense of community amongst our workforce. The other aim of the newsletter is to showcase the work that we are doing in the wider sector and educate about the intricacies of the roles and the value that we as young people bring to the sector. Sign up to our mailing list to receive future issues of The Taiohi Times.

[Whāraurau \(list-manage.com\)](#)

Takoha – A Health Promotion Framework

Takoha is a tool to help us understand if, and how, we are making a difference to the health and wellbeing of all New Zealanders. Anyone in health promotion can use Takoha to help align their work to the articles of Te Tiriti o Waitangi and equity, in order to achieve Pae Ora - healthy futures. It positions health promotion as part of a collective effort to transform the Health and Disability Sector. We have published case studies to the website to demonstrate how various elements of Takoha have been put into action in health promotion work.

[Framework \(takoha.org.nz\)](#)

Tapuvakai Vea

Tapuvakai Vea is a Coach with the Healthy Families Manukau-Manurewa-Papakura Programme based at the Alliance Community Initiatives Trust. Tapuvakai is of Tongan descent and graduated from the University of Auckland in 2016.

<https://youtu.be/YIUOQACUGXk?list=PLiQ8gXvZIN5G-1OtZB2Y2KvYTL5hFiKaP>

Te Tau Toru Nui o Matariki Calendar

Te Tau Toru nui o Matariki is a three year calendar system with Matariki at its heart. This Māori time keeping method is based on the position of the sun which marks the season, the predawn rising of certain stars that mark the month and the changing lunar phases that mark day. The triangulation of sun, stars and moon along with other ecological and seasonal factors all feed into this unique calendar system. Following a 3 year cycle, where an additional month is added into the calendar every 3 years based on the sighting of Matariki, this system will allow you to sync into a Māori division of time. This resource includes a waiata and hand actions that measure the rising of stars allowing people to learn the changing rhythms and sequence of the Matariki calendar.

[Te Tau Toru Nui o Matariki Calendar – livingbythestars](#)

#TechTikanga

Short video for rangatahi

<https://youtu.be/FPN5q9UTGZQ>

Terrible, Thanks for Asking

It's a question we ask (and get asked) all the time: "How are you?" And normally we just respond with "Fine!" even if we're totally dying inside, so everyone can go about their day. But it's not always all that fine, is it? "Terrible, Thanks For Asking" is a show by author Nora McInerny that lets real people get real honest about how they're really doing. It's sometimes sad, sometimes funny, and almost always both.

[Terrible, Thanks for Asking | A Change For Better](#)

Theory of Change – kore hiakai

Our Collective goal is that each and every one of us in Aotearoa has dignified access to enough good food. 'Kai' is food and eating. It is about engagement and activation; community and connection; whenua and eco systems; past, present and future.

[KHK-TOC-016 \(squarespace.com\)](#)

Things To Do Instead of Gaming

One of the things we were trying to do with our gaming was meet some basic needs. If we do not meet those needs in normal healthy ways, we will suffer much stronger urges to game again. Some basic needs to cover are social needs, self-expression, creativity, a sense of challenge and accomplishment, stress relief, a sense of purpose and meaning, and a sense of safety through control and predictability. Here are some ideas for activities that will help meet these needs, reduce cravings, help with recovery from addiction, and fill some of the hours freed from compulsive gaming.

[Things to do instead of gaming - Gaming Addicts Anonymous](#)

Thinking Traps

Common thinking traps to recognise early and shift your thinking.

[Thinking traps resource \(justathought.co.nz\)](#)

#ThisIsUs rainbow violence prevention campaign

OutLine is proud to have led the Rainbow Violence Prevention Network's #ThisIsUsCampaign against rainbow violence. Pride is a time to celebrate the progress rainbow communities have made, but also to confront the challenges we still face. Unfortunately, in 2023, rainbow people continue to experience disproportionately high rates of violence. For Pride Month, the Rainbow Violence Prevention Network (RVPN) has teamed up with Mediaworks to run a billboard and radio ad campaign that raises important questions about rainbow experiences of violence in Aotearoa.

[This Is Us. – Rainbow Violence Prevention Network Aotearoa New Zealand \(rvpn.nz\)](#)

Too Quick To Judge

A short-film that teaches us that we shouldn't be too quick to judge people.

https://youtu.be/Fzn_AKN67oI

Trans and Non-binary Inclusive Workplaces: A Guide for Employers and Employees

Employment can be a significant source of stress for trans and nonbinary people. Hiring discrimination, workplace bullying, access to bathrooms, privacy violations, appearance requirements, and other people's incorrect assumptions are all things that a trans or nonbinary person may face in the workforce. This guide aims to help employers support trans and nonbinary employees by bringing you up to speed on your responsibilities and other ways you can help. The second part also explains your rights as a trans or nonbinary employee.

[Workplace - OutLine Aotearoa](#)

Trauma-informed care for caregivers – e-learning

This course was developed for caregivers (foster parents and whānau carers) of children/tamariki.

[Trauma-informed care for caregivers | Goodfellow Unit](#)

Trauma triggers

The resource explains what trauma triggers are, how someone might be affected by one, and how you can explore discussing this with partners. It is designed for transgender adults and may not be suitable for younger viewers.

[Trauma triggers - Gender Minorities Aotearoa](#)

Tuku Iho - app

Tuku Iho is a free bilingual resource, in te reo Māori and English, for whānau hapū, māmā hapū and māmā hou that shares intergenerational knowledge in maternal and child wellbeing.

[Hāpai te Hauora: Tuku Iho on the App Store \(apple.com\)](#)

[Hāpai te Hauora: Tuku Iho - Apps on Google Play](#)

[Tuku Iho | Hāpai Te Hauora](#)

Understanding panic

This resource provides helpful tools and suggestions to help manage the uncomfortable feelings that come with panic.

[bd3699e151decf6f1a7199936c17eea0-Understanding panic.pdf \(justathought.co.nz\)](#)

Unity Tool

Being able to freely communicate with your healthcare provider is key to long-term, effective treatment and better care options. The new Unity Tool developed by HIV advocacy groups, healthcare providers and GSK/ViiV Healthcare has made it to Aotearoa New Zealand

in efforts to help those seeking treatment. It is an interactive online platform that people living with HIV can use to power through any barriers in communication.

[The Unity Tool | Positive Women](#)

Unleash the power of the mullet

The Mental Health Foundation are challenging you (and your mates) to grow a mullet this March to make a powerful statement for mental health in Aotearoa. The mullet is an iconic hairstyle with the power to connect and start conversations, and we all know that through kōrero, we can break down barriers around mental health.

[The Mullet Matters](#)

Video Game Addiction Test

Only you can make this assessment. We use the term gaming addict to describe having an obsession and compulsion to game, which grows worse over time, and an inability to limit our gaming, despite all the trouble and losses it causes. The following quiz should give you some food for thought and act as a guide to assess your own situation.

[Self Test to Assess Video Game Addiction \(2019\) - Gaming Addicts Anonymous](#)

Want to build respectful relationships that improve your wellbeing: Atu-Mai

Learn about the Atu-Mai Respectful relationships Online Module. Visit atumai.nz to sign up.

[Want to build respectful relationships that improve your wellbeing: Atu-Mai - YouTube](#)

Whānau Support Line

Sometimes you just need a listening ear and some guidance on where to go and what resources you can access. Our Support Line is available Monday to Friday and we accept calls from anywhere in New Zealand. Contact us anytime to request a call back. We aim to reply within 24 hour

[Support Line - Family Drug Support Aotearoa New Zealand \(fds.org.nz\)](http://fds.org.nz)

Whare Kahikā Home Safety - App

The Whare Kahikā Home Safety App is for everyone who has children/tamariki living in or visiting their home. The free app provides a complete home checklist for families/whānau to help keep young children safe from serious injuries like falls, drowning and incidents on the road.

[Whare Kahikā- Home Safety - Apps on Google Play](#)
[homesafety \(safekidshomesafetyapp.co.nz\)](http://homesafety (safekidshomesafetyapp.co.nz))

What Matters Most

Connecting to what matters to us in our day-to-day lives keeps us feeling positive and protects our emotional and mental wellbeing. This resource helps you work out what matters most to you right now and find ways to stay connected to these things during this difficult time.

[c0c96f6c216fa260260e0648ff16aae9-SOT_What matters most.pdf \(justathought.co.nz\)](#)

What the heck is Gender?

Short video explaining the spectrum

<https://youtu.be/j8Onyl7VdX8>

When mental health apps work, and when they don't

Think of that meditation app you downloaded over a year ago that you used a couple of times before letting it collect virtual dust on your home screen. Erika Clarry (from our research team) looked into the evidence on mental health apps to identify criteria for what makes them effective. Read her article to learn more about what works for our wellbeing (and what doesn't).

[Three key ingredients of an effective mental health app | Umbrella Wellbeing Ltd](#)

Whina – the movie

Follows the life of trailblazing Maori leader Dame Whina Cooper, who spent her life breaking boundaries, speaking for the rights of Maori, and fighting for the land. Starring Rena Owen.

[Watch Whina | Movie | TVNZ+](#)

Withdrawal Symptoms - Gaming

We gaming addicts who have abstained completely suffered some withdrawal symptoms. These are different for different people. Nevertheless, many of us have found that we had many symptoms in common. For some people there seems to be a kind of “detox” period of three to four days where the symptoms are most severe. Some withdrawal symptoms may last several weeks or months. With abstinence from gaming and working a program of recovery, they fade over time.

[Withdrawal Symptoms - Gaming Addicts Anonymous](#)

What is CBT? - A short explainer

Cognitive Behavioral Therapy, or 'CBT' for short, teaches people how to control their emotions, thoughts and behaviour to improve their mental health.

<https://youtu.be/bMI0riMVhJg>

Why do we spend?

A lot of us have a rollercoaster relationship with money. Whether we're riding the high of a pay rise, bonus, or jackpot cash-in, or struggling to work out how we're going to afford our bills for the month, our finances can have a huge impact on our emotional state. In this guide, we're going to discuss how emotional spending can have an impact on all of us, while also providing practical advice for anyone looking to come to terms with and overcome their spending habits.

[How To Break Bad Emotional Spending Habits \(upgradedpoints.com\)](#)

Women's Health Action

Women's Health Action (WHA) is a charitable trust that aims to reduce inequalities, draw attention to the social determinants of health and take an assets-based approach to health promotion and disease prevention.

<https://www.womens-health.org.nz/>

Yoga and the mindfulness pillars with Destiny

“If you’re going through any difficult moment, I guess you just have to have the mindset that it’s only temporary. And if it gets too hard, just speak to anyone - could be your whānau, your friends, your teachers - just speak up. Destiny (Ngāpuhi, Ngāti Awa) takes us through the seven mindfulness pillars and shares how they’ve helped her navigate some tough times.

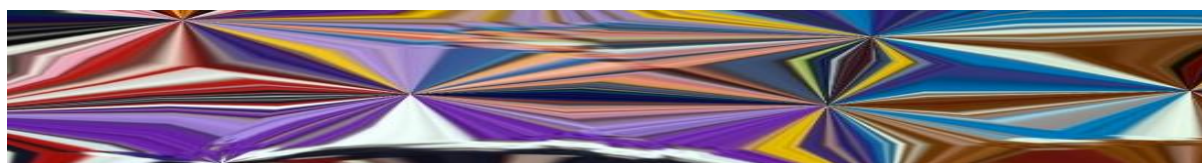
https://youtu.be/H1-h7fCRDT0?list=PLRh_COeuL8yMUJ6a2GhQQzelSjd9eouSk

Youth Leadership

The Youth Advisory Team (YAT) is a small but mighty team of rangatahi who are under 25 and have lived experience of accessing mental health and addiction services. We are the youth lived experience experts at Whāraurau. Our job is to support young people working in roles like ours, understand what young people need from mental health and addiction services, and support Whāraurau's work programmes by providing a youth perspective. We believe that the care young people receive should be informed by young people, and we are here to be that voice.

Wanna get involved? Join our DMC. Become a Youth Consumer Advisor (YCA). Email us.

[Youth Leadership | Whāraurau \(wharaurau.org.nz\)](#)



News

A new voice to boost New Zealand's response to major public health challenges

The new Public Health Communication Centre (PHCC) will boost the impact of research to improve health and equity in Aotearoa New Zealand along with greater environmental sustainability.

[Media release: A new voice to boost New Zealand's response to major public health challenges | PHCC](#)

Best practice report for addiction residential providers project

There are a variety of models informing and guiding current residential programmes. This guidance document will identify a range of models and evidence that will be useful for services to review their programmes and for commissioners/funders.

For enquiries, contact Jason Jones, project lead - addiction, at jason.jones@tepou.co.nz

CPSLE National Body: Options paper for the development of a national professional body for the consumer, peer

support and lived experience (CPSLE) workforce

This paper outlines conceptual options for the workforce to make informed decisions on what the development of a national professional body may look like moving forward, informed by research and ongoing consultation with the CPSLE workforce.

[CPSLE National body options paper | Te Pou](#)

Creating a digital moana

Aotearoa has a unique approach to hauora (holistic health and wellbeing), which DMHAT and the Collaborative will need to reflect and respect. For New Zealanders, whose forebears were all competent navigators, the digital space can be thought of as a digital moana, or ocean upon which we all travel. The rapidly evolving digital moana provides endless possibilities for exploration, navigation and challenge. Along the way, it's important to acknowledge our responsibility in the creation of the waka (boats, vehicles) that support whānau to embark on their journeys safely, efficiently and confidently. The DMHAT Collaborative will bring together whānau with lived experience, clinicians and health providers, vendors, researchers, academics and agencies at all levels to contribute to, and participate in, the ongoing development of digital tool assessment, with a particular focus on the health and hauora space.

[Collaborative – DMHAT \(emhicglobal.com\)](#)

Communities set to benefit from Indigenous-led international grant

Over the next five years, Te Rōpū Rangahau Hauora a Eru Pōmare at the University of Otago, Wellington, will partner with three Māori community organisations, alongside international Indigenous collaborators in the United States, Canada and Australia, led by the Johns Hopkins Center for Indigenous Health.

[21 December 2022 Communities set to benefit from Indigenous-led international grant with rangatiratanga at heart, Media releases, University of Otago, New Zealand](#)

Digital tool launched to support youth struggling with mental health

Clearhead has launched Finding Purpose a free, interactive digital tool designed to help rangatahi develop a greater sense of purpose and identity to improve their mental wellbeing.

[Clearhead Launches Digital Tool To Help Rangatahi Find Their Purpose Nib Foundation Provides \\$50,000 In Funding | Scoop News](#)

E-learning to support revised mental health guidelines

A suite of e-learning and information resources to support the revised Mental Health Act Guidelines have been launched in Wellington.

[New Mental Health Act Guidelines e-learning and information resources launched | Ministry of Health NZ](#)

Expert from NZ named to new Global Commission tackling racism and structural discrimination in health

Kumanan Rasanathan, a public health physician, was named to join the O'Neill-Lancet Commission on Racism, Structural Discrimination, and Global Health

[Expert from New Zealand named to new Global Commission tackling racism and structural discrimination in health | New Zealand Doctor \(nzdoctor.co.nz\)](#)

Financial support for service providers and community groups following the cyclone
On Monday, 13 February, the Government announced an \$11.5 million Community Support Package to help those affected by the recent North Island floods. This Community Support Package aims to relieve some of this pressure so community groups and providers can continue to deliver their response and recovery efforts for people, whānau and communities. Funding through this Community Support Package is **time-limited until 30 June 2023**.

[Community Support Package for people impacted by North Island floods and Cyclone Gabrielle - Ministry of Social Development \(msd.govt.nz\)](#)

First 1000 days Programme summary

A summary of the life-course approach on which the First 1000 days programme is based on that focusses on the quality of life for mothers and babies.

[First 1,000 Days | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Gathering robust data on the mental health and substance use of New Zealanders is long overdue. At the end of last year, researchers at Te Pou and the Department of Māori Indigenous Health Innovation (MIHI) at University of Otago, Christchurch published an editorial in the New Zealand Medical Journal (paywalled). *[Whakairo: carving a values-led approach to understand and respond to the mental health and substance use of the New Zealand population](#)* explains the importance of prevalence data for informing decisions on what services and supports are needed, for who and where investment should be targeted. This need for robust mental health and addiction data is also recognised in the updated [Data Investment Plan](#), released by Statistics New Zealand in December 2022 to guide government investment in data. If you are interested in supporting this call for better data, Te Pou and MIHI are building a collaborative of partners to design and identify the investment for the next New Zealand mental health and addiction survey. To get involved, [email Dr Helen Lockett](#), Te Pou strategic lead.

Get ready...get set...go! A new entrant programme for social workers in mental health

The programmes appear to serve an important function in improving competence and confidence for social workers new to the field of mental health.

<https://anzswjournal.nz/anzsw/article/view/975>

Guidance and support for co-designing with consumers, whānau and communities

On 25 August 2022, the Health Quality & Safety Commission code of expectations for health entities' engagement with consumers and whānau was officially launched at Parliament. In a new six-part series, they look at aspects of the code in more detail and offer tips on how to apply it.

[Section 2.1: Guidance and support for co-designing with consumers, whānau and communities | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Guidelines for working with people experiencing cognitive impairment in addiction services being developed.

Between 30 and 80 percent of people accessing addiction services experience a cognitive impairment. This impacts people's ability to engage with support services. Lack of recognition of the impact of cognitive impairment perpetuates stigma against people and whānau.

There are no guidelines within Aotearoa New Zealand to enable effective support for people experiencing cognitive impairment and their whānau. The development of the guidelines will be based on a literature review and sector consultation. For enquiries, contact Jason Jones, project lead - addiction, at jason.jones@tepou.co.nz

Healthy Harold teams up with Barnardos helpline to support the mental wellbeing of tamariki across Aotearoa

This unique partnership between the two organisations hopes to help thousands of tamariki going through difficult times.

<https://www.scoop.co.nz/stories/GE2301/S00019/healthy-harold-teams-up-with-barnardos-helpline-to-support-the-mental-wellbeing-of-tamariki-across-aotearoa.html>

How well public organisations are supporting Whānau Ora and whānau-centred approaches

A new report by Auditor-General John Ryan has found limited progress by the public sector on supporting Whānau Ora and whānau-centred approaches. The report concluded that some public sector processes and practices need to change to make it easier to implement these types of approaches where they are appropriate. For example, auditors were told that contracts are often too short or overly prescriptive about what services should be provided. Public organisations often work independently of each other, which makes it difficult to plan and fund approaches that respond to the interrelated aspirations and needs of whānau and achieve the best outcomes. The barriers to supporting and implementing whānau-centred approaches are not insurmountable. There is work under way that indicates public organisations intend to address some of these issues. For example, the Social Wellbeing Board is overseeing work to implement a new relational approach to how public organisations commission social services.

<https://youtu.be/8FEA66SYNSw>

[How well public organisations are supporting Whānau Ora and whānau-centred approaches — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](#)

Information and support for parents and whānau

Little known fact: Youthline services are available for parents and family members supporting young people. This includes all of our free and affordable counselling services. If you don't find what you're looking for here, give us a call, text us, email us or chat with us and we'll do what we can to connect you to the right information or resource.

[Parents and Whānau - Youthline](#)

Innovative pilot increases mental wellbeing in priority communities

An innovative peer-to-peer education programme has proven to be a successful model for improving

mental health knowledge and skills, particularly amongst hard to reach and ethnically diverse communities, according to a new report released by headlight.

[Innovative Pilot increases Mental Wellbeing in Priority Communities — HeadLight](#)

Insider's guide to psychosis

Finding Hope in the Lived Experience of Psychosis by Drs Patte Randal and Josephine Stanton explores psychosis from the outside and the inside, giving first-person accounts of two doctors' personal and professional lives. Reflections on Trauma, Use of Power and Re-visioning Psychiatry – book or e-book to purchase

[Insider's guide to psychosis | Goodfellow Unit](#)

Large number of parents undecided about HPV vaccine

Amid growing concerns about the low uptake rates of the HPV vaccine, new research from the Growing Up in New Zealand study has found 45% of mums are undecided about the vaccine. Those with daughters were more positive about the vaccine than those with sons. The research found seven percent of mums hadn't even heard of the vaccine – this was higher for Māori (12%) and Pasifika (14%). The report notes that addressing safety concerns about the vaccine appears necessary to improve confidence in the vaccine.

[Maternal intentions for human papillomavirus vaccination of girls and boys in New Zealand \(msd.govt.nz\)](#)

Latest 2020/21 Health and Lifestyles Survey Results available on Kupe

Kupe is a publicly available data explorer which lets you explore New Zealanders' views and experiences across several topics related to health behaviours and attitudes.

Find the latest data from the HLS and Alcohol Use in New Zealand survey on their website

<https://kupe.hpa.org.nz/>

Māori Community Suicide Prevention & Postvention Fund – opens - 6 March 2023

Is an opportunity for whānau, hapū, iwi, Māori health providers and community groups to organise and run initiatives that address the issue of suicide in their communities. Funding application open 6 March 2023 and close 1 May 2023. Get in touch with the Community Fund team

communityfund@terauora.com +64 4 473 9591 or 0800 122 616

[Funding – Centre of Māori Suicide Prevention \(centrefofmaorisuicideprevention.com\)](http://centrefofmaorisuicideprevention.com)

Online self-assessment to help identify your organisation's strengths and weaknesses.

NZ Navigator is focused on building strong and effective organisations and communities, and enabling users to assess the performance of their organisation by rating all the important areas of the organisation's operation - direction, governance, leadership, people, administration, finances, communication, evaluation, and relationships.

Pacific and Māori resources now available for dementia support

Alzheimers NZ has a new set of resources available in eight Pacific languages and te reo Māori to support people and whānau living with dementia in Aotearoa. In in eight Pacific languages; Samoan, Cook Island Māori, Tongan, Niuean, Fijian, Tokelauan, Tuvaluan and Kiribati.

[Pacific and Māori resources now available for dementia support - Alzheimers New Zealand](#)

Pacific housing: People, place, and wellbeing in Aotearoa New Zealand

New Zealand housing is not meeting the cultural needs of Pacific people and this lack is causing inequality, a new report says.

[Pacific housing: People, place, and wellbeing in Aotearoa New Zealand | Stats NZ](#)

Releasing new e-book - Aotearoa and Bharat Māori-India

Professor Pio's book explores early connections between Māori and Indians, the themes that bonded them, and profiles several Māori-Indians. It also describes some of the ways in which the relationship between the two communities has been strengthened over the years. In his foreword, Glenn Webber, Acting Tumu Whakarae, Chief Executive, Office for Māori Crown Relations – Te Arawhiti, called Professor Pio's research a "taonga which explores and records the long history of interaction between our peoples, which points to a brighter future as our waka approaches ever closer to our destination". The book can be downloaded at no cost.

[MEC 2022 Aotearoa-Bharat-Maori-Indian DIGICUT.pdf \(ethniccommunities.govt.nz\)](#)

Revision of the New Zealand Practice Guidelines for Opioid Substitution Treatment (2014)

This work involves consulting those who work closely with the current guidelines – OST services, GPs, pharmacists and those with lived experience. The outcome will be an up-to-date set of guidance with a greater focus on Te Tiriti, the workforce, new legislative changes, and new medications. For enquiries, contact Jason Jones, project lead - addiction, at jason.jones@tepou.co.nz

Submissions are due by 3 March 2023

Review of Adult Decision-Making Capacity Law: Preliminary Issues Paper. If you want to have your say about the proposed law change you will need to get your submissions in by 3 March at the very latest. At the request of the Minister of Justice, Te Aka Matua o te Ture Law Commission is reviewing how the law should respond when an adult's decision-making is affected. A consultation is currently underway looking at the Preliminary Issues Paper. They want to learn about people's experience with current law and practice, and what they think about the big issues and guiding principles. This Preliminary Issues Paper provides some information and asks some questions about these matters.

[Review of Adult Decision-Making Capacity Law – Law Commission – Consultation Platform](#)

Tackling Mental Health Stigma in the Media

Despite considerable advances in awareness and understanding of mental health, negative or offensive perceptions of those experiencing mental illness are still common. SANE StigmaWatch was established in 1997 as one of the first programs in the world to address public stigma in the media. Today, it is still the only program globally that works directly with media professionals to actively reduce stigmatising content.

[Tackling Mental Health Stigma In The Media | EMHIC \(emhicglobal.com\)](#)

Te Hiringa Hauora Research Framework

The Te Hiringa Hauora Research Framework is designed to guide and enable shared understanding for what best practice health promotion research in Aotearoa New Zealand is and what it seeks to achieve. This Framework presents a way of working at the interface of mātauranga Māori and Western science, using both knowledge systems to generate new knowledge and evidence that contribute towards healthy and decolonising futures for Māori, Pacific peoples, and all New Zealanders.

[Te Hiringa Hauora Research Framework | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Three new HQSC Mental health and addiction quality improvement programme members

The Health Quality and Safety Commission, mental health and addiction quality improvement programme recently welcomed three new team members.

Ethan Tauevihi-Kahika and Cam Young bring a renewed Pacific focus to the programme's leadership group, while Arana Pearson is our new consumer engagement advisor.

[Three new Mental health and addiction quality improvement programme members | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Video Counselling - Youthline

Everyone has difficult experiences or feelings at some point in their lives, and it isn't always easy or useful to try to deal with them alone. Our counsellors can offer video counselling support to help you to better understand yourself, discover your strengths, make decisions, deal with difficult life events both present and past, cope with difficult feelings, improve your relationships and improve self-esteem. Online video counselling is a real time conversation that happens with two people in separate locations - access to a computer (or mobile device with a camera and microphone), the internet and a webcam at each end are required to make it work. The initial assessment for intake to counselling is free of charge. Contributions to the cost of the other counselling services are determined on a sliding scale ranging from \$40 to \$120 per hour. Please contact us if you need financial support to see a therapist; we have a range of options we can explore with you and we don't want money to be a barrier to seeking help.

[Skype Counselling - Youthline](#)

Voices of Asia Pacific

Alzheimer's Disease International are still looking for contributions for their Voices of Asia Pacific ebook to share the voice of people and whānau living with demetia mate wareware – get in touch with comms@alzheimers.org.nz

Why Aotearoa New Zealand needs a Public Health Communication Centre

This article explains the rationale for the new Public Health Communication Centre (PHCC) and launches the new-look Public Health Expert Briefing. The PHCC's main purpose is to identify and promote opportunities to improve public health and health equity and communicate these effectively to the public, media, and decision-makers.

[Why Aotearoa New Zealand needs a Public Health Communication Centre | PHCC](#)

WRAPers around the world celebrate WRAP's 25th Anniversary

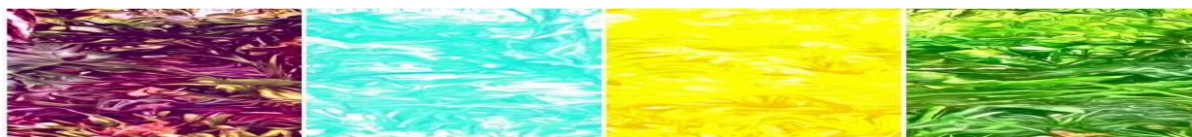
WRAPers from many countries share their thoughts about WRAP, their favourite wellness tools, and why WRAP is important to them.

<https://www.youtube.com/watch?v=eRDuDYZEq3o>

Young Farmers group relaunches after 25 years with a focus on mental health

A group of young Timaru farmers are relaunching a club offering support to those in rural areas after their parents closed it 25 years ago.

[Young Farmers group relaunches after 25 years with a focus on mental health | Stuff.co.nz](#)



Reports, documents and research

2019-2021 Stroke F.A.S.T Campaign Evaluation – interim report

This evaluation highlights the long-term impact of the successive Stroke F.A.S.T campaigns, run since 2016. This evaluation shows the effectiveness of the campaign, particularly around the increasing awareness of signs of stroke for Pacific peoples. The increased awareness of the signs of stroke promoted in the F.A.S.T message is now similar for Māori, Pacific peoples, and non-Māori/non-Pacific respondents

[2019-2021 Stroke FAST Campaign Evaluation - interim report | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

8th Annual eMental Health International Congress Report

The 8th Annual eMental Health International Congress took place at the Pullman Hotel in Auckland over two days on November 10th and 11th, 2022. Bigger than ever, the Congress was live-streamed to 15 countries, with over 40 speakers focussing on the theme: Mental Health's Transformation – Bringing The Digital Ecosystem To Life. The Report aims to capture the essence of the Congress and includes session summaries combined with practical takeaways

Association between enrolment with a Primary Health Care provider and amenable mortality: A national population-based analysis in Aotearoa New Zealand

Given demonstrated inequities in enrolment levels across age and ethnic groups, efforts to improve this could have significant benefits on health equity

[Association between enrolment with a Primary Health Care provider and amenable mortality: A national population-based analysis in Aotearoa New Zealand - PMC \(nih.gov\)](#)

Association between men's exposure to intimate partner violence and self-reported health outcomes in New Zealand

Results of this study indicate that exposure to intimate partner violence can adversely affect men's health but is not consistently a factor in men's poor health at the population level.

[Association Between Men's Exposure to Intimate Partner Violence and Self-reported Health Outcomes in New Zealand | Global Health | JAMA Network Open | JAMA Network](#)

Difference between perceived and actual daily smoking prevalence among New Zealand adults

This brief report examines the difference between perceived and actual daily smoking prevalence by socio-demographic groups and smoking status using a nationally representative sample of New Zealanders aged 15 years and over. This study found that there is significant misperception between self-reported actual and perceived smoking prevalence.

[Difference between perceived and actual daily smoking prevalence among New Zealand adults | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Empirical evidence for climate concerns, negative emotions and climate-related mental ill-health in young people: A scoping review

While available evidence suggests that young people are concerned about climate change, more research is needed on the relationship between climate-related negative emotions and mental ill-health. Mental health leaders are urged to advocate for actions to mitigate the mental health impact of climate change.

[Empirical evidence for climate concerns, negative emotions and climate-related mental ill-health in young people: A scoping review \(wiley.com\)](#)

Cautious optimism regarding the use of home-based neuromodulation to treat depression.

Weak-intensity neuromodulation involves the use of targeted transcranial stimulation to treat neuropsychiatric disorders, including depression.

[Cautious optimism regarding the use of home-based neuromodulation to treat depression - The Lancet Psychiatry](#)

Childhood sexual abuse and pervasive problems across multiple life domains: Findings from a five-decade study

The higher risk for most specific problems was small to moderate, but the cumulative long-term effects across multiple domains reflect considerable individual and societal burden.

[Childhood sexual abuse and pervasive problems across multiple life domains: Findings from a five-decade study | Development and Psychopathology | Cambridge Core](#)

COVID-19 impacts worse for Māori, Pasifika and disabled people, study finds

Research highlights barriers to healthcare and higher rates of financial stress for populations already significantly disadvantaged.

[COVID-19 impacts worse for Māori, Pasifika and disabled people, study finds | News | Victoria University of Wellington \(wgt.ac.nz\)](#)

Creating positive experiences of involvement in mental health research

The importance of patient and public involvement (PPI) in mental health research is increasingly acknowledged by funders, researchers, and patients. However, the impact of PPI on those who bring their own lived experiences to research environments is underexplored. We identified six characteristics of involvement that benefit not only research quality, but also people participating in PPI activities: reframing painful memories, recognising value, practising reciprocity, bridging gaps, countering stigma, and challenging established narratives.

[Creating positive experiences of involvement in mental health research \(thelancet.com\)](#)

Critical life course interventions for children and adolescents to promote mental health

Recent evidence for life course approaches to promote child and adolescent health is promising.

[Critical life course interventions for children and adolescents to promote mental health | Cambridge Prisms: Global Mental Health | Cambridge Core](#)

Data Investment Plan

The Data Investment Plan is a prioritised plan to guide government investment in data. It supports a more co-ordinated and systematic approach to data investment by:

- helping agencies to make baseline-funding investment decisions about new and existing assets
- helping agencies to identify opportunities to develop Budget bids
- supporting Ministers and system leads (Treasury, Government Chief Data Steward, Government Chief Digital Officer, and Government Chief Information Security Officer) to better understand the data asset investment environment.

It includes the results of broader consultation with iwi-Māori on Māori data needs, leading to a shift in the prioritisation of some data assets and the way data assets are defined. The shift has refined the Plan's scope, taking it beyond gaps in data sets towards foundational elements needed to enable and support Māori to have better access to critical data.

[Data Investment Plan - data.govt.nz](#)

Demystifying case management in Aotearoa New Zealand: A scoping and mapping review

Case managers' work is often unrecognised which impedes workforce development and the promotion of person-centered and integrated health care.

[Demystifying Case Management in Aotearoa New Zealand: A Scoping and Mapping Review \(nih.gov\)](#)

Eating disorders, disordered eating, and body image research in New Zealand: A scoping review

This study provides a comprehensive and detailed overview of research into eating disorders and body image in New Zealand, while highlighting important considerations for both local and international research.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9847028/pdf/40337_2022_Article_728.pdf

Enhancing an online cognitive behavioural therapy intervention for depression: Harnessing the feedback of sexual and gender minority youth to help improve SPARX

The authors conclude sexual and gender minority youth are underserved in terms of their mental health needs. Refining or tailoring existing interventions offers a potential way forward in terms of addressing these needs.

[Enhancing an online cognitive behavioural therapy intervention for depression: Harnessing the feedback of sexual and gender minority youth to help improve SPARX \(sagepub.com\)](#)

Experiences of Care in Aotearoa 2021/2022

An annual update on whether agencies are compiling with custody and care responsibilities and if positive outcomes are being achieved for tamariki and rangatahi in care.

[Experiences of Care in Aotearoa 2021/2022 | Aroturuki Tamariki | Independent Children's Monitor \(icm.org.nz\)](#)

Goal planning in mental health service delivery: A systematic integrative review

Individualized, recovery-oriented and collaborative goal planning was recommended in mental health service delivery but not always used in practice.

[Goal planning in mental health service delivery: A systematic integrative review \(nih.gov\)](#)

Healing, learning and improving from harm: National adverse events policy 2023 | Te whakaora, te ako me te whakapai ake i te kino: Te kaupapa here ā-motu mō ngā mahi tūkino 2023

The 2023 update of the national adverse events policy embeds Te Tiriti o Waitangi and a te ao Māori world view and puts a focus on relationships through whānau engagement, equity, restorative practice and hohou te rongo (peace-making) restorative responses. It is available in English and te reo Māori. The 2017 policy remains effective until 20 June 2023.

[Healing, learning and improving from harm: National adverse events policy 2023 | Te whakaora, te ako me te whakapai ake i te kino: Te kaupapa here ā-motu mō ngā mahi tūkinō 2023 | Health Quality & Safety Commission \(hgsc.govt.nz\)](#)

Health and Independence Report 2021

This recently published report provides an overview of the state of public health in Aotearoa New Zealand. Covering the 2021 calendar year, the report highlights how health equity continues to be a challenge.

[Health and Independence Report 2021 | Ministry of Health NZ](#)

Ka mua, ka muri – Nōku te Ao Like Minds Whakapapa and Procurement Approaches

Ka mua, ka muri has been developed by Dr Pounamu Jade Aikman, on behalf of Te Whatu Ora. Ka mua, Ka muri documents the whakapapa of Nōku te Ao as a programme, in telling the story of the emergence and origin within Te Whatu Ora. It also explores the approach to procuring Māori expertise, in commissioning for equity and outlines 'key ingredients' for anyone embarking on this process.

[Ka mua, ka muri - Nōku te Ao Like Minds' Whakapapa and Procurement Approaches | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Māori Māmā views and experiences of vaccinating their pēpi and tamariki: A qualitative Kaupapa Māori study

This report explores the social and cultural reasons that Māori may be less likely to engage with childhood vaccination services. The recommendations in the report are relevant for policy, practice, programmes, services and campaigns related to Māori childhood immunisation.

[Māori Māmā views and experiences of vaccinating their pēpi and tamariki: A qualitative Kaupapa Māori study | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Maranga mai: The dynamics and impacts of white supremacy, racism, and colonization upon tangata whenua in Aotearoa New Zealand

Maranga Mai is about the dynamics and impacts of white supremacy, racism and colonisation upon tangata whenua in Aotearoa New Zealand.

[Maranga Mai! \(tikatangata.org.nz\)](#)

Men's mental health Q&A with Dr Dougal Sutherland

Mental health is a topic that many men find difficult to talk about. We often struggle to find the words to support others through a rough time, especially at work. Last year, we did a webinar on men's mental health and collected questions from the audience. Our CEO and clinical psychologist, Dr Dougal Sutherland, answers all of them in this article. We hope it will clarify the basics and provide tips on how to better support men at work and at home

[Men's mental health: Q&A with Umbrella CEO Dougal Sutherland | Umbrella Wellbeing Ltd](#)

Monitoring alcohol affordability in Aotearoa New Zealand: 2020 update

This brief report presents an update on the trends of alcohol prices and affordability, with an emphasis on trends between 2017 and 2020. The findings show that alcohol continues to be more affordable in Aotearoa New Zealand. As the affordability of alcohol increases, this could result in increased alcohol use and alcohol-related harm, including health inequities for Māori.

[Monitoring alcohol affordability in Aotearoa New Zealand: 2020 update | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Nōku te Ao: Sovereignty of the Māori Mind

This ground-breaking research presents a Māori world view of factors that contribute to discrimination against Māori who live with mental distress. Through a critical Kaupapa Māori lens, this report unpacks the root causes and institutional drivers of discrimination, and offers a path forward for those working to change this.

[Nōku te Ao: Sovereignty of the Māori Mind | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Organizational Innovation in Long Term Care Enabled by Collaboration Between Government Agencies

Kay Shannon and Stephen Neville provide a case study of a Rotorua ARC facility that transitioned from a traditional to an innovative model, and the governance that helped it happen.

[Organizational Innovation in Long Term Care Enabled by Collaboration Between Government Agencies: A Critical Realist Case Study \(sagepub.com\)](#)

Post-diagnostic Community Services for People Living with Dementia in Aotearoa New Zealand

The NZ Dementia Foundation was asked to investigate 'best practice' for post-diagnostic community services for people living with dementia. This report provides an updated review of recent literature as well as analysis of best practice approaches for core post-diagnostic community dementia services, in an attempt to reach optimistic and specific conclusions about recommendations for the future.

[Post diagnostic Community Services pds \(nzdementia.org\)](#)

Recognising tino rangatiratanga key to national plan to end racism

Establishing a Truth, Reconciliation and Justice Commission and recognising Māori tino rangatiratanga are recommended by new reports.

<https://tikatangata.org.nz/news/recognising-tino-rangatiratanga-key-to-national-plan-to-end-racism>

State of mental health services for young rural men

Following a survey, in-depth interviews and discussions, Wright found three main barriers prevent young people from accessing help.

[The state of mental health services for young rural men \(farmersweekly.co.nz\)](#)

Still in the shadows: A national study of acute mental health unit location across New Zealand hospitals

The findings warrant further investigation to understand the impact of these structural factors on parity of health care provision between mental and physical health care and the ability of mental health care services to support recovery.

[Still in the shadows: a national study of acute mental health unit location across New Zealand hospitals \(nih.gov\)](#)

Using web-based content to connect young people with real-life mental health support: Qualitative interview study

This study offers recommendations for professionals and service providers on how to better engage young people with real-life mental health support using web-based content.

[Using Web-Based Content to Connect Young People With Real-life Mental Health Support: Qualitative Interview Study - PMC \(nih.gov\)](#)

Wellbeing and mental health interventions for indigenous children and youth: A systematic scoping review

Key policy directives from Canada, Australia, New Zealand, Norway and the United States highlight the importance of addressing the unique and complex wellbeing and mental health needs of Indigenous school-aged children and youth.

[Wellbeing and mental health interventions for Indigenous children and youth: A systematic scoping review - ScienceDirect](#)