



**Te Manawa Taki Mental Health & Addiction  
Summer Newsletter 2022**



# Director Regional Mental Health & Addiction Update



## Kia ora, Talofa Lava and Greetings

Welcome to the Summer 2022 Te Manawa Taki Mental Health & Addiction Newsletter. I cannot believe that Christmas is less than a month away, this year has gone so quickly. If you are anything like me, I am reeling from the massive changes that being undertaken as we move into the new health environment.

The Workforce section of this newsletter has several short online courses, articles, and video links on managing your wellbeing during a time of change that are well worth checking out. It will be great to be able to catch my breath over the Christmas break.

We have had several regional workshops and leadership network meetings occur in the quarter and you will be able to see the agenda and minutes for these on our website [www.midlandmentalhealthnetwork.co.nz](http://www.midlandmentalhealthnetwork.co.nz) from next month.

I would like to take this opportunity to thank the regional leadership networks for all their hard work and support over the year particularly when we have been in flux.

- Nga Kopara o Te Rito – Whānau Leadership Network
- Te Huinga o Nga Pou Hauora – Māori Leadership Network
- He Kawai Herenga – Strategic Leadership Network
- Clinical Governance – Clinical Leadership Network
- Portfolio Managers – Strategy and Funding Leadership Network

I would also like to thank the clinicians, managers/leaders, kaimahi, whanau who have participated in our project steering groups. We have appreciated the value your voice has brought to our meetings and the drafting of the final regional guidance documents.

1. Review of Access and Choice Funding
2. High and Complex Needs Model of Care
3. Rehabilitation Framework
4. Whānau and Pēpi Continuum Guidelines
5. Electronic Clinical Portal
6. Rangatahi Access to Wellbeing Options



Finally, I would like to thank our small but very efficient team for going that extra mile throughout the year. Belinda Walker, Minal Wankhade, Ganga Nanayakkara and finally our wonderful Akatu Marsters who left mid this year. We wish you a very merry Christmas and a Happy New Year. Stay safe if you are travelling over the holidays.



## PRIMHD Update



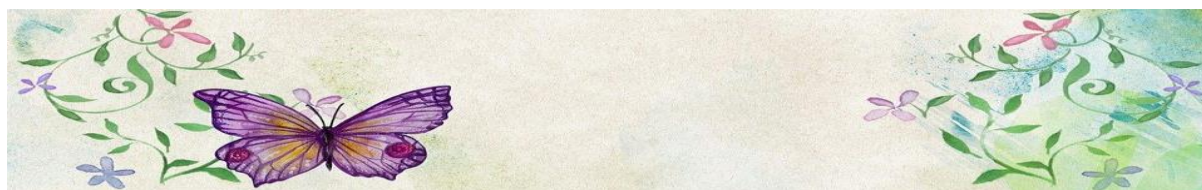
There seems to be some confusion in the sector regarding this with the transition over to Te Whatu Ora and Te Aka Whaiora. I am noticing that some providers have slowed down or stopped. It is still a requirement to collect and submit PRIMHD data so please keep up to date.

Data is going to hold greater and greater importance as we go forward. I cannot emphasise more strongly that decisions are made data, so you want it to be accurate.

**For any NGO that is struggling with this in any way now, please do not hesitate in contacting me to try and work through a solution.**

**Workforce & Information Project Lead, Mental Health & Addiction, Te Manawa Taki**

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## Workforce Update

### 2023 Fees Schedule - Careerforce

As most of you will be aware, Careerforce has not been charging enrolment fees since June 2020 as a result of the Government's Targeted Training and Apprenticeships Fund (TTAF). TTAF is however only available until 31 December 2022\*. Accordingly, we will resume charging enrolment fees, and these fees have largely been set at their pre-TTAF levels.

[Download 2023 price list](#)

### Apprenticeship Kickstart grants

Will not be available post-TTAF, and the standard enrolment fee of \$2000 (incl GST) will apply to apprenticeship enrolments from 1 January 2023. While Kickstart will no longer be available, the following are available:

**Government Fees Free** - learners will again be eligible to apply for the Government's Fees-Free programme. Information is available on the Careerforce website, and the Government's Fees-Free website

**Apprenticeship Boost payments** (to employers) remain available for qualifying apprentices until 31 December 2023, at a rate of \$500/mth. As long as employers enrol new apprentices prior to September 2023, Apprenticeship Boost will more than cover the enrolment cost. More information on Apprenticeship Boost can be found here.

**Other potential grant options** are also available and as promoted on the Careerforce website

<https://emac.careerforce.org.nz/lt.php?s=8c817f64a6670d796a1f7992b070da86&i=1545A4667A513A20894>

## **Caring for your mind**

Doctor Tom Mulholland spent decades working in ED while building his own personal brand and business from scratch and raising a young family. After years of riding high, Tom's mental health hit rock bottom, as the pressure of his many roles came close to overwhelming him. It's been a long road back, but with a fresh perspective, he now travels New Zealand challenging Kiwis to view their bodies and minds as their most important assets. They are to be regularly serviced and maintained, like any other tool.

[https://youtu.be/zaZX\\_uB6Zk?list=PLAPx32oh7H1qrRAf77N4Xj0FI4TebPHrI](https://youtu.be/zaZX_uB6Zk?list=PLAPx32oh7H1qrRAf77N4Xj0FI4TebPHrI)

## **Dark side of workplace humour**

Humour in the workplace, although typically linked to well-being and happiness, can also have a dark side, says University of Auckland researcher Dr Barbara Plester. The relationship between humour and bullying is explored

[The dark side of workplace humour - The University of Auckland](#)

## **Discussion Starters for Allies**

These resources explore the role of non-indigenous supporters of indigenous justice struggles. They have been generated through discussions with people active as allies in North America, Australia and here in Aotearoa. While these resources focus specifically on relationships between indigenous and non-indigenous peoples, the underlying principles are also relevant for people who work as allies across a range of other social justice issues. You may wish to use the questions as guides in your discussions.

[Allies: discussion starters | Groundwork](#)

## **Drua Network**

The Drua Pasifika Addictions Network brings together Pasifika addiction workers to share knowledge, innovation, effective prevention and treatment intervention strategies to enhance Pasifika access to resources and solutions. Drua Network supports culturally competent approaches and solutions to addictions workforce development. Le Va facilitated a platform for Pasifika providers, addiction workforce and funders to come together and share knowledge, information and solutions for action to support Pasifika families who experience addiction issues. Spasifik Magazine spoke to Ministry of Health Principal Advisor Epenesa Olo, and Chair of Drua Pasifika Addiction Network, Helen Schmidt, on their solutions to the issues.

[Drua Network - Le Va](#)

## **Economic abuse, systemic discrimination, lived experiences of Pasifika in workplaces**

The Human Rights Commission Pacific Pay Gap inquiry has found Pacific peoples earn less than all other ethnic groups. Community leader Nia Bartley says these inequalities are rooted in the system and ripple into the psyche, mental health, and value of how Pacific people view themselves.

[Economic abuse, systemic discrimination, lived experiences of Pasifika in workplaces | RNZ News](#)

## **Embracing change**

With all the changes going on in the sector at the moment, many are struggling with coping with this on top of the workload they are already carrying. Who Moved My Cheese written by Spencer Johnson is an excellent metaphor about how to cope with change in your work and in your life.

The link below will take you to an animated overview of the concept. It is approximately 10 minutes.

<https://youtu.be/D1h2zMtkJwQ>

## **Forensic mental health services workforce development grant**

The funding round is now open for applications for the forensic workforce development grant for non-clinical and cultural kaimahi (staff) working in regional adult forensic mental health services.

This is a workforce development grant specifically for non-clinical and cultural kaimahi working in regional adult forensic mental health services in Aotearoa

The grant will help cover the costs to take part in a course or training programme that aligns with the Let's get real framework and will help participants to improve health outcomes for Māori accessing forensic mental health services.

Applications close at midday on **Friday 24 February 2023**.

Find out about the forensic grant and apply here

[Forensic Mental Health Services Workforce Development Grant | Te Pou](#)

## **Free counselling service now available for all your Careerforce learners**

Do you have a Careerforce enrolled trainee or apprentice who is going through a tough time and may need support? We now offer all learners a free counselling service, throughout New Zealand, from our professional employee assistance provider Vitae. We know that access to relevant services can be game-changing when it comes to their success with us. Free phone 0508 664 981 for 24/7 access. Scan their QR code to book an appointment.

<https://vitae.co.nz/Te-Pukenga-wbl/>

## **Government's Targeted Training and Apprenticeships Fund (TTAF)**

At this stage only available until 31 December this year and may affect how people accessing Level 3 and 4 qualifications going forward. Apprenticeship Kickstart grants will not be available post-TTAF, and the standard enrolment fee of \$2000 (incl GST) will apply to apprenticeship enrolments from 1 January 2023. **We will update you as we know more.**

## **How to get started with self-kindness**

Studies show self-kindness has incredible benefits for wellbeing. Self-kindness triggers the release of oxytocin (one of your brain's feel-good hormones), increases feelings of happiness and optimism, builds resilience and helps you bounce back from stress.

Here are 11 small ways you can start practising self-kindness today.

[How to get started with self-kindness \(groovnow.com\)](#)

## **How Nature Benefits Mental Health: How To Make Your Outdoor Space Your Happy Place**

Important insights such as:

- The physical and well-being benefits of gardening
- Tips on how to start gardening in your apartment
- The most glorious gardens in the world that you can visit

<https://www.comparethemarket.com/life-insurance/content/joy-of-gardening/>

## **In The Zone Printable Tent Card**

It's cool to be kind, what's even cooler is being kind to yourself. Practice self-kindness this month by giving yourself space to be "in the zone" interruption-free, in your workplace. Groov have designed this tent card for you to easily download, print and put together. The downloadable file includes an instruction page on how to fold and glue it together.

[DOWNLOAD PRINTABLE](#)

## **Integrity Town**

Fun online quiz/game about managing different types of conflicts of interest and a set of short videos about managing sensitive expenditure. Test your knowledge

[Try the quiz — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](https://oag.parliament.nz)

## **International resources on self-care and collective care for organisations addressing violence**

New international resources for self-care and collective-care for individuals and organisations working to address gender-based violence include an online course, a how to guide for organisations and reflective articles.

[International resources on self-care and collective care for organisations addressing violence | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](https://nzfvc.org.nz)

## **Life Changing Careers Campaign Update**

In May last year, Careerforce launched the “Life Changing Careers” campaign, promoting career pathways in health and wellbeing, and aiming to bring more diversity into the workforce. This campaign seeks to build greater resilience into the workforce and ensure a future workforce that is more representative of the people that it is providing care and support for. It also recognises and celebrates the work that you and your staff do every day. Watch video stories where you can hear from people like those you and your staff support, who really value what you and your team do for them.

[Life Changing Careers | Support Worker Jobs NZ | Find A Career NZ](#)

## **Making a protected disclosure**

The Ombudsman can provide assistance if you want to make a disclosure about serious wrongdoing at work and be protected.

Serious wrongdoing includes:

- An offence
- A serious risk to the health or safety of the public or an individual
- A serious risk to the maintenance of the law
- Unlawful, corrupt or irregular use of public funds or resources
- Oppressive, discriminatory or grossly negligent acts, or gross mismanagement by a public sector employee or a person performing a public function.

[Make a protected disclosure | Ombudsman New Zealand](#)

## **Mana, Māori mindfulness practices, and mental wellbeing - podcast**

In this episode, Jase Te Patu talks to JK about growing up between worlds in New Zealand and finding his way to mental wellbeing through rediscovering the wisdom contained in the traditional wellbeing practices of Māori and other indigenous cultures.

[Jase Te Patu | Mana, Māori mindfulness practices, and mental wellbeing - Open Minded | Acast](#)

## **Mental health benefits of storytelling for health care workers**

Health care workers are under more stress than ever before. How can they protect their mental health while handling new and complex pressures? TED Fellow Laurel Braitman shows how writing and sharing personal stories helps physicians, nurses, medical students and other health professionals connect more meaningfully with themselves and others -- and make their emotional well-being a priority.

[The mental health benefits of storytelling for health care workers | Laurel Braitman - YouTube](#)

## **My work matters: a qualitative exploration of why staff love working in acute mental health**

The results provide an alternative framing of working in acute mental health settings compared, with commonly reported research findings and media coverage focusing on staff burnout and stress in these settings

[IJERPH | Free Full-Text | 'My Work Matters': A Qualitative Exploration of Why Staff Love Working in Acute Mental Health \(mdpi.com\)](#)

## **National Roadshow - Toitū te Waiora**

Toitū te Waiora will be holding events across the country to discuss how they can partner with communities to help transform education, and support workforce development from regional stories, knowledge, and lived experience.

Toitū te Waiora want to hear from Hapū, Iwi, Māori, Pacific Peoples, Tāngata Whaikaha, and anyone in the Community, Education, Health and Social Service sectors on how we can partner with you to develop qualification pathways that promote workforce sustainability and accessibility. We are especially interested in hearing from Māori and Pacific businesses on how Toitū te Waiora can support future business success for Aotearoa/New Zealand.

Industry-led workforce development councils have been created with a mandate to give voice and space for more flexible learning pathways and outcomes. We are here to do things differently, and we want you to have your say.

[TE HIKOI O TOITŪ TE WAIORA – The Toitū te Waiora National Roadshow - Toitū te Waiora \(toitutewaiora.nz\)](#)

## **Ngā Rerenga o Te Tiriti - Supporting organisations engaging with the Treaty of Waitangi**

Ngā Rerenga o Te Tiriti responds to the aspiration of groups and organisations within the community sector to be more engaged with the Treaty of Waitangi. It brings together many years of practice and reflection by Te Tiriti practitioners, community organisations, and mana whenua. In doing so, it provides guidance, inspiration and sustenance to organisations engaging with the Treaty. You can download a free copy here.

[ngarerenga.pdf \(groundwork.org.nz\)](#)

## **On the politics and ethics of strike action by health professionals**

Objection to strike action by health professionals is typically articulated foremost in relation to risk to patients. However, no clear evidence has been found of an increase in patient morbidity or mortality during periods of strike action. Regardless, minimum service level agreements for healthcare typically ensure continuity of the most urgent services.

[On the politics and ethics of strike action by health professionals - The Lancet](#)

## **Open Minded to Change - podcast**

Why is change scary? It's a big question. JK and Jenelle kick the episode off unpacking the uncertainty change produces and talk about strategies to reduce and better manage this uncertainty.

TRIGGER WARNING: This podcast episode deals with issues of suicide and suicidal ruminations. Listener discretion is advised.

[Jenelle McMaster | Open Minded to Change - Open Minded | Acast](#)

## **Organisation Review Tool for those working with rangatahi**

We have developed a review tool for team members, management and governance to reflect on how your organisation's work aligns with Mana Taiohi and the Code of Ethics for Youth Work in Aotearoa. It is free – go to the website to find out how to sign up.

[Organisation Review Tool - Ara Taiohi](#)

### **Pasifika Allied Health Aotearoa New Zealand (PAHANZ)**

PAHANz was formed as a partnership between Le Va and DHBs to provide a platform for collaborACTION, focusing on workforce leadership, and growing the size and skills of Pasifika allied health professionals. It is also a platform to network and share best and promising practice for Pasifika people in the Allied Health fields. PAHANz promotes working in partnership across sectors and cultures, providing value through a Pasifika lens ... Effectively walking in many worlds.

[Pasifika Allied Health Aotearoa New Zealand \(PAHANZ\) - Le Va](#)

### **Pay equity deal extended to all community social workers**

Thousands of government-contracted community social workers are set to receive a pay rise, bringing them in line with social workers at Oranga Tamariki. This will impact around 4600 social workers.

[Pay equity deal extended to all community social workers \(1news.co.nz\)](#)

### **Quality Improvement Scientific Symposium 2023 | Tuwhera ana ngā rēhitatanga mō te Wānanga Pūtaiao Whakapai Kounga 2023**

The Commission is hosting its 8th scientific symposium for health care quality improvement practitioners on 10 May 2023 in Tāmaki Makaurau Auckland. Registrations are now open.

The theme for the 2023 symposium is 'Whole-systems quality: Better together'.

Other important dates to note:

- Abstract submissions close: 10 February 2023
- Notify applicant of results: 10 March 2023.
- Register for this event or submit your abstract via HQSC website

[Quality Improvement Scientific Symposium 2023 | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

### **Re-orientating health and nursing care: A qualitative study on indigenous conceptualisations of wellbeing**

Pakeke wellbeing can be supported by acknowledging existing cultural and spiritual beliefs and peer-support initiatives. Nursing models of care should prioritise Indigenous ways of knowing; this research offers nursing-focused recommendations to improve care.

[12912\\_2022\\_Article\\_1063.pdf \(nih.gov\)](#)

### **Toitū te Waiora: Community, Health, Education & Social Services Workforce Development Council**

The role of Workforce Development Councils (WDCs) is to ensure the vocational education system meets industry needs and gives a stronger voice to Māori business and iwi development. We will give our industries and employers greater leadership and influence across vocational education. They represent industries including Care Services, Disability Services, Education and Educational Support Services, Funeral Services, Health Services, Public Order Safety, Regulatory Services, Skin and Nail Therapy Services, Social Services, and Urban Pest Control.

[Home - Toitū te Waiora \(toitutewaiora.nz\)](#)

### **Trauma in the workplace**



In your workplace, people may be affected by traumatic situations. A traumatic event or critical incident can happen in the workplace or to employees who are working off site. Many people will recover well after a traumatic incident, both personally and professionally, by using their own coping skills, but some staff may need extra support. Traumatic experiences and the reactions to them, can be intense. After shocking, frightening or tragic situations, (whatever the cause), strong reactions are of course, understandable. These reactions take place in the brain.

[Resources - Trauma - Trauma in the workplace - Skylight Trust](#)

## **Unit standards and programmes expiring on 31 December 2022**

### **Updates to Health & Wellbeing (Level 3) unit standards**

- In early October we emailed employers, assessors and trainees enrolled in versions of unit standards that expire on 31 December 2022. We recommended that learners prioritise completing these units by 30 November to enable assessors to complete their marking. Here is a copy of the email sent to learners and here is a list of impacted units standards.

### **Updates to the Health & Wellbeing (Level 2) programme**

- A new version of the Health & Wellbeing (Level 2) programme was released on 1 September 2022. The earlier version expires on 31 December 2022. Learners enrolled in the earlier version were encouraged to complete their assessments by mid-November to enable assessors to register their outcomes. Trainees who are unable to complete their current programme by the end of this year, will be rolled over into the new version of the programme from 1 January 2023. Here is a copy of the email sent to learners.

[Skills for Good - October 2022: Employer survey, support for Māori learners... \(careerforce.org.nz\)](#)

## **Valuing nurses' mental health and enhancing their psychological resilience**

Since the outbreak of Covid-19, healthcare resources have been in a short supply. Nurses are the mainstay of the health service. During the pandemic, many of them worked intensively, often overtime, and some were not able to return home during the lockdown. Their mental health deserves more attention.

[Valuing nurses' mental health and enhancing their psychological resilience \(thelancet.com\)](#)

## **Vicarious Trauma**

Witnessing or hearing about a distressing event and someone else's traumatic experience can lead to what is called "Vicarious Trauma". Vicarious trauma's cause is indirect. It is related to the trauma that occurred to someone else. As a witness to a traumatising experience, you can feel overwhelmed and experience, to a lesser degree, the same terror, rage, and despair as the person.

When you are exposed to a traumatic experience, even if you are not physically there, your brain has the ability to experience symptoms of anxiety, similar to what you would have felt, if you were there. Our brain is prepared to protect us from what we perceive, is a threat to our safety. When we see, feel or hear something we don't expect, our brain will assess what we are feeling, to decide if we are safe or if we need to react. When this becomes part of your daily experience, it may cause trauma symptoms.

[Resources - Trauma - Vicarious Trauma - Skylight Trust](#)

## **Where next for workplace mental health: Putting science to work**

The report provides an update on the state of the workplaces field and explains why researchers and businesses need to unite to take a scientific and evidence-based approach to supporting mental health in the workplace.

[Where next for workplace mental health: Putting science to work | Reports | Wellcome](#)

## Workforce Initiatives

Te Whatu Ora is currently working with education and training providers, regulatory bodies and professional bodies across a wide range of professional groups – including the kaiāwhina workforce and nursing (through existing pipeline initiatives) – to begin simplifying and streamlining education and training programmes. These initiatives are likely to begin having a greater long-term impact, but will also offer some important medium-term opportunities to support the domestic growth of our workforce. For more details on our latest initiative please follow this link. [Workforce Initiatives – Te Whatu Ora - Health New Zealand](#)



## Professional Development

### Active Listening for the Health Care Professional – recorded webinar

Elle Cradwick, Suicide Prevention Co-ordinator & Wellbeing Consultant

Elle holds a MSc in Psychology, with a particular interest in equipping professionals and community members with the skills and confidence they need to be there for people and whanau in tough times. Active listening is a core competency in effective patient-centred care, building trust, minimising misunderstandings, and allowing the co-creation of an effective care plan. Although systemic, personal, and time pressures provide challenges to being fully attentive to patients, the skill of active listening can be improved with practice.

- Refine your existing communication skills by understanding the fundamentals of active listening
- Brainstorming barriers to effective listening, and by reflecting on past experiences
- Identifying actions required to improve your skills.

[Active Listening for the Health Care Professional - myhealthhub.co.nz](https://myhealthhub.co.nz)

### Addressing rainbow homelessness – recorded webinar

Neihana Gordon-Stables, Nyx Simons, and Tycho Vandenburg talked about the housing and homelessness issues facing the rainbow community, the work being done to improve access to housing for rainbow folk, and ways housing and social support providers can improve access to their services.

[https://youtu.be/laMfG6C8t\\_c](https://youtu.be/laMfG6C8t_c)

### Alzheimer's conference 2023

Our new events series is set to kick-off in March next year with Repositioning Dementia: A new start. The inaugural event – held both in person and online – is on Thursday 23 March. This marks the start of the series of four events over 2023 and 2024.

[Events 2023-24 - Alzheimers New Zealand](#)

### Anxiety and Young people: how to help – recorded webinar

Covers common coping strategies people experiencing anxiety use and what you can do to help someone experiencing it.

<https://youtu.be/d9hj8q5OzmU>

## **Aotearoa's rainbow Pasifika communities – recorded webinar**

Jono Selu from Te Ngākau Kahukura talked about Aotearoa's Pasifika rainbow communities, the context of colonisation and its impact on rainbow communities across the Pacific, and the research (or lack of) on our rainbow Pasifika whānau.

<https://youtu.be/4uLnzcm0sfM>

## **Becoming More Dad-Friendly**

Considers the factors that make it is so hard for agencies to connect with fathers. A better understanding of the origins of this can lay the foundation for finding practical solutions. Being aware of what fathers find so miss-matched about themselves and support services is a useful place to start.

[Being Dad Friendly | Greatfathers](#)

## **Behind the Mask: Autism for Women and Girls**

As a woman with autism, Kate will talk about the gender discrepancy in autism diagnoses. Women and girls often display completely different behaviours than what neurotypical people have been taught to associate with autism, which affects when and how (and if) they are diagnosed. Autism being diagnosed at a younger age leads to a higher chance of that child receiving evidence-based treatment, which can help with better life outcomes.

<https://youtu.be/Tbes1mm2VgM>

## **Careerforce 2003 Fees Schedule**

As most of you will be aware, Careerforce has not been charging enrolment fees since June 2020 as a result of the Government's Targeted Training and Apprenticeships Fund (TTAF). A subsequent Careerforce Board decision also allowed for programmes not eligible for TTAF to benefit from free enrolment across the same period. As a result, we have not charged any enrolment fees since mid-2020.

TTAF is however only available until 31 December 2022\*. Accordingly, we will resume charging enrolment fees, and these fees have largely been set at their pre-TTAF levels.

Apprenticeship Kickstart grants will not be available post-TTAF, and the standard enrolment fee of \$2000 (incl GST) will apply to apprenticeship enrolments from 1 January 2023. For any questions relating to the 2023 price list or grants, please discuss with your Careerforce contact person.

[2023 price list with these enrolment fees has now been finalised and is available here](#)

[Fees and Funding - Careerforce - Qualifications for Life. Skills for Good](#)

## **Collaborative Aotearoa Symposium 2022 September 2022**

A recent Collaborative Aotearoa Symposium was held in Wellington and focused on transformational change and opportunities to address the inequitable outcomes for Māori & Pasifika. View presentation on the link below.

[All Webinars - Collective Action with Communities \(localities.org.nz\)](http://localities.org.nz)

## **Common comorbidities with Tourette's**

Downloadable PowerPoint presentation by Lauren Smith, Registered Psychologist giving a mix of research, her own experiences with TS and practical info and strategies from doing field work.

[Resources | Tourettes](#)

## **Consumer, peer support and lived experience training directory now live**

Training is one important way that we can grow and develop in our career pathway. We have collected information about training available to the consumer, peer support and lived experience (CPSLE) workforce, and collated this into an online directory. The directory details available training for those beginning a career in CPSLE work and those looking to extend their understanding and skills, as well as a short list of trainings to support Te Tiriti o Waitangi and cultural competence.

[Learn more about the CPSLE training options here.](#)

### **Dare to Care is a free self-paced online course**

Designed for researchers, practitioners and others working to prevent and address violence against women and children. The course can be completed as an individual or as part of a group or with a support partner. The course has 4 modules based on a metaphor of the rain forest. The online course includes short videos with transcripts, reflective practices for individuals or groups, and meditation. It comes with a downloadable Guide and Reflection Journal, as well as guidance on how to go through the course safely as an individual or group.

[Dare to Care: Wellness, self and collective care for those working in the VAW and VAC fields \(thinkific.com\)](#)

### **Don't Put People in Boxes**

When we label people and put them in different boxes, we don't see PEOPLE for who they truly are. This video proves that we have a lot more in common than we think, and we should keep that in mind when we encounter anyone who might seem different than we are.

[Don't Put People in Boxes - YouTube](#)

### **Edinburgh Postnatal Depression Scale (EDPS) screening tool online**

The EDPS was developed to identify women who may have postpartum depression

The (EPDS) is one of the tools used to assess mood in women during pregnancy and for the first 12 months after their baby is born. This is not intended to provide a diagnosis – only trained health professionals should do this. Your responses to this questionnaire are anonymous. Your scores are not recorded by PADA and we do not capture any information that can identify you.

[Screening Tools - PADA - Perinatal Anxiety & Depression Aotearoa](#)

### **Experiences of providing gender affirming healthcare in a primary care setting – recorded webinar**

Three GPs with a special interest in transgender healthcare shared their experiences of providing gender affirming healthcare and prescribing hormones in primary care. The discussion included some of the pathways and models which have been developed, as well as addressing some challenges and ways around them

<https://youtu.be/ia-tQwTVldc>

### **From suicidal to hopeful, how I learnt to fight**

It was one conversation that changed and ultimately saved Jazz Thornton's life. She learnt the vital difference between surviving and fighting and now shares the practical ways she fought through 9 years of suicidal tendencies. Jazz has since co-founded mental health charity Voices of Hope with the purpose of providing hope and provoking change. Voices of hope has since gained international recognition for its video content and campaigns.

[https://youtu.be/h2au58zB\\_kk](https://youtu.be/h2au58zB_kk)

### **Having the conversation about gout with whānau – recorded webinar**

Susan Reid (Te Rarawa) and Carla White (Ngāti Tama) For many years Susan and Carla have engaged with whānau and members of healthcare teams to shift the conversation about gout being caused by



food and drink, to understanding the role of kidneys and medicines to reduce underlying causes of high uric acid.

Topic includes:

- different ways you can have a conversation about gout with whānau.
- how to build understanding of the real causes of gout
- how these causes can be treated to avoid attacks and prevent other health impacts of gout.

[Gout Part 2: Having the conversation about gout with whānau - myhealthhub.co.nz](https://myhealthhub.co.nz/gout-part-2)

## **Hearing Voices : an Insider's Guide to Auditory Hallucinations**

Debra Lampshire's story of living with voices is a journey into the soul. Describing her experiences, we start to understand, and are able to better support those human beings living with loud heads. Debra has worked as a project manager for the Psychological Interventions for Enduring Mental Illness Project at the Auckland District Health Board (ADHB). In this unique and innovative position. Debra works in the clinical setting leading the development of psychological strategies for positive symptoms of psychosis and the first non-clinician to do so. She is also a senior tutor with the Centre for Mental Health Research and Policy Development at the University of Auckland.

<https://youtu.be/NjL2dqONlqQ>

## **Helping from home: Domestic and family violence worker wellbeing during the 'shadow pandemic – recorded webinar**

Video recording of the webinar from the Monash Gender and Family Violence Prevention Centre [Australia]. Advocates and researchers have continued to document the impacts of the COVID pandemic on advocates and organisations working in gender-based violence.

[MGFVPC Seminar Series: August 2022 on Vimeo](https://vimeo.com/611111111)

## **HIV Essentials online course**

This is a free course, developed by the Positive Speakers' Bureau with funding from the New Zealand Ministry of Health. It has been created in response to a need for accessible, accurate and up-to-date information about HIV prevention, treatment and stigma.

[HIV Essentials online course | Positive Speakers Bureau](https://www.positivespeakersbureau.org.nz/hiv-essentials)

## **How Privileged Are You?**

What privilege score did you get? Take the test and at the end count how many boxes you have ticked.

[How Privileged Are You? \(buzzfeed.com\)](https://www.buzzfeed.com/privilege-test)

## **How to practice emotional first aid**

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

[How to practice emotional first aid | Guy Winch - YouTube](https://www.youtube.com/watch?v=...)

## **Implicit Bias -- how it affects us and how we push through**

Everyone makes assumptions about people they don't know. Melanie will teach us to recognize these assumptions and work toward a common understanding. Ms. Melanie Funchess is currently employed by the Mental Health Association where she serves as the Director of Community Engagement. She is also involved in several community-based coalitions and organizations. She is a devoted wife and mother of four children (two boys and two girls) three of whom experience mental/ emotional challenges. Her mission is to use her knowledge of systems and communities to create opportunities

for youth and families to be empowered and successful and to break down the walls that separate us and build bridges to unite us as one community where every child is our own, we have front porch neighbourhoods, and we use language that respects everyone.

<https://youtu.be/Fr8G7MtRNik>

### **Innovations in Alzheimer’s post-diagnosis support: The changing role of clinicians, treatments and care interventions – recorded webinar**

Following the launch of the World Alzheimer Report 2022, this webinar centres on recent and future innovations taking place in post-diagnosis treatment, including both pharmacological and non-pharmacological treatments, as well as care and support. During this 75-minute event, the co-lead authors and a panel of expert speakers highlighted some of the report’s key findings and recommendations from the World Alzheimer Report and asked how these innovations may radically change and improve the post-diagnostic treatment landscape, both now and in the future.

<https://youtu.be/Ndp5IRRtcAI>

### **Interventions to mitigate, resist, or undo structural racism – recorded webinar**

Kaikōrero: Professor Derek Griffith, Professor Chandra Ford Ringa Hāpai: Professor Jennifer Curtin  
Professor Derek Griffith states the need for us to envision the improved future we want to create by being clear and concrete about exactly what we’re talking about. Social justice is about opportunities and outcomes, ultimately, it’s about outcomes because it’s essentially not equity if it doesn’t produce equal outcomes.

<https://www.tiritibasedfutures.info/>

### **Introducing and embracing te reo Māori in the workplace**

This information sheet was launched during Te Wiki o te Reo Māori to highlight ways workplaces can incorporate te reo into their organisations all year round.

[tere-guide\\_a4.pdf](tere-guide_a4.pdf) ([diversityworks.nz](http://diversityworks.nz))

### **Is everything you know about autism wrong?**

Being diagnosed with autism is often seen as a tragedy. But for Jac den Houting, it was the best thing that's ever happened to them. As an autistic person, concepts like the Neurodiversity paradigm, the Social Model of Disability, and the Double Empathy Problem were life changing for Jac. In this talk, Jac combines these ideas with their own personal story to explain why we need to rethink the way that we understand autism. Jac den Houting is a research psychologist and Autistic activist in pursuit of social justice.

<https://youtu.be/A1AUdaH-EPM>

### **Land of the Long White Cloud - Inheriting Privilege**

Groundwork took part in a 7-part documentary series, produced by Kathleen Winter, in which Pākehā consider their responsibility to confront and dismantle colonisation. The work responds to calls from Māori for Pākehā to educate Pākehā about colonisation and our Te Tiriti responsibilities.

Kathleen made the series to encourage Pākehā to “realise the impact they can make by speaking up and speaking out – especially to each other... and to join those who are taking action against colonial structures of power.” In this episode, Jen Margaret talks about inherited privilege and the lands her great-great grandfather “acquired” in Canterbury – lands that were part of the Canterbury Purchase.

[Land of the Long White Cloud Episode 3: Inheriting Privilege - NZ Herald](#)

### **Lessons on Happiness from Depression's Ground Zero**

In this talk New Zealand mental fitness researcher Jonathan Nabbs shares observations and lessons from his 3-year long study on mental fitness and wellness tools within his home country - where incidences of depression and suicide in young people have been among the highest in the OECD in recent years. Drawing on insights from 20 young New Zealanders the talk explores various approaches being used to help build and maintain wellness after experiences with depression and offers a hopeful outlook for the future.

[Lessons on Happiness from Depression's Ground Zero | Jonathan Nabbs | TEDxRuakura - YouTube](#)

### **Life in between the breakdowns**

Louise shares her experience on having high functioning depression while simultaneously undergoing her greatest life achievements. Louise is an aspiring CEO, unapologetically ambitious, and an award-winning equality specialist. She has 13+ years' experience in delivering culture change through strategy development, training, stakeholder engagement and programme management - with a fire to shake and disrupt the status quo. Her specialism is in race, LGBT+ equality and mental health across the Higher Education and charity sector.

<https://www.ted.com/tedx>

### **Maramataka - a deeper connection to te ao Māori to support self-care – video recording**

Housing First Auckland shared a video recording of a presentation on Maramataka - a deeper connection to te ao Māori to support self-care (2022) from Ayla Hoeta and Vikki ham. The presentation slides and a downloadable Maramataka Dial are also available.

<https://youtu.be/4FXHzbHM49I>

[Maramataka- a deeper connection to te ao Māori to support self-care - Housing First Auckland](#)

### **Mental health but not as you know it**

Louise works from the perspective of her own experience of significant mental health challenges, service use, and periods of healing. Dr Louise Byrne has utilised her lived experience knowledge in a variety of roles in government, non-government and tertiary settings since 2005, including a role as an expert advisor to the Queensland Mental Health Commission and as Australia's first full-time Lived Experience Mental Health academic at CQUniversity. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at

<https://www.ted.com/tedx>

<https://youtu.be/01rwdqqaE4g>

### **Methamphetamine Harm Reduction initiative in Northland**

Te Ara Oranga is to reduce the demand for methamphetamine through community and individually targeted projects that align the resources of Northland Police, Northland DHB, non-government agencies and the community.

<https://youtu.be/rjD9UwtQfGs>

### **Monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health**

Workshop presentations and round-up available: Slides are now available from the supra-regional co-design workshops on the project focused on monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health, part of the Commission's Maximising physical health | Te whakanui ake i te hauora ā-tinana project.

You can also read a workshop round-up here and find out more about the next sessions planned.

[Presentations from workshops on project focused on monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

[Workshop round-up: Monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

### **New online learning modules about the Code of Health and Disability**

The Health and Disability Commissioner has now launched a new series of online learning modules designed to support providers' working knowledge and understanding of the Code of Health and Disability Services Consumers' Rights and improve their management of complaints.

The three modules being launched cover topics such as understanding the purpose of the Code and applying it to practice, informed consent, and understanding the right to complain, providers' legal obligations in managing complaints, and factors that support early resolution. On completion of each module participants also receive a certificate, which can be used as part of their continuing professional development programme. The modules are 30 minutes in length and can be used towards continuous professional development.

<https://www.hdc.org.nz/education/online-learning/>

### **Our sea of islands by Epili Hau'ofa**

Recommended reading as one starting place for thinking about Pacific experiences. Views of the Pacific from the level of macroeconomics and macropolitics often differ markedly from those from the level of ordinary people. The vision of Oceania presented in this essay is based on Epili's observations of behaviour at the grass roots.

[content \(hawaii.edu\)](#)

### **State of the Pākehā Nation**

In 2018, Jen Margaret was commissioned to give the State of the Pākehā Nation address for Waitangi Day. Her speech explores the necessity to unravel privilege, racism and colonisation, and suggests ways in which Pākehā might work to do so. Drawing inspiration from many sources – including recent events, people in Te Tiriti movement and workshop participants – Jen considers what Pākehā need to grapple with to make the Pākehā nation a compelling place for the coming generations.

[State of the Nation | Groundwork](#)

### **Supervision Scrapbook**

The Scrapbook provides practical information and exercises to help those working with young people in Aotearoa strengthen their supervision practice. The resource is targeted towards youth workers in Aotearoa, regardless of their experience or knowledge of supervision. Updated version available at a cost.

[Supervision-Scrapbook pdf version.pdf - Google Drive](#)

### **Supporting the physical health of older people's mental health service consumers – recorded webinar**

This webinar provides practical advice and the latest research evidence on improving the physical health of older people living with mental illness.

<https://youtu.be/GqgfTpNw2nw>

### **Supporting transgender people – free online course**

An online course for family, healthcare workers, professional development, and allies. Cost: free. Time to complete: Approx 2 hours. Other: Certificate of completion.

[Supporting Transgender People: Online Course - Gender Minorities Aotearoa](#)



### **Talking to the worst parts of yourself**

People researcher and empathy trainer Karen Faith found it easier to welcome strangers than the strange parts of herself, until a breakthrough moment changed that for good. In this honest and funny talk, she shares the story for everyone who struggles with self-acceptance.

NOTE: This talk contains a discussion of suicidal ideation.

<https://www.ted.com/tedx>

### **Trans People's Experiences of Primary Care – recorded webinar**

Ahi Wi-Hongi and Adeline S Greig at Gender Minorities Aotearoa discuss using informed consent in primary healthcare. We talked about differences between informed consent and gatekeeping, took a look at international frameworks and the Health and Disability Commissioner code, and touched on how to use an informed consent model.

<https://youtu.be/mlkyatxpB1g>

### **Updated Addiction Education Pathways tool**

Te Pou is pleased to launch an updated Addiction Education Pathways tool on our website.

This provides information for people who may be interested in a career in addictions, and includes information on different addiction roles, required or recommended training and qualifications, and funding and scholarships that may be available.

If you have any questions or feedback on this tool, please contact [holly.coulter@tepou.co.nz](mailto:holly.coulter@tepou.co.nz).

The updated Addiction Education Pathways tool can be found here

[Addiction Education Pathways Tool | Training | Te Pou](#)

### **Wellness and Resilience for Good Mental Health in the workplace – recorded webinar**

Dr Sandy Richardson is a Senior Lecturer with the Faculty of Health Sciences, University of Canterbury and is the Nurse Researcher for the Emergency Department at Christchurch Hospital. She has been an RN for close to 35 years and involved in nursing education and research for much of that time and worked clinically as an emergency nurse for nearly 20 years. Sandy's areas of interest include workplace violence and aggression, wellness, compassion and moral distress, cultural safety, disaster and crisis in healthcare.

Topic includes:

1. Understanding the principles of wellness
2. Recognising the importance of context
3. Identifying the impact of resources – personal, professional and societal
4. Resilience, moral distress and compassion
5. Post-traumatic stress or post traumatic growth?
6. Knowing our limits

[Wellness and Resilience for Good Mental Health in the workplace - myhealthhub.co.nz](https://myhealthhub.co.nz)

### **What the data tells us about trans and non-binary people's experiences in primary care – recorded webinar**

Jaimie Veale and Jack Byrne from the University of Waikato's Trans Health Research Lab led an evidence-based discussion about improving the accessibility and quality of primary care services for trans and non-binary people. They drew on findings from the first Counting Ourselves survey in 2018 and more in-depth peer reviewed publications based on the survey data.

<https://youtu.be/tF-M2-4rC34>

## What Is Privilege?

"Privilege is complex..." The privilege walk is an activity designed to help people understand the effects of societal privilege

[What Is Privilege? - YouTube](#)

## Where support starts - podcast

Join Dr Etu Ma'u to explore where support is needed in Aotearoa, following the release of the World Alzheimer Report 2022. Dr Ma'u highlights the need for more support – particularly for ethnic communities – throughout a person's life.

[Where support starts - Alzheimers New Zealand](#)

## Working with rangatahi takatāpui – recorded webinar

Dr Elizabeth Kerekere and Siobhan Kahu Tumai talked about the experiences of takatāpui rangatahi and what youth workers should consider when they're working with takatāpui.

<https://youtu.be/r3vLshsVHgQ>

## Workshop round-up: Monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health.

The first supra-regional co-design workshops have been held for district teams involved in the Maximising physical health monitoring consumers on particular antipsychotic medication treatment (clozapine and long-acting intramuscular injections) project to reduce risk of poor cardiovascular health. Two face-to-face workshops held in Wellington and Auckland in October attracted 41 and 32 participants respectively from 17 districts, while around 40 people opted to join the workshop online on 2 November. Presentation slides from the workshops have been distributed to district project teams and are available here.

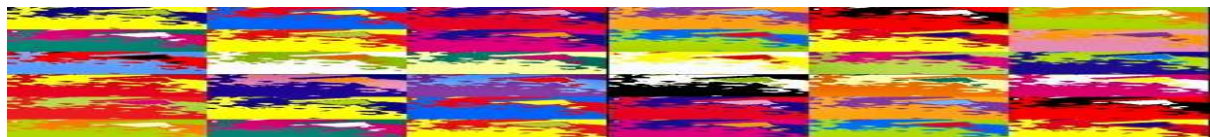
Next steps include a day of supra-regional coaching on 24 November, with a session for Northern and Midland regions at 11.30–12.30 pm, followed by Central and South Island regions at 1–2 pm.

Focusing on tirohanga kaupapa Māori (the Māori perspective), the sessions will be led by Wi Keelan and Tui Taurua, who encourage teams to bring along any co-design coaching questions.

Co-design workshop two will be held in mid-February 2023, with the specific date and location yet to be confirmed.

For more information, contact [MentalHealthAndAddictionTeam@hqsc.govt.nz](mailto:MentalHealthAndAddictionTeam@hqsc.govt.nz)

[Workshop round-up: Monitoring consumers on particular antipsychotic medication treatment to reduce risk of poor cardiovascular health | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)



## Resources

### 8D audio for ADHD, neurodivergent brains, anxiety and mood

8D audio is a type of audio that is designed to create a more immersive experience. It works by adding an extra dimension to the sound. Which allows the listener to perceive it as if it were coming from all

around them. When you listen to an 8D track with headphones, different parts of the recording shift from one ear to the other throughout the song, mediation track or sound effects like ocean waves.

ADHD and neurodivergent people are drawn to 8D audio because of its ability to stimulate multiple senses simultaneously. 8D audio is a type of audio that stimulates multiple senses.

For people with ADHD and neurodivergent people, 8D audio is especially appealing because it can help them focus and stimulate their brains. 8D audio is also known for its ability to create an immersive experience, which can be beneficial for people who struggle with sensory overload.

In many cases, the reactions are extraordinary. Neurodivergent people report a variety of benefits from listening to 8D audio, including:

- Relaxation
- Stress relief
- Positive mood
- Full-body shivers (in a good way)

### **8D audio can also improve mood and reduce anxiety**

8D audio, or binaural audio, can create an immersive experience that can improve mood and reduce anxiety. This is because 8D audio stimulates the brain in a more natural way than traditional audio. For people with ADHD and neurodivergent people, this immersive experience can be calming and help to focus the mind. 8D audio can be used while studying, working, or relaxing.

8D audio can be downloaded through most music platforms and Youtube. It must be listened to with headphones to get the effect.

20 min Brain Massage <https://youtu.be/BgMf2KCzEwE>

3 Songs - <https://youtu.be/pmCe9c92bEo>

Ocean waves - <https://youtu.be/zpcza3Zpsn8>

## **A Guide To Self-Care and Wellbeing During Times of Uncertainty**

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

[Season Growth Toolkit Selfcare Times Uncertainty COVID19.pdf \(goodgrief.org.au\)](#)

## **About Counting Ourselves**

Counting Ourselves is a community-led health survey for trans and non-binary people living in Aotearoa. Their community report was published in November 2019, and has been used to inform national policy, education and community support. The second Counting Ourselves survey launched in August 2022.

[Counting Ourselves | Aotearoa New Zealand Trans and Non-Binary Health Survey](#)

## **ACC registered rongōā Māori vendors**

Download a list of rongōā providers who have been approved to deliver services funded by ACC.

[Using rongōā Māori services \(acc.co.nz\)](#)

## **Addicted to Fentanyl - An Entire Family**

"Intervention" profiles people whose addictions or other compulsive behaviours have brought them to a point of personal crisis, and the friends and family members who come together to help them. A&E leads the cultural conversation through high-quality, thought-provoking original programming with a unique point of view. Whether it's the network's distinctive brand of award-winning disruptive reality, ground-breaking documentary, or premium scripted drama, A&E's brave storytelling always makes entertainment an art.

Part 1 <https://youtu.be/TkgUW3Z1hGs>

Part 2 [https://youtu.be/KyJt\\_1WzIno](https://youtu.be/KyJt_1WzIno)

## **Advice for dads**

You might not be pregnant, but it's important to know what's happening to your partner during pregnancy and to support her during this time.

[Advice for dads | Ministry of Health NZ](#)

## **Ai - Let's talk about sex**

Ai – Let's Talk About Sex is a digital series for rangatahi about sexual health and having those important but sometimes awkward conversations about sex. You must be 18yrs or older, or have parental permission to view

- Me Wānanga tatou
- Sexual Health
- Tiakina tō tapu "It's okay to say Nopeee."
- Insecurity: "Kaua e māharahara – Whakanuiā tō tinana."
- Porn
- Whaiāipo: "Relationships
- Sexual orientation: "He aha to Ira?"
- "Piki whara tō taiaha..."
- Tiakina tō ariā: "Self-love – the REAL key to happiness."
- Piringa takahi mana: "Toxic relationships."
- Traditional sexual narratives
- Syphilis 'STI' oranga
- "Hurō! We're having a pēpi!"
- Finale

[What is Ai - Let's talk about sex \(justthefacts.co.nz\)](#)

## **Allister's Journey with Mental Health - video**

Allister shares his powerful story of mental health and the rollercoaster ride he went on while being one of the Godfathers of New Zealand Hiphop

[Allister's Journey with Mental Health \(thelowdown.co.nz\)](#)

## **Amohia Te Waiora: We're stronger without alcohol**

Minimising alcohol-related harm is an important step towards growing a health and equitable society in Aotearoa. This platform is called Amohia Te Waiora – We're stronger without alcohol. It means to 'uphold our wellness'. Amohia Te Waiora is a strengths-based message of mana motuhake/self-determination; to rise up and make our wellbeing a priority.

Information and resources related to alcohol research, policy and harm reduction in Aotearoa

<https://youtu.be/59WPIBxgP1k>

[Alcohol Resources — Alcohol Resources](#)

## **Anger Management – correspondence course for dads**

A comprehensive 8 module course to support clients with strategies and practical advice on regulating emotions, building and maintaining relationships, and managing anger appropriately. The course explores situations that can trigger emotional responses and provides coping strategies to manage stressful situations. To register email [tauranga@knd.org.nz](mailto:tauranga@knd.org.nz)

[Kidz Need Dadz | Education Programmes](#)

## **Animated video- Hey Tane!**



Tane and Marama are in a band, and they are expecting a baby. Here they are having a conversation with their band and whānau about what's coming up for Tane becoming a dad

<https://drive.google.com/file/d/1dyuy9qDw24ksVcLktXUHbblrjxyqwnJS/view?usp=sharing>

### **Asexuality: What It Means And What to Know**

In a world where sex is literally everywhere and all around, it's hard to image having a lack of interest. But for a small portion of the population (estimated at 1 to 4%), sexual attraction just isn't on their radar, or if it is, it's very low.

[Asexuality: What It Means And What to Know \(psycom.net\)](#)

### **Autism: How to be normal (and why not to be)**

Jolene Stockman may appear normal from the outside, but it's what's invisible that gives her a superpower. Jolene shares her life since being diagnosed with autism. Jolene Stockman is an ultra-enthusiastic, multi-award-winning Taranaki writer, who launched Braincandy, a media company specialising in transforming communication in 1998. She caught fire! Creating educational resources and supporting business growth through powerful writing and video - all fuelled by humour and positivity. But Jolene was always the weirdest person in the room. She still is – and now she knows why. It's time to rewrite normal

[Autism: How to be normal \(and why not to be\) | Jolene Stockman | TEDxNewPlymouth - YouTube](#)

### **Be There: a webinar for parents and whānau of intersex young people**

Our aim with this discussion was to help parents and whānau to feel more confident to support the intersex young person in their whānau, and to know where to go if they need more information or advice. We shared some insights from intersex adults about what they wish their whānau knew when they were growing up.

**Note** - we know not every whānau uses the word intersex to talk about who their loved one is. Some might use terminology like DSD, condition or variation. Intersex can be a helpful umbrella term but doesn't sit right for everyone and we appreciate that

<https://youtu.be/YeS3eRxT1O8>

### **Becoming Tau**

A video that showcases the many influences, pressures and decisions that young people have to navigate as they develop and grow.

<https://youtu.be/1ZQgNyWB9so>

### **Behind the mask - Postnatal anxiety and depression**

Everyone's experience of parenthood is different. Just as there are physical changes, there are also common shifts in emotion after you give birth such as mood swings, anxiety and excitement.

[Behind-the-mask-Postnatal-Anxiety-and-Depression.pdf \(pada.nz\)](#)

### **Bellyful**

Nourishes and connects communities by cooking and delivering free meals to whānau with babies or young children, who need support. We know how hard those early years can be – and that's before adding other children or career demands to the mix! Having a few meals delivered by a friendly face can be a real sanity-saver. Bellyful is now supporting whānau in 25 communities across New Zealand thanks to our wonderful sponsors, supporters, and volunteers our service is free.

Want to know if Bellyful is supporting your community?

[Bellyful Branches - Bellyful](#)

### **Binge Eating Disorder (BED) Symptoms & Signs**

Binge eating disorder (BED) is characterized by frequent overeating (bingeing) – at least once a week for three months – combined with a lack of control, intense feelings of distress and three or more of the following behaviours: Eating more rapidly than normal Eating until feeling uncomfortably full Eating large amounts of food even when not feeling physically hungry Eating alone because of feelings of embarrassed stemming from how much one eats Feeling disgusted with oneself, depressed or guilty after eating

<https://youtu.be/PmqnzOqTmFk>

### **Black dog Institute Australia**

Online mental health check – a free and confidential tool for anyone 18 years+

[Black Dog Institute | Science. Compassion. Action.](#)

### **Body image pressure affects men too**

Guys get photoshopped with men’s ideal body types then talk about whether it really makes a difference to their body image

<https://youtu.be/dLNTb2zfh3Q>

### **Bodily autonomy - intersex and trans conversations – recorded webinar**

Jelly O’Shea and Joey Macdonald talked about what bodily autonomy and self-determination can mean for intersex and trans people. This was from a series for the youth sector

<https://youtu.be/wdg-lfgtryM>

### **Breath of Fresh Air**

The ‘Protect Your Breath’ campaign kicks off with a series of short videos which are delivered in a deadpan comedic style, with plenty of cultural in-jokes. These videos will be shared through the social media platforms and digital media environments where young people interact.

[Protect Your Breath \(@protectyourbreathnz\) • Instagram photos and videos](#)

### **Bullying at School**

Victims of bullying, school’s role, complaints process, and police involvement. A guide for parents and supporters of young people

[Bullying-at-School.pdf \(youthlaw.co.nz\)](#)

### **Call-in culture invited – not indicted – new video**

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](#)

### **Carers: Looking after yourself and your family**

Carers and families play a vital role in the monitoring, treatment and support of those living with a mental illness. Many carers find it difficult to address their own needs and they may find simple things like going for a walk or reading a book very difficult to achieve. Sometimes carers persist with their role to the point of exhaustion and breakdown

<https://wayahead.org.au/download/carers-looking-after-yourself-and-your-family-2/?wpdmdl=1797&refresh=5d098b959bf6f1560906645>

### **Changing Minds**

We are a national not-for-profit organisation, proudly led and operated entirely by people who have navigated their own lived experience journey through mental health and addiction. We embrace and nurture whānau mātau ā-wheako to embrace the mana of their lived experiences as a source of collective strength to activate equitable wellbeing across all of Aotearoa.

We work in the broad area of hauora services, advocacy, human rights, and health policy, and we collect, articulate, and activate the strategic voice of lived experience.

[Changing Minds](#)

### **Changing relationships as an addiction develops**

This short, animated video helps explain how addictions develop in young people and the ways it affects their relationships.

[https://youtu.be/0w\\_6zpjlbx8](https://youtu.be/0w_6zpjlbx8)

### **Charities Services - Translated Resources**

We've translated some key resources for charities into nine languages (Te Reo Māori, Cook Islands Māori, Tongan, Samoan, Fijian, Hindi, Simplified Chinese, Traditional Chinese and Arabic). These resources include information on completing your Annual Return, registration, officer information, templates, and guides.

[Charities Services | Resource Translations](#)

### **Checklist for initiating gender-affirming hormone treatment**

Download this checklist

[Checklist-for-initiating-gender-affirming-hormone-treatment-1.pdf \(genderminorities.com\)](#)

### **Comic Gender & Sexuality 101 - free download**

Download for free this super simple comic guide to sexuality and gender to help explain the basics to anyone who wants to learn. This guide is designed to cover the basics, so if you've got more questions after reading it, that's okay! There's heaps more info on our website, and through the other services listed at the back of this booklet

[The I'm Local Project | RainbowYOUTH \(imlocal.co.nz\)](#)

### **Cool Not Cool Game**

We'll show you Quiz Cards with a relationship related situation, and you tell us if it is "Cool" or "Not Cool"

[Cool Not Cool \(coolnotcoolquiz.org\)](#)

### **COVID-19 positive: How to manage your symptoms**

In line with COVID case numbers rising again, Health Navigator NZ's website has seen a significant increase in the number of people looking for information on how to manage their symptoms. Their COVID-19 positive: How to manage your symptoms page describes common symptoms and suggests ways to manage them and a handy video to watch and share

[https://youtu.be/T-GyXR5wP\\_Y](https://youtu.be/T-GyXR5wP_Y)

[COVID-19 positive – managing your symptoms | Health Navigator NZ](#)

### **Cyberbullying**

The rights of young people with cyberbullying, the school's role, and bullying on social media. A guide for parents and supporters of young people

[Cyberbullying-2017.pdf \(youthlaw.co.nz\)](#)

### **Cycle of Methamphetamine Abuse - video**

Provides advice for whānau about the best time to connect with the person during the cycle of methamphetamine abuse.

<https://youtu.be/nWOZDre4cBU>

### **Dads and postnatal depression**

The risk of postnatal anxiety and depression in mothers is well documented, but Auckland University researchers from the longitudinal Growing Up in New Zealand study have found 2.3 per cent of fathers also experience depression during the pregnancy, and this reaches 4.3 percent nine months after their child is born. Other international studies put this figure even higher, suggesting that up to 1 in 10 new dads struggle with depression following the birth of their baby

[Dads-and-postnatal-depression\\_v2.pdf \(pada.nz\)](#)

### **"Dear Brother" – SOLS - video**

The boys from Sounds of La Salle create a powerful track around reaching out and checking in on our brothers to make sure they are ok. Written and performed by the Sounds of La Salle band.

["Dear Brother" - SOLS \(thelowdown.co.nz\)](#)

### **Depression Factsheet – available in English, Māori, Samoan and Tongan languages**

In life, feeling down or miserable sometimes is normal. But if these feelings become painful, we may experience an aching heart, mind, body and spirit. We could have trouble sleeping or a change in appetite. We might withdraw from families and friends and lose hope. This could be depression, especially if it lasts longer than a couple of weeks. Depression is very common. It can affect relationships with family and friends and our ability to work or go to school. It can also lead to suicide. Download factsheets containing information about the signs of depression, possible causes of depression, how to get help, and tips on getting well and keeping well from the links below. They are also available on Mental Wealth.

[Depression Factsheet - available in English, Māori, Samoan and Tongan languages - Le Va](#)

### **Depression in the Elderly**

Depression often occurs in older people who suffer with other medical conditions and disabilities. Find out more about depression in this age group, along with treatment options.

There is a difference between depression and dementia symptoms.

Depression

- Mental decline is rapid
- They can state the correct date, time, and who they are
- They can have difficulty concentrating
- Language and motor skills are slow but normal
- They notice and worry about memory problems and confusion

Dementia

- Mental decline is slow
- They become confused and disoriented and may get lost, confuse dates, or wonder where they are
- They struggle with short-term memory
- Writing, speaking, and language skills are impaired
- They don't notice or seem to care about memory problems

[Depression in the Elderly: Not a Normal Part of Aging \(psycom.net\)](#)

### **Diabetes the silent killer**



Type 2 diabetes is New Zealand's silent killer. More than one-quarter of a million New Zealanders live with it, and a further 100,000 kiwis are estimated to have it unknowingly. Māori and Pacific Island communities are particularly vulnerable to the disease. Attitude follows the personal story of Brian Kairua's struggle with type 2 diabetes; as we explore the cause, effects and outcome of this deadly disease.

<https://www.youtube.com/watch?v=r6MHZ6IzJ1g>

### **Dilemma of High-Functioning Depression**

High-functioning depression, or dysthymia, may be harder to detect than major depressive disorder (MDD) because the people living with it are often high achievers who make you think everything is all right all the time.

[High-Functioning Depression: An Invisible Illness with Unique Risks \(psycom.net\)](#)

### **Disciplinary Procedures at School – your rights**

Stand-downs, Suspensions, Exclusions and Expulsions A guide for parents and supporters of young people

[Discipline-.pdf \(youthlaw.co.nz\)](#)

### **Did You Know series**

Did You Know makes it easy for young people to get the key facts about the potential impact from alcohol and other drugs. Every young person will make a decision about whether or not to use alcohol or drugs. Many will try them. Some will experience short-term harm. A few will develop long-term problems. An early conversation could make all the difference

[Did You Know | NZ Drug Foundation - At the heart of the matter](#)

### **Discovering Fatherhood – correspondence course**

A comprehensive 10-module course including: baby brain, early development, safety with toddlers, emotional development and navigating teenagers, plus understanding our own parenting style. This provides great information, tips and strategies for parents.

To register email [tauranga@knd.org.nz](mailto:tauranga@knd.org.nz)

[Kidz Need Dadz | Education Programmes](#)

### **Discussing your sexual health history**

Visiting the Sexual Health Clinic. Short NZ video showing what sort of questions might come up at a sexual health consultation.

<https://youtu.be/Q2TIfjnCP4Q>

### **Do you have whānau at risk of 'wandering'**

The WanderSearch system supports people who are at risk of going missing to live healthy active lives. It provides small devices (that can be hidden, carried like keyrings or as necklaces) that can be tracked by trained Police and/or Land Search and Rescue volunteers. The idea is to improve safety and peace of mind for the person, their whānau and their community.

[Community Tips: WanderSearch \(communitynetworksaotearoa.org.nz\)](#)

### **e-couch self-help**

e-couch can help you to manage the symptoms of common mental health issues.

e-couch offers five programs: Depression, Anxiety & Worry, Social Anxiety, Divorce & Separation and Loss & Bereavement.

Each program includes a comprehensive information module, as well as self-help modules with interactive exercises and workbooks which teach evidence-based strategies.

Most suitable for users aged 16 years or older.

Individual access (12 months) is available for NZ\$39.90 (plus local taxes of NZ\$5.98).

Note that if your organisation or employer has provided you with a token, you will be able to enter this after registration to proceed without payment.

[e-couch - self-help and information for common mental health issues \(ecouch.com.au\)](http://ecouch.com.au)

### **Eat well during celebrations**

Traditional celebrations often mean over-indulging on not so healthy foods. This link has some meal ideas to keep things healthy on special occasions.

[Healthy recipes for special occasions | Health Navigator NZ](#)

### **Emergency contraception**

Facts about the emergency contraception pill (ECP), also known as the "morning after pill".

<https://youtu.be/eoUvOQ5HNP8>

### **Evaluate – online tool**

How well are you doing at supporting and including rainbow people in the services you provide? Use this tool to reflect on what your organisation is doing well and what you could work on next.

[Evaluate – Te Ngākau Kahukura \(tengakaukahukura.nz\)](http://tengakaukahukura.nz)

### **Fact, fiction, or fantasy... The idealisation of motherhood**

Bearing and raising children is fundamental to our survival - it's how we, as a species, carry on...our genes, our stories, our customs, our values, our faith. So, it's no wonder that there are so many traditions and strongly held beliefs about parenting in just about all the cultures I know about. Powerful images of mothers and motherhood, of babies and babyhood, and fathers and fatherhood make up the wallpaper of our social world...sometimes in a way that we don't even realise they are there, or that they are images, and maybe not the whole story.

[Fact-fiction-fantasy-final-for-web.pdf \(pada.nz\)](#)

### **Fentanyl Test Strips**

You can order these strips to test your drugs for the presence of fentanyl from the NZ Drug Foundation – limit 5. Contact (04) 801 6303 or [admin@drugfoundation.org.nz](mailto:admin@drugfoundation.org.nz) if you want to enquire about a positive test or have any other questions. See preview for instructions on how to use them.

[How-to-test-your-drugs-for-fentanyl.pdf \(drugfoundation.org.nz\)](#)

[Resources | NZ Drug Foundation - At the heart of the matter](#)

### **Find a drug checking clinic near you**

Check the safety of your drugs at a drug checking clinic

Drug checking is a free and confidential service that checks your drugs to see what's in them. If you can't make it to a clinic, you can use reagent tests to check your drugs at home.

[Drug checking clinics - The Level](#)

### **Finding Balance: 6 Ways to Help Your Teen Study & Avoid Burnout**

This comprehensive guide includes:

- How can you assist them in developing a revision schedule
- How can you encourage them to study with friends
- What are the signs of study burnout and how can you avoid it

<https://www.mytutor.co.uk/blog/parents/finding-balance-6-ways-to-help-your-teen-study-and-avoid-burnout/>

## **Finding your place to stand**

Koukourārata is Tāmāti Cunningham’s place of belonging. This little place on Banks Peninsula in the South Island of New Zealand has had, along with Te Ao Māori (the Māori world), a significant influence on Tāmāti growing up. In this thoughtful and informative talk, Tāmāti shares the importance of the concept of "tūrangawaewae" – or "place of belonging" – in being our best selves. Tāmāti Cunningham’s maunga is Te Ahu Pātiki, his awa is Koukourārata, his whare is Tūtehuarewa and his iwi is Ngāi Tahu. He is passionate about normalising Ao Māori and the Māori language, and empowering rangatahi Māori voice.

[Finding your place to stand | Tāmāti Cunningham | TEDxYouth@Christchurch - YouTube](#)

## **F’INE (fee.neh)**

A Pasifika LGBTQI+/MVPFAFF+ Charitable Trust which provides navigational support to fanau aspiring and working towards self-determined goals in the Auckland region.

[F'ine \(finepasifika.org.nz\)](http://finepasifika.org.nz)

## **Free app - The Village**

Developed by Starship hospital, The Village is a practical and user-friendly app for youth, young adults and whānau members wanting to stay connected to family members they may be worried about. Users know they can access support as they need it from their selected ‘buddies’. The Village provides non-confrontational support via technology, with relevant links to New Zealand support services.

Features

- Positive thought of the day
- Access to tips for 'supporting your buddy' and 'if you’re down'
- Reminders – daily reminders can be set

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

[The Village - Apps on Google Play](#)

[Village App | | Designed with NZ youth & whanau.](#)

## **Free digital literacy resources to support learners**

In collaboration with Pathways Awarua, Ako Aotearoa’s Manako (Adult language, literacy, numeracy and cultural capability) team has launched a new Digital Literacy Educator Pathway resource that will assist educators in embedding digital literacy into their delivery, so that they can support their learners in their digital literacy development.

- Module 1 looks at what digital literacy is, presents a range of digital literacy frameworks, and explores the interplay of digital literacy and remixing.
- Module 2 has a wealth of resources, strategies, icebreakers, and activities for teaching digital literacy

[Ako Aotearoa launches new digital literacy free resources for educators » Ako Aotearoa](#)

## **Free Printed Resources - to help you support new parents**

We have a wide range of printed resources available to support your work within the community. We send these to you, or you can download these from our website. These include how to support people with postnatal and antenatal depression, PTSD, Perinatal OCD and many more! Find them all on the page Fact Sheets & Research.

[Fact Sheets & Research - PADA - Perinatal Anxiety & Depression Aotearoa](#)

## **Friendships**

Having good friendships is really important to our happiness. It helps us to feel secure in our lives, gives us someone to talk to about whatever is on our mind, and gives us special people to hang out

with and enjoy the things we like to do together. They can be someone you can talk to about the things you can't share with anyone else – not even your family. A good friend is someone who's there for you when you need support, and that's important to have in your life.

[Friendships \(thelowdown.co.nz\)](https://thelowdown.co.nz)

### **Gender Minorities Aotearoa**

Gender Minorities Aotearoa (GMA) is a nationwide transgender organisation. It is run by and for transgender people, including binary and non-binary, intersex, and irawhiti takatāpui. In the last year (2021-2022) GMA's healthcare referral system was used over 6,000 times, and they received over 1,100 referrals from healthcare providers across the country. Their Hormone Replacement Therapy (HRT) guide was read over 5,000 times. GMA also trained over 500 healthcare workers, particularly in mental health and addictions.

[What we do - Gender Minorities Aotearoa](#)

### **Girls ages 6-19 talk about body image**

Girls share about their own body image and how a healthy body image doesn't really depend on how you look

<https://youtu.be/5mP5RveA tk>

### **Glimpse Into Mental Health: Rua's Story**

Rua has gone through more than his fair share of traumatic events in his 39 years of life; it's no wonder those experiences have taken a toll on his mental health. It's a constant battle to manage his thoughts, but he's found helping other men through their own stuff is therapeutic not just for them, but himself too.

[A Glimpse Into Mental Health: Rua's Story - YouTube](#)

### **Great fathers: Manu Matua website**

Dads who learn to understand their babies and toddlers and show that they love and respect them - help their little ones to thrive. Becoming a father is big for every man. You hold your child's future is in your hands! It's a big responsibility and a huge opportunity

[Parenting Support For Dads | Great Fathers Mana Mātua](#)

### **Hā ki roto, Hā ki waho : Protect your breath**

New website aims to breathe new understanding and energy into conversations around youth vaping – by placing rangatahi at the heart of the mahi, every step of the way. Aotearoa has seen an increase in vaping use by rangatahi in recent years – The percentage of young people vaping daily has more than tripled between 2019 and 2021. Over the same period daily smoking rates have decreased significantly. This led us to ask questions. Established by Te Whatu Ora and Curative, 'Protect Your Breath' came to life through co-design with the Hā Collective - a core group of young people, schools and experts.

[Protect Your Breath](#)

### **Harm reduction tips for medicinal cannabis users**

Although medically prescribed cannabis has been legal in New Zealand for several years now, we know that most of the estimated 266,000 people using cannabis for medicinal purposes are still doing so illegally – in many cases due to the cost, or because their doctor is unwilling to prescribe.

Not only are those people being pushed towards breaking the law to access their medicine, but they are also operating in a completely unregulated market where they risk buying unsafe or unsuitable products. So, if you're someone who is buying your product on the illicit market, how can you stay safer? And what are some harm reduction tips?

[Harm reduction tips for medicinal cannabis users | NZ Drug Foundation - At the heart of the matter](#)

## **Headgear app - free**

The headgear app is a free app designed to take you through a 30-day challenge to help you build your resilience and wellbeing. It's completely free - those who live outside of Australia can skip the requirement of having an Australian phone number by pressing 'Skip' when asked to input your phone number.

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

[Headgear - Apps on Google Play](#)

[Headgear - Black Dog Institute](#)

## **Healthy gluten free recipes**

Find healthy gluten free recipe ideas here.

[Healthy recipes – gluten free | Health Navigator NZ](#)

## **Healing power of hugs.**

Hugs feel good in the moment, but did you know they actually offer health benefits, too? Here are five reasons why hugging is good for your body and mind.

[Benefits of Hugging: From Blood Pressure to Safety \(psychcentral.com\)](#)

## **Helplines**

Whether you're experiencing a mental health crisis or you're worried about a loved one's mental health, free help is available to you. In Aotearoa, New Zealand, there are 36 helplines that support with a range of mental health or behavioural health concerns. See the end of the newsletter for a detailed table showing these for quick reference.

## **Herpes Myths Vs Facts**

Misinformation and ignorance about herpes often means a herpes diagnosis can be a shock. Watch this NZ video to help you understand some facts about herpes in a modern context.

<https://youtu.be/dpqL42f8v4o>

## **Hey Dad!**

8-sided help for new dads

[1642 GF Toolkit A6-R15-jpgversion.pdf - Google Drive](#)

## **Housing and Support Providers Tool**

This tool from NZCCSS offers a central source of connection and collaboration to providers of housing and housing-related services across Aotearoa and other organisations.

The tool encompasses:

- Community Housing Providers
- providers of Emergency and Transitional housing
- Housing First facilitators
- financial and support programme coordinators
- builders
- consultants
- researchers

The data is organised and filterable by both area of work and region of operation. The hope is that organisations and individuals can find those with whom they can collaborate and learn from.

[NZCCSS Housing and Support Providers Tool - NZ Council of Christian Social Services](#)



## **How are you... really?**

Pregnancy and childbirth can be a wonderful experience, but it also brings many changes and challenges. If you feel scared or overwhelmed, it is important to know that help is available - many mums and dads-to-be experience anxiety during this time. There is no need to suffer alone, so talk to your midwife, doctor or other health carer. You might be suffering from antenatal or postnatal anxiety or depression if you can tick any of the boxes in this handout. Do any of these things affect you?

[How-are-you-really-perinatal.pdf \(pada.nz\)](#)

## **How does drug checking work?**

The Level teamed up with comedian Janaye Henry to explain the ins and outs of drug checking. It's a simple process that helps you stay safer by finding out what's really in your drugs.

<https://youtu.be/ZiPFaiKndpc>

[How does drug checking work? - The Level](#)

## **How porn can affect our mental health and body image**

It's pretty common for young people to feel pressure to watch porn. Recent NZ studies showed that 1 in 5 of the youth who'd seen porn in the past six months had felt pressured (at some point) to look at it and some young people who don't watch porn can feel like they don't fit in.

We all want great mental health. Our recent survey showed that many young people in Aotearoa think porn can impact mental health. Comparing your body to porn actors can also be brutal for a healthy body image – because, let's be honest, none of us look like porn stars. If you think porn might be impacting you, you're not alone and here's some tools to help out... Video clips include a bunch of your New Zealanders sharing how they think porn affects mental health and their own body image

[Mental Health or Body Image? - In The Know](#)

## **How to do laundry when you're depressed or overwhelmed**

When you're burned out, taking care of yourself (or your family) can feel nearly impossible. Therapist KC Davis gets it, and she's got a message for anyone struggling with daily tasks: you're not lazy. Care tasks, she says, are neither good nor bad — they're morally neutral. Davis offers creative shortcuts and workarounds for everything from using wet wipes when you can't manage a shower to sealing dirty dishes in a giant zip-loc until you feel up to washing them. Because regardless of your mental health struggles, you are a person worthy of a functional space.

[https://youtu.be/M1O\\_MjMRkPg](https://youtu.be/M1O_MjMRkPg)

## **How to spot an Opioid overdose**

These flyers contain quick information on how to spot if someone is overdosing on an opioid.

[Opioid-overdose-flyer-FA-no-crops.pdf](#)

## **Huihuinga**

More than 150 tāngata gathered to kōrero on what is possible with a reorientation to hāpori, Māori leadership and the crown fulfilling obligations under te Tiriti o Watangi. Watch the replay of the kaikōrero. You will need to register on Te Whāriki o te Ara Oranga to access their items.

<https://www.whariki-ao.nz/>

## **ICON – (In Case of Online Negativity)**

A website with advice on how to tackle online harassment, abuse and or negativity.

[icon.org.nz](http://icon.org.nz)

## **I'm Local Project**

aims to help queer & gender diverse youth all over Aotearoa to feel valued, recognised and supported in their local communities. It focuses on contacting high schools, medical centres, hospitals, libraries, marae and community centres in more rural or isolated area of Aotearoa and supplying them with free resources about gender and sexuality

<https://youtu.be/JR7PZWr9Pe0>

[The I'm Local Project | RainbowYOUTH \(imlocal.co.nz\)](http://imlocal.co.nz)

## **In the Know**

In the Know is designed to help young people in Aotearoa better understand and navigate some of the tricky porn-related issues and online sexual experiences. Shaped and informed by young people, the site offers tips, tools and pathways to help youth equip themselves for today's online world.

[www.intheknow.co.nz](http://www.intheknow.co.nz)

## **Intersex Trust Aotearoa New Zealand (ITANZ)**

ITANZ is the key intersex organisation in Aotearoa. They provide information, education, and training for organisations and professionals who provide services to intersex people and their families. One of their initiatives is Intersex Youth Aotearoa, a place for intersex young people and their whānau to share information, create community, and find support.

[Intersex Trust Aotearoa New Zealand \(ITANZ\) - Astraea Lesbian Foundation For Justice \(astraeaafoundation.org\)](http://astraeaafoundation.org)

## **Inu Ora**

Keeping Pasifika communities safe from alcohol related harm – available in English, Samoan and Tongan languages. Everyone can play a part in keeping our Pasifika communities safe from the harm caused by alcohol. This plain-language guide is for individuals, families and communities who want to know the facts about alcohol, including the amount of alcohol in a standard drink, how alcohol can affect your family, how alcohol affects your body and where to get help if you need it. This guide will soon be available in Cook Island language and Māori. Please keep checking this page or sign up for our e-news which will announce the availability of this guide as soon as it is ready.

[Inu Ora: Keeping Pasifika communities safe from alcohol related harm - available in English, Samoan and Tongan languages - Le Va](#)

## **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 on Te Whāriki o te Ara Oranga to access their items.

<https://www.whariki-ao.nz/>

## **Journey into the unknown comic**

Great Fathers' 44-page "New Dads - a journey into the unknown" comic. Informative for men becoming fathers or who have recently become dads. Follow Nathan and Ken through their partners' pregnancies and into dadhood

[Resources for dads | Great Fathers NZ](#)

### **Just The Facts**

NZ site with facts about Sexually Transmitted Infections (STIs).

[www.justthefacts.co.nz](http://www.justthefacts.co.nz)

### **Kia haumarū ake te whakamahi**

Ahakoā ngā mōhiōhio e hiahia ana koe, kei a mātau

Kei te whakamahi mō te wā tuatahi? He kaupapa tāu? Te Haumarū a te kai whakapōauau. Te Titatira I ō whakapōauau. Kāwheori-19 me ngā whakapōauau. He nui tō whakapeto?

[Safer using - The Level](#)

### **Kia matua rautia**

Parenting information and resources for whānau supporters

[Kia matua rautia | Tākai \(takai.nz\)](#)

### **Kei muri i te awe māpara**

Te Anipā me te Pāpōuri i Muri i te Whānautanga Mai He rerekē ngā wheako o tēnā, o tēnā mō te tiaki tamariki. I tua atu i ngā rerekētanga tinana, kei reira anō ngā rerekētanga noa o te āhua ngākau i muri i tō whakawhānau i tō pēpi pērā i te rerekē o te āhua ngākau, te anipā me te whakaongaonga.

[Behind-the-mask-Te-Reo-Maori\\_V2.pdf \(pada.nz\)](#)

### **Kidz Need Dadz**

Support for dads in need, and good downloadable resources

[Kidz Need Dadz | Support & Education to Strengthen Father-Child Relationships](#)

### **Kind alternatives to negative self-talk**

Everyone struggles with negative self-talk from time to time. Our brains are actually wired for negativity – to notice things that present a threat. This means we're more attuned to negative thoughts, like self-criticism.

But just because negative thoughts are quite normal, that doesn't mean you have to put up with them all the time. They're exhausting! And they can take a huge toll on your mental wellbeing and self-esteem.

One way to cope with negative self-talk is to flip the script. Here are some alternatives to common negative statements.

[Kind alternatives to negative self-talk \(groovnow.com\)](#)

### **Ko wai ahau? A personal safety plan for rangatahi/youth**

Using this resource, you can make your own plan that will help you get through tough or challenging times. Try to find a time when you're feeling calm to make your plan. Ask a trusted mate, supportive whānau member, school counsellor or health worker to give you a hand.

Write your own answers to each question. Be honest with yourself about how you're feeling, what you need and what works for you. Look at the examples on each page to help you think of different ideas. Use this plan to help guide you when you're feeling overwhelmed, help you get through tough times, give you hope and keep you safe

[Ko wai ahau? | Mental Health Foundation](#)

### **Kore hiakai : Zero Hunger Collective**

Find a community food organisation. Across Aotearoa New Zealand communities are working together to support those who do not have access to healthy nutritious affordable food. We have responded to this in a variety of ways, from Māra kai or community gardens, Pātaka Kai, regular community meals as well as more traditional Foodbanks offering food parcels, budgeting support and more. The organisations in the map fit into these categories.

[Find a Community Food Organisation — Kore Hiakai Zero Hunger Collective](#)

### **Little Shadow**

Connects those experiencing perinatal distress to counselling, support and information. Walking beside you on your journey to wellbeing. Creating headspace for parents.

[Little Shadow](#)

### **Living with a Disability**

Living with a disability looks completely different to everyone, depending on who you are, what your disability is and how much it impacts you. Whatever your disability looks like, it is a part of your identity that sets you apart as unique – resourceful, capable, strong and able to adapt to whatever life throws at you.

[Living with a Disability \(thelowdown.co.nz\)](#)

### **Looking for other funding opportunities?**

You can apply or search for grants from:

[Creative New Zealand](#)

[Frozen Funds Charitable Trust](#)

[Oakley Mental Health Research Foundation](#)

[givUS \(accessed via public libraries\)](#)

[Perpetual Guardian](#)

[Foundation North](#)

[Grants for Good](#)

[Community Organisations Grants Scheme](#)

[Public Trust](#)

### **Mafasia 'o e 'atamai**

Oku nōmolo pe ia ke te ongo'i tōlalo', 'ite'ita, puputu'u mei he taimi' ki he taimi'. Oku tokolahi e kakai 'oku nau ongo'i mamahi' hili ha 'a nau fou he ngāhi taimi mafasia' mo faingata'a'. Oku lava pē ko ha maumau 'o ha fai kaume'a', faingata'a'ia mo e ngaahi kaume'a' pe fāmili', 'ū feliliuaki he ako'anga pe ngaahi taimi sivi'. Ko e mafasia 'o e 'atamai' mo e ongo'i mafasia 'o e 'atamai' 'oku laka hake ia he fakamamahi'; ko ha fakataha'i 'o e anga 'o 'etau fakakaukau', ongo' mo e 'ulungaanga'. 'Oku 'iai ha ni'ihii; koe 'ū faka'ilonga' mo e 'ū faka'ilonga kihe mafasia 'o e 'atamai (depression) 'e 'asi ia he: faingata'a ke mohe', fakamama'o mei he ngaahi maheni' mo e famili. Ko e ū faka'ilonga' 'eni 'o e 'depression' (mafasia 'o e 'atamai), pea mo e ongo'i 'ikai hano mahu'inga' pe tautea' he taimi lahi'.

Depression factsheet in Tongan.

[Depression Tonganfactsheet.pdf \(leva.co.nz\)](#)

### **Mana: The power in knowing who you are**

Tame Iti explores how the old saying of "Te ka nohi ki te ka nohi" (Dealing with it eye to eye) creates a far more productive space for open dialogue around any issue. Tame Iti (Ngai Tuhoe/Waikato/Te Arawa) is known as many things... Activist, Artist, Terrorist and Cyclist. Literally wearing his Tuhoe heritage on his face, Iti is hard to miss in a crowd despite being just 5ft 4" tall. His 40-year history of controversial and theatrical displays of political expression have included pitching a tent on parliament grounds and calling it the Māori embassy, shooting a national flag in front of government officials and

the curious spate of public meetings where he appeared with a ladder so as to speak eye to eye with officials who were seated on stage. Iti explores how the old saying of "Te ka nohi ki te ka nohi" (Dealing with it eye to eye) creates a far more productive space for open dialogue around any issue. "No one can tell you that you are not important, and your experience does not matter and if they do... I challenge them to say it to your face... where they can see your eyes and feel your breath."

<https://youtu.be/qeK3SkxrZRI>

### **Mana Kai Initiative - A National Food Roadmap**

The Initiative is a kōrero or dialogue and is a collaboration, involving all parts of our national food system, to co-create solutions to some of the biggest challenges facing Aotearoa New Zealand food system today. Through a process of deep discussion with multiple groups representing every facet of our food system from growers and producers to eaters, the Mana Kai Initiative aims to create a national food roadmap that will enhance our food system. With kōrero at its core, Mana Kai is grounded in Te Ao Māori wisdom. A Mana Kai Framework has been developed as a starting point for kōrero. The Framework presents a Māori view of our food system and its connection to the land, our natural environment and to our people. Read more and watch recorded webinar.

[Mana Kai Initiative — The Aotearoa Circle](#)

### **Mātauranga on app for mental health mindfulness – M3 Whānau**

Kei te pēhea koe? No, really. How ARE you e hoa?

We live in a fast-paced world, and it's difficult to prioritise hauora. Our mental and physical health statistics are reflecting this.

The app is your safe space for:

- Ngā ngohe Hā/ Breath practices
- Ngā ngohe Taumārie/Mindfulness practices
- Ngā ngohe Kori Tinana/Movement practices
- Ngā ngohe Whakamoe/Māori sleep stories

Cost of \$4.99 per month or \$44.99 per year with a free trial available for the first month.

[M3 Whānau on the App Store \(apple.com\)](#)

[M3 Whānau - Apps on Google Play](#)

[Contact 3 — M3 Mindfulness](#)

### **Match | Te Puna Taurite**

An online service for philanthropists and grant makers to connect with community and charitable groups working in areas they want to support. Charities can post funding requests to get in front of multiple funders with one action. Funders can search for charities working in particular areas they

<https://match.org.nz/apply>

### **Mama's Toolbox**

Becoming parents after being a couple brings changes and challenges. This can be confusing for both of you. This toolbox cover some relationship points specific to mums.

[Mamas & whānau | Greatfathers](#)

### **MATES in Construction podcast**

'Hey Bro' is a new podcast encouraging space for safe kōrero around mental health and wellbeing in the New Zealand construction industry.

[Hey Bro | Podcast on Spotify](#)

### **Methamphetamine Patu i te hoariri – video**



Matua Ross Smith gives a te ao Māori perspective on the “modern day slave trader” methamphetamine.

<https://youtu.be/IJtlj7tuPKE>

### **Ministry of Justice new resources**

To help parents, guardians and whānau understand the Family Court and the options available to them when making decisions about the care of their children and tamariki after a separation or change in family situation. This includes brief information sheets on making parenting arrangements, going through the Family Court to work out parenting arrangements, what to expect at Family Court, responding to a notice of application, lawyers working with children, legal advice and support, stopping a child being taken overseas and a parenting Plan Workbook.

[New suite of resources for the Family Court launched | New Zealand Ministry of Justice](#)

### **Monty Shares his Journey with Depression**

Monty shares his inspiring story through depression and the creative outlets he uses to better his mental wellbeing.

[Monty Shares his Journey with Depression \(thelowdown.co.nz\)](#)

### **MOSO'OI Season 2 is here**

Talanoa between Pasifika mothers and their rainbow children. Get a deeper insight to PASIFIKA mothers raising diverse rainbow children

[MOSO'OI | Moso'oi SEASON 2 IS HERE first ep part one get a deeper insight to PASIFIKA mothers raising diverse rainbow children #THEQUEENSOFOURHEARTS | By Village Collective | Facebook](#)

### **Mothers Helpers**

Supporting mums under stress. If you are at risk of Postnatal Depression or a mother with ante-natal or postnatal depression/anxiety, one of our facilitators will contact you to discuss where you are at, what you need and how we can help.

[Mothers Helpers - Supporting Mums Under Stress](#)

### **myCompass**

A mental health tool that works around your schedule.

It's normal to feel down, stressed, overwhelmed or anxious from time to time, but it's important not to let these feelings get on top of us. myCompass is a free online tool that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them. myCompass is free to use and backed by research.

[myCompass online self-help program - Black Dog Institute](#)

### **My perfect family – Georgia**

Georgia Heard thought she had parenting all mapped out. But when the younger of her two boys was diagnosed with severe Autism at 15 months old, her journey took an unexpected turn.

<https://www.tvnz.co.nz/shows/attitude/episodes/s2022-e2>

### **New dads Toolbox**

TIPS & TRICKS... for life with a new baby... from how to sooth a crying baby, to money, to how your baby's brain works to partners becoming parents - and everything in between.

[New Dads Toolbox | Great Fathers NZ](#)

## **New patient information booklet results in better outcomes for people with traumatic brain injury**

A new information booklet for people discharged from hospital after experiencing a traumatic brain injury (TBI) is giving consumers and whānau clearer information and advice about their injury, their care after discharge and their rehabilitation and recovery.

The booklet is the result of a quality improvement project at Te Whatu Ora Taranaki that was completed as part of a national collaborative focused on improving rehabilitation for patients with major trauma.

<https://www.hqsc.govt.nz/assets/Our-work/National-trauma-network/Publications-resources/Taranaki-TBI-booklet-moderate-severe-FINAL.docx>

## **Nitazine – what you need to know**

Nitazines are a group of synthetic opioids, originally developed to treat pain. Nitazine can cause overdose in very small amounts – as little as a few grains of salt. The drug has been sold as isonitazene but may also be sold as oxycodone or other prescription lookalikes. It's been sold as a yellow pill or yellow powder.

Nitazine is active at very low doses and may not be mixed evenly throughout each pill. Think of a chocolate chip cookie: the chocolate chips may not be evenly mixed throughout the cookie. Sounds yum but is actually a bit of a worry when the 'chocolate chips' in this instance are very potent opioids. That means that each pill could have different amounts of Nitazine in it. Don't take the indicated dose at its word. It also means one part of the pill could be much stronger than another part.

[Nitazine: what you need to know - The Level](#)

## **'Nuggets of gold' | Insights from voices of lived experience**

This article focuses on kōrero, research and mahi between Changing Minds, people with lived experience of self-harm and/or suicide attempt, and the Suicide Mortality Review Committee (SuMRC). If any issues discussed here, resonate for you, support is available. This report informs how Aotearoa can be asking about and learning from lived experiences to support suicide prevention strategies.

['Nuggets of gold' | Insights from voices of lived experience — Changing Minds](#)

## **Nudes: Issues, Questions and Concerns**

A nude is the term used to describe a photo of a person showing part or all of their nude body. The term is also used alongside 'sexting' which is used to describe sending 'nudes', 'underwear shots' 'dirty pics' or sexual text messages or videos.

Sending a nude can be fun in the moment – but even if you're sure it won't end up on a shady internet site (which is a legit concern, once a nude is shared, it never really disappears, and things can sometimes get tricky.

If you've got some questions about nudes, here's some info and tips and a video that might help...

[Schooling up on Nudes - In The Know](#)

## **O le a le Fa'anoanoaga?**

O lagona fa'anoanoa, popolevale, ita, po'o le lefiafia, o ni lagona masani i le olaga, ae maise pe a tele ona tutupu mai fa'afitauli ua lemafai ona fofoina. O nisi o tulaga faigata e masani ai, o le tete'a lea ma se to'alua, fa'afitauli ma uō ma aiga, ma suiga o a'oa'oga ma taimi e faia ai suega i le aoga. O le fa'anoanoaga po'o ni lagona fa'anoanoa ua sili atu lona matuia. O le fa'anoanoaga e fa'apei o se lagona tumau le faigata tele i se taimi uma, ma ua leai lava se manatu e toe faia ni mea sa fiafia ai i taimi ua mavae. O lenei lagona e ao ona tupu ai lotovaivai o le tagata, e a'afia ai lona mafaufauga ma fa'atupuina ai le popolevale, ma i'u ona a'afia ai au mea e fai.

Depression factsheet in Samoan.

[Depression\\_Samoan.pdf \(leva.co.nz\)](#)

## **OCD NZ**

We are a newly formed group, who aim to provide useful resources and information about OCD, treatment and who to turn to in New Zealand for help.

OCD is a condition frequently misunderstood by the general public: it is often joked about or trivialised, when the reality of living with OCD can be devastating, debilitating and challenging. The fact that it is known as the 'secret' disease or the 'doubting' disease also means people can be reluctant to share their struggles. Please browse this site to find out more about local resources and support, or contact us with your specific enquiry, as we compile a more comprehensive collection of resources.

[OCD NZ – it's not the thought that counts ...](#)

## **Online Grooming**

A short clip on how not everyone you meet online is not who they say they are

<https://youtu.be/BjLgCuvWiJk>

## **Our community, our choice?**

Downloadable comic and posters on the impacts of alcohol in residential neighbourhoods.

[SHOREWhariki-Research-Centre-Comic.pdf \(alcohol.org.nz\)](#)

[SHOREWhariki-Poster-Set.pdf \(alcohol.org.nz\)](#)

## **Pacific and Māori TikTokers get together to normalise talking about mental health**

A group of Māori and Pacific social media creators are fighting to break stigma through social media networking site TikTok - speaking about their everyday life and issues and reaching thousands every week. Dubbed Tha Panel, the group meets online every [Tuesday at 9.30pm in a live broadcast](#) to talanoa or kōrero about their struggles and experiences with mental health issues - all the while creating a safe space where no topic is too tapu.

[Pacific and Māori TikTokers get together to normalise talking about mental health - NZ Herald](#)

## **Pāpōuri**

He āhuetanga māori te rongō i te pōuri, te tāmitanga, te riri, te whakapōuri, ina hoki kua tāmia e ngā raruraru. Ko te māwehe pea tērā, ngā raruraru ki ngā hoa, ki te whānau rānei, te whai kura hou, te wā whakamātautau rāne. He kaha atu te Pāpōuri i tēnei. I te Pāpōuri ka pokea wā roa e ngā kare ā-roto nei, ā, kāore e rata ana ki ngā mahi i pārekareka ai i mua. Ka pokea koe e tēnei āhuetanga, ka pāngia te āhua o tō whai whakaaro, o ō kare ā-roto, o āu mahi. Ka puta pea ētahi anō tohu māuiui, ā, ka uaua te moe, ka tau i ō tātou whānau, hoa hoki, ā, ka heke te kiritau, ka memeha te tūmanako hoki. Ka tae ki tēnei tūāhua, ka kīia tēnei huinga tohu māuiui he pāpōuri, inā hoki ka roa atu i ngā wiki e rua te pānga o ngā kare ā-roto.

Depression factsheet in Māori.

[Depression\\_Maorifactsheet.pdf \(leva.co.nz\)](#)

## **Parenting Plan Workbook**

To help you decide what's best for your child after a separation or change in family situation

This workbook is for parents, guardians and whānau (family and friends) who are involved in the day-to-day care of a child, after a separation or change in family situation.

Children are the focus of any parenting plan

[MOJ0504-Parenting-Plan-Workbook.pdf \(justice.govt.nz\)](#)

## **PATHA**

Professional Association for Transgender Health Aotearoa (PATHA) is an interdisciplinary professional organisation working to promote the health, wellbeing and rights of transgender people. PATHA has over 200 members who work professionally for transgender health in clinical, academic, community, legal and other settings

[PATHA - Professional Association for Transgender Health Aotearoa - Home](#)

## **Perinatal Anxiety & Depression Aotearoa (PADA)**

We are a national charity that provides advocacy and awareness through training and facilitating connections and tools for health care providers who are supporting families with anxiety & depression due to pregnancy, childbirth and early parenting

[Home - PADA - Perinatal Anxiety & Depression Aotearoa](#)

## **Positive Speakers' Bureau (PSB)**

Supports and trains people living with HIV to become educators through the sharing of their lived experiences. This empowers people living with HIV to advocate for their rights and be part of the global HIV response. Breaking the silence and talking openly about HIV normalises it and offers opportunities to address misinformation, preventing future HIV transmission and challenging stigma and discrimination.

[About us | Positive Speakers Bureau](#)

## **Protective and risk factor worksheet**

Strengthening protective factors around young people has multiple lifelong benefits. Protective factors buffer against the effects of risk factors.

Use this checklist to identify how you can support a young person

[Protective and risk factor worksheet - Tūturu \(tuturu.org.nz\)](#)

## **Prevention project – reducing baby removal in Aotearoa**

The University of Otago | Te Whare Wānanga o Otāgo has a project to understand the contexts, resources, and relationships that contribute to the prevention of baby removal in the Aotearoa New Zealand. Their website lists education materials to assist with educating about the range of practices, policies and systems that can reduce the outcome of baby removal. These materials might be helpful to those lecturing in formal academic settings, as well as those running trainings or professional development for social or community workers.

[General 3 — The prevention project: supporting whānau and reducing baby removals \(squarespace.com\)](#)

## **Principles of Mana Taiohi**

Mana Taiohi is informed by the voice of young people and people who work with young people, Aotearoa based literature into positive youth development, and a Te Ao Māori worldview.

These principles are interconnected, holistic, and exist in relation to one another. Without any one of them the others are weak.

Mana is the authority we inherit at birth and we accrue over our lifetime. It determines the right of a young person to have agency in their lives and the decisions that affect them.

Mana is an overarching principle, and the following eight principles are in two sequential sections recognising:

- Firstly, the mana young people have, and
- Secondly, how a youth development approach enhances what exists.

[https://youtu.be/PaFyyxQ\\_jno](https://youtu.be/PaFyyxQ_jno)

Check out the individual principal pages via the links on the website

[Mana Taiohi - Ara Taiohi](#)

### **Problems with Drugs and Crime in Kensington Ave, Philadelphia**

Between 2013 and 2015, the number of drug overdose deaths in the city increased by 50%, with more than twice as many deaths from overdoses as homicides. Because of the high number of drugs in the neighbourhood, Kensington has the third-highest drug crime rate by neighbourhood in Philadelphia. The opioid epidemic has played a significant role in this problem. 80% of Philadelphia's overdose deaths involved opioids, and Kensington is a significant contributor to this figure. This Philadelphia neighbourhood is said to have the largest open-air heroin market on the East Coast, with many neighbours migrating to the area for heroin and other opioids. With such a high concentration of drugs in Kensington, many state and local officials have focused on the neighbourhood in an attempt to address Philadelphia's problem. This documentary films just 2 days in June 2022. It is scary and we do not want this to happen here.

<https://youtu.be/igkGUdP6f0Q>

### **PTSD after childbirth**

Far from always being a fulfilling and normal experience, for some women or people, childbirth is traumatic and may lead to Post Traumatic Stress Disorder (PTSD). If not properly identified and treated, PTSD can profoundly and negatively affect the mother or birthing parent, their family/whānau and their psychological health.

[PTSDAfterChildbirth.pdf \(pada.nz\)](#)

### **Question time: Debra**

Debra Lampshire describes herself as an 'explorer of the mind'. She explains how traumatic experiences when she was young inspired her to advocate for more compassion for those living with mental health issues

<https://www.youtube.com/watch?v=2p6sBuHttYM>

### **Rainbow Path NZ**

Rainbow Path is an advocacy and peer support group for the rights of Rainbow refugees and asylum seekers living in Aotearoa New Zealand. It is led by Rainbow refugees and asylum seekers, with support from other Rainbow human rights defenders.

[Rainbow Path NZ – Connecting LGBTQIA+ Refugees and Asylum Seekers in Aotearoa New Zealand](#)

### **Raising Children/Supporting Parents**

An excellent site, their videos were screened on TV1 - we especially recommend this short video on "the Importance of the 1st three years" and "Surviving the 1st Six Weeks". The researchers have produced some info specific to dads

[Raising Children](#)

### **Rangatahi documentary series**

In Episode One, Shareef tells Chop about becoming addicted to meth and the impacts it has had on the relationships in his life. While he has got himself clean and no longer deals drugs, he carries regret with him. He tells us about growing up with a gang affiliate dad, and how he tried to be like him. He recalls how his addiction took control of his life, and the consequences that had on his work.

[The Barber Shop | Episode 1 | Shareef | RNZ](#)

### **Record your journey, leave a legacy – free app**

We're delighted to share the My Life's Journey app was officially launched this month. It uses



reminiscence therapy to guide users to record and reflect on moments that weave together the story of their life and encourage people to record the moments that matter most to them.

[My Life's Journey on the App Store \(apple.com\)](#)

[My Life's Journey - Apps on Google Play](#)

[My Life's Journey \(mylifesjourney.co.nz\)](#)

## **recoVRy Virtual Reality Experience**

recoVRy uses the power of virtual reality (VR) technology to create a simple, safe and effective way to understand the experience of people who have recovered from serious mental health and addiction problems.

The focus is on resilience and recovery and - where possible - real people tell their own stories, using evidence-based strategies to reduce the prejudice, self-stigma and discrimination faced by people with mental health and addiction challenges.

Whether you work in healthcare or are a caring whānau member or friend wanting to support someone you care about – welcome and thank you for taking this journey with us!

[recoVRy Virtual Reality Experience — Changing Minds](#)

## **Respect effect – free app**

Do fun challenges with friends and be part of the respect effect and be a part of the respect effect.

Respect Effect aims to help young people practice healthy relationship skills by completing daily challenges with their significant other (S.O.), friend or family. Users can share completed challenges on the Community Feed, earn points to get placed on the Leader board, and view other's challenges.

Together, we can create more respectful relationships and digital communities where our collective actions make a big difference and inspires a respect effect!

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

<https://play.google.com/store/apps/details?id=com.futureswithoutviolence.respecteffect>

[That's Not Cool | Respect Effect \(thatsnotcool.com\)](#)

## **Rights at School**

A guide for parents and supporters of young people

[Rights-at-School-Pamphlet.pdf \(youthlaw.co.nz\)](#)

## **Robotics and autism – finding companionship**

Denise James lives in a caravan at the back of her parents' property in Hamilton. Living with autism and anxiety disorder, Denise has struggled to form social connections in her life - but like everyone else, she craves companionship. Gifted with advanced self-taught technology skills, Denise has found a novel solution. She's building her own companion - a robot named Sylvie. With a 3D printer, the internet, and tools from the local hardware store, Sylvie is not only taking shape but starting to function.

<https://www.youtube.com/watch?v=aKbwVaB3N6A>

## **Rongoā services through ACC**

ACC have introduced a range of kaupapa Māori services to ensure services that are by Māori, with Māori, and for Māori are available for all injured New Zealanders, to help them rehabilitate from a covered injury. This includes giving better access to rongoā Māori (traditional Māori healing). We do this as part of our commitment to improve options, care, experience and outcomes for Māori.

<https://youtu.be/kyBTd5DmXpg>

[Using rongoā Māori services \(acc.co.nz\)](#)

## **Rubicon Youth**

A young person substance abuse program that sees the bigger picture. The Rubicon program is a collaborative approach between the young person and their whanau, schools, and other government departments to look for sustainable early intervention options with the goal of keeping them engaged in education or training to achieve their potential. Rubicon is a specialist AoD service that also addresses mild to moderate Mental Health issues under the umbrella of Co-Existing Problems (CEP). You will need to register on Te Whāriki o te Ara Oranga to access their items.

<https://www.whariki-ao.nz/>

### **Rural and regional support for rainbow rangatahi – recorded webinar**

Nate and Slay from Rainbow Hub Waikato (formerly WaQuY) talked about how they support rainbow rangatahi living in rural areas, and what differs between rainbow mahi between the centres and the regions.

<https://youtu.be/sesUDGpL8-4>

### **Safer Using – a straight up guide**

Whatever information you need, we've got you covered. First time using? Got an event in mind? Drug safety. Checking your drugs. Using often? Covid-10 and drugs.

[Safer using - The Level](#)

### **Safer Walking Profile**

The Safer Walking Profile is a risk reduction tool designed for anyone who is at risk of going missing when walking. It is based on The Herbert Protocol, the UK national scheme to help support people with dementia. The judgement should be based on your own opinion or knowledge of your family member. You complete a form and store it safely. If they go missing and they are at high risk of harm, then tell the police operated you have the Safer Walking Profile which they will collect for a search.

[SAFER WALKING PROFILE - WanderSearch New Zealand \(wandersearchnz.org.nz\)](#)

### **SANE Guide to Good Mental Health for people affected by Diabetes**

This SANE Guide is about maintaining good mental health when you have diabetes, especially when affected by depression or anxiety.

[The-SANE-Guide-to-Good-Mental-Health.pdf \(diabetesaustralia.com.au\)](#)

### **Searches at School**

Guidelines and Protections under the Education Act 1989 A guide for parents and supporters of young people

[Searches-at-School.pdf \(youthlaw.co.nz\)](#)

### **Self-kindness and the brain**

Did you know self-kindness – also known as self-compassion – has incredible benefits for your wellbeing?

Research shows being kind to yourself:

- Releases oxytocin, one of your brain's feel-good hormones
- Increases feelings of happiness and optimism
- Builds resilience and the ability to bounce back from stress
- Helps with letting go of disappointment
- Makes it easier to move on to new challenges

Self-criticism creates a very different reaction in the brain. When we're too hard on ourselves, the amygdala – our brain's 'lookout' – may perceive this as a threat and release stress hormones. Harsh self-criticism can also trigger our brain's fight or flight response.

[Self-kindness and the brain \(groovnow.com\)](#)

## **Sexual Consent with your partner**

Listen for an enthusiastic "yes". Consent is ongoing so just because someone consents to one intimate act e.g., kissing, they haven't consented to another. Watch this NZ video.

<https://youtu.be/iIFbTuCTI48>

## **She is Not Your Rehab**

Matt and Sarah Brown co-founded She is Not Your Rehab. The movement is an invitation for men to acknowledge their own trauma and to take responsibility for their healing so that they can transform their pain instead of transmitting it on those around them.

[About - She Is Not Your Rehab](#)

## **Social Model vs the Medical Model of Disability**

The **social model** of disability says that disability is caused by the way society is organised, rather than by a person's impairment or difference. It looks at ways of removing barriers that restrict life choices for disabled people. When barriers are removed, disabled people can be independent and equal in society, with choice and control over their own lives.

The medical model of disability says people are disabled by their impairments or differences.

Under the **medical model**, these impairments or differences should be 'fixed' or changed by medical and other treatments, even when the impairment or difference does not cause pain or illness.

The medical model looks at what is 'wrong' with the person and not what the person needs. It creates low expectations and leads to people losing independence, choice and control in their own lives.

[Social Model vs Medical Model of disability - disabilitynottinghamshire.org.uk](#)

## **South Auckland to the World - video**

Aigagalefili Fepulea'i-Tapua'i expresses her passion for the South Auckland, the place she calls home and champions what it means to a young rangatahi Pasifika in COVID times.

[South Auckland to the World \(thelowdown.co.nz\)](#)

## **Special Education**

The rights of young people with learning support needs A guide for parents and supporters of young people

[Special-Education.pdf \(youthlaw.co.nz\)](#)

## **Strategies to Help Men be Great Fathers**

A service provider who wants to better meet the needs of children will need to:

- acknowledge and champion father engagement
- include father-aware statements in policy documents, and promote these
- provide training for staff and motivation to be inclusive of fathers
- monitor and review what actions are being taken and what progress is made

[Strategies to Engage Dads | Greatfathers](#)

## **Support plan template using Te Whare Tapa Whā**

Designed for schools, this can be adapted to work with young people in other situations

[Support plan template using Te Whare Tapa Whā - Tūturu \(tuturu.org.nz\)](#)

## **Supporting Māori Whānau - Understanding whanaungatanga**

Whanaungatanga is about being part of a larger kinship system and support network. Māori are known as relationship people, they believe they are related to all living things, and will often express

whanaungatanga (a close relationship between people, place, time and items). Staying connected to whānaunga, and maintaining bonds are important to the wellbeing of Māori māmā, pēpē, tamariki and whānau.

[Supporting-Maori-whanau.pdf \(pada.nz\)](#)

### **Supporting people dealing with trauma**

If you or someone you care about are finding it hard to manage your reactions after a distressing event, these ideas for adults and children may help.

[Resources - Trauma - Supporting people dealing with trauma - Skylight Trust](#)

### **Supporting pepe to grow a great brain**

Use this wall frieze in Samoan and Cook Islands Māori to decorate baby's bedroom, or any space. It has easy ideas on how we can all help pēpi grow an awesome brain.

[Pacific parenting | Tākai \(takai.nz\)](#)

### **Supporting transgender people – free online course**

An online course for family, healthcare workers, professional development, and allies. Cost: free.

Time to complete: Approx 2 hours. Other: Certificate of completion.

[Supporting Transgender People: Online Course - Gender Minorities Aotearoa](#)

### **Supporting transgender and non-binary parents**

From New Zealand data, it is likely that transgender and non-binary parents make up about 1% of the postpartum population at present. It is anticipated this number will continue to increase with time. This is because the social stigma associated with being transgender or non-binary is continuing to decrease, and more people are feeling safe to identify and be open about being transgender and non-binary.

[Supporting-Transgender-and-non-binary-parents.pdf \(pada.nz\)](#)

### **Talk About It - The Care Giver Series**

Not so long ago, in a galaxy far, far away, Greg Grunberg starred as X-wing pilot Temmin “Snap” Wexley in “Star Wars: The Force Awakens (Episode VII).” Now, he’s an author (of a bunch of books), a podcaster (of a bunch of shows), and the founder of TalkAboutIt.org. And most, if not all, of his work raises awareness for people with epilepsy, like his son, Jake. In a recent interview with Healthline’s Gabe Howard, Grunberg opens up about managing his mental health while caring for Jake. Below, we share our favourite clips from their chat on topics like caregiver burnout, how to prioritize your well-being while supporting someone with a chronic condition, and some of the important lessons he learned along the way.

[The Care Giver Series - YouTube](#)

[Home Page | Talk About It](#)

### **Talking to teens – perinatal anxiety and depression**

Young parents face some different challenges from older parents. Some will enter parenthood with pre-existing vulnerabilities and poor mental health. Other challenges can include poverty, relationship breakdowns and perhaps no experience of positive parenting themselves. These can cause difficulties for young parents and their children; however, this can also be a time of opportunity and many young parents and their children are thriving

[Talking-to-Teens-Perinatal-anxiety-and-depression.pdf \(pada.nz\)](#)

### **Tapu Vā - Let's talanoa about Pasifika sexual health**

Tapu Vā is a safe space to talanoa about Pasifika sexual health. It's a digital story-telling platform to share the voices, stories and aspirations of Pasifika young people, their families and communities.

[Tapu Vā \(tapu-va.nz\)](http://tapu-va.nz)

### **Te Hurihanga ō Rangatahi | The Youth Hub**

Why do something on your own when you could do it with someone else. The Hub will bring together 12 organisations to create a wraparound service together to assist young people aged 10 to 25 to develop healthily. The facility will have accommodation of two sorts: a hostel type space with 23 ensuite rooms, with shared kitchen, lounge and laundry and 24/7 supervision and coaching from a team of youth workers; and another 16 beds in town houses with less supervision. The residents will stay from 3-18 months while they are assisted to find employment and their own accommodation. In keeping with the purpose of the whole facility is healthy development which of course means ensuring mental health as well as physical health and development, there will be indoor recreation and an activities courtyard for basketball etc.

You will need to register on Te Whāriki o te Ara Oranga to access their items.

<https://www.whariki-ao.nz/>

### **Te Kāhui Māngai (Directory of Iwi and Māori Organisations)**

Te Kāhui Māngai is a useful tool for anyone to find out basic information about iwi, hapū and marae.

[TKM | Home | Te Kāhui Māngai | Te Kahui Mangai: Directory of Iwi and Māori Organisations | Te Kahui Mangai](#)

### **Te Korimako Legal Education**

A Māori initiative to educate and support whānau who come to the attention of Oranga Tamariki and the Family Court. Te Korimako's website has information and videos for whānau to understand how the law relates to tamariki and whānau. It covers the following areas of law Oranga Tamariki Act 1989, Family Violence Act 2018, Care of Children Act 2004, Property (Relationships) Act 1976 and other matters including wills, succession of Māori Land, surrogacy, whāngai and adoption.

[Home Page - Te Korimako](#)

### **Te mana o te moana – Pacific parenting**

Each culture brings its own approach to parenting. Pacific families come in all shapes and sizes, and from different pacific nations – the many cultures that continue to nurture the village and raise awesome tamariki.

[Pacific parenting | Tākai \(takai.nz\)](#)

### **Te Oranga Hinengaro**

Mental health from a Māori perspective. Māori understand mental health is part of the holistic wellbeing of a person and the world that they live in. Mental health and mental illness are related to the physical health of the person, the health of the relationships they have with those around them, their spiritual health and even the health of the natural environment they live within. This differs from Western clinical approaches where mental health is often looked at on its own.

Both Māori approaches and clinical approaches to mental health can work together in many cases to support someone's wellbeing. It is really important, however, that we understand what makes Māori approaches unique.

[Te Oranga Hinengaro | Mental Health Foundation](#)

### **Te Whakaora i te Hauora Hinengaro**

Mental health and illness treatment from a Māori perspective. Māori approaches to mental health treatment and care reflect the holistic nature of Te Ao Māori. There are many tools that we can use



that are as old as the creation stories themselves, including our language, our prayers, our songs, our stories and our natural healing practices like mirimiri (massage) and rongoā (use of natural medicines). All of these tools are drawn from our traditional knowledge systems – mātauranga Māori. **We encourage you to use this only as a guideline, and to reach out to those in your own whānau, hapū, iwi or communities who may have knowledge or skills to support your needs. We do not underestimate the severity of anyone’s situation or needs and therefore always encourage you to seek any professional or cultural support necessary.**

[Te Whakaora i te Hauora Hinengaro | Mental Health Foundation](#)

## **Teen Voices: Who You're Talking to Online**

Teen voices on talking to people online.

[https://youtu.be/DiI8Lj0\\_TGQ](https://youtu.be/DiI8Lj0_TGQ)

## **That's'**

## **not**

## **cool**

Support and advice about healthy relationships on an interactive website.

[thatsnotcool.com](http://thatsnotcool.com)

## **Together Alone: New Zealand's silent Pasifika mental health crisis**

RNZ investigates why so many Pasifika people suffer psychological distress - and why so few seek help.

**Warning:** Contains discussion of suicide, sexual violence and family violence.

[Together Alone: New Zealand's silent Pasifika mental health crisis - YouTube](#)

## **Toolbox for Men**

Calling in other men to prevent gendered violence. Download for free

[Toolbox-Call-in-Other-Men-White-Ribbon.pdf \(whiteribbon.org.nz\)](#)

## **Tourette's Aotearoa New Zealand**

The Tourette's Association of New Zealand has hundreds of members nationwide, a team of great volunteers and a board made up of either individuals living with Tourette Syndrome or parents of children with Tourette Syndrome. There are four support groups in the four major regions and our executive director travels extensively to deliver education workshops to schools, government agencies, community groups and businesses.

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

## **Toxic Family Member?**

Some people are fortunate enough to have families who are loving, supportive, and pleasant company. For others, the dynamic with certain family members can be upsetting, anxiety-producing, deeply hurtful, or draining. Here's how to recognize the signs with advice on what to do about it.

[Are You in A Toxic Family? Signs & How to Cope \(psycom.net\)](#)

## **Transgender guide to sex and relationships**

An online course for transgender adults. Cost: Free. Time to complete: Approx 10-12 hours.

[The transgender guide to sex and relationships \(genderminorities.com\)](#)

## **Transphobia**

Transphobia consists of three main parts:

- Stereotypes
- Prejudice
- Discrimination

Any one of these parts on their own can be transphobia. Find out more and download a poster  
[What is Transphobia? - Gender Minorities Aotearoa](#)

## **True Justice podcast**

This new podcast features perspectives from academics, activists and justice sector leaders, which paint a clear picture of the systemic issues affecting justice in Aotearoa and how it could be changed for the better.

<https://open.spotify.com/show/21vDpqqqaH53knHGaWXuX5d>

<https://podcasts.apple.com/nz/podcast/true-justice/id1638806235>

[True Justice - The Podcast \(justspeak.org.nz\)](#)

## **Tūturu approach**

Tūturu is a uniquely Aotearoa approach that brings schools and health providers together so students can learn, be well and prepared for the modern world.

[Home - Tūturu \(tuturu.org.nz\)](#)

## **Understanding U = U - HIV Essentials**

A person living with HIV, who is on HIV treatment and has an undetectable viral load cannot transmit HIV to their sexual partner/s. This is called Undetectable equals Untransmittable or “U=U”. In New Zealand, a person is considered “undetectable” when the amount of active HIV in their blood can’t be detected. Being “Undetectable” does not mean a person is cured of HIV, but it does mean the amount of virus is at such a low level it can no longer be passed on.

[Factsheet+4+-+Understanding+Undetectable+Untransmittable+WEB.pdf \(positivespeakers.org.nz\)](#)

## **Using drugs alone**

The Level talks to two people about staying safer if you're using drugs alone and explores some of the reasons people choose to use drugs by themselves.

[Using drugs alone - The Level](#)

## **Vaping facts – Take the Quiz**

Let’s bust some myths on vaping. Find out how much you know.

[Take the quiz | Vaping Facts](#)

## **Village Collective**

Equipping Pasifika Youth with the knowledge and resources they need for better-informed, well-being and sexual health decisions.

[Pacific Youth Health & Wellbeing Hub | Village Collective | South Auckland](#)

## **Ways to cope with long COVID**

If you're experiencing long COVID, there are things you can do to help you get through and places you can go for support. This video is part of a series of practical and emotional support resources for people impacted by COVID-19. Health Navigator NZ encourage you to place the video on your website and share it via newsletters and social media posts.

<https://youtu.be/Sy7gQlWmtJ8>

## **WeConnectNZ**

A new online resource that showcases activities, experiences, outings, learning opportunities, breaks and ways to make new friends and improve wellbeing.

[Home page - We Connect](#)

## **Wellbeing Reimagined - video**

Expressing ourselves is one way that we are able to reimagine our Wellbeing together. A creative piece written by Grace Iwashita-Taylor, performed by Allister Ngawati-Salaivao with music from Brandon Haru.

[Wellbeing Reimagined \(thelowdown.co.nz\)](https://www.thelowdown.co.nz)

## **Whānau support story – video**

Annwyn shares her journey with Te Ara Oranga and the 5-Step Programme in Northland which has supported her on the road of recovery. The 5-Step Method helps affected family members where they have loved ones with addiction problems. It is one of the few methods that helps give support to family member for themselves in their own right.

<https://youtu.be/DZvu4oCXXRg>

## **What can we learn from Canberra decriminalising drug possession?**

The Australian Capital Territory, the seat of the country's government, has passed a law decriminalising possession of most controlled drugs, visit external website – albeit with a controversial \$100 fine likely to apply in most cases, and possession limits that might be hard to square with the realities of recreational drug use.

It joins a list of countries and states that is longer than you might think, visit external website – it includes the Czech Republic, Germany and several South American nations as well as Portugal and the US state of Oregon.

But ACT is the closest territory to New Zealand to do decriminalise drug possession, both geographically and in terms of political culture. (It's also the only territory apart from Oregon with English as a principal language.) So, what does Canberra's new law do and what might we learn from it?

[What can we learn from Canberra decriminalising drug possession? | NZ Drug Foundation - At the heart of the matter](#)

## **What's in your MDMA?**

Use this eye-catching poster to show people where they can access well-researched harm reduction information.

[Resources | NZ Drug Foundation - At the heart of the matter](#)

## **What's It Like to Be a Father?!**

Musicians Tiki Taane, Warren Maxwell and Sean Donnelly talk about what it's like for them being dads, what the hard things are, what the good parts are. 11 short conversations that are humorous and honest.

<https://www.greatfathers.org.nz/dad-video>

## **What is Mental Health?**

You may hear the words 'mental health' being thrown around a lot in conversations, in the news or on social media. The thing is you might not know what that means exactly. No worries, we're here to help.

[What is Mental Health? \(thelowdown.co.nz\)](https://www.thelowdown.co.nz)

## **What is Tourette Syndrome?**

Tourette Syndrome is a complex neurological disorder that is unpredictable, uncontrollable and incredibly misunderstood. 6 in 1000 are born with Tourette's, however around 50% of this population

never develop problematic tics and never seek a diagnosis. Mine , the swearing tic, only affects 10% of those diagnosed with Tourette Syndrome.

[What is Tourette Syndrome?](#)

### **What is trauma for children?**

Trauma is an emotional or physical reaction to an event that is witnessed or experienced by a child or adolescent and is disturbing to them

[What is trauma - a guide for parents.pdf](#)

### **White ribbon free downloads**

The following items are provided to assist White Ribbon supporters in promoting White Ribbon activities and events in your community. Please feel free to use these resources. Once you have chosen your image click on the 'Full Size option (bottom right corner) then 'save as' or download the PDFs.

[Downloads | White Ribbon New Zealand](#)

### **Working as Allies: Supporters of indigenous justice reflect**

In Working as Allies, non-indigenous supporters of indigenous justice in Australia and Aotearoa New Zealand discuss their practice. Through in-depth interviews they candidly share the challenges of this work and their responses to these. They reflect on what led them to become involved in indigenous justice issues, what informs their approach and how they know if their work is useful. The principles discussed, and the inclusion of resources based on research in North America, make this book relevant across a range of social justice areas. Working as allies offers inspiration, insight, guidance and practical ideas to anyone with a passion for social justice.

[Working as Allies: Supporters of indigenous justice reflect | Groundwork](#)

### **Worried About Online Sexual Experiences?**

Every week new online social platforms, apps and sites are being rolled out.... They are a great place to meet new people – but they can also attract shady ones, There's no handbook for figuring out what's safe and what's not, so here's some info, vids, tricks and tips on how to keep safe – but still have a good time....

[Online sexual experiences - In The Know](#)

### **Your Identity**

Identity is at the core of who you are as an individual and as a member of groups in society. Your identity is unique and fluid – who you are now may be different to who you are tomorrow, next year and in your future. It can also be incredibly confusing. It can take a long time to figure out who you feel you are, and you may find yourself finding and then feeling like you have lost your identity many times through your life.

[Your Identity \(thelowdown.co.nz\)](#)

### **Your Story Matters**

A compilation of interviews with queer and gender diverse young people living in rural and small town communities throughout New Zealand.

[Your Story Matters - I'm Local \(imlocal.co.nz\)](#)

### **Youth Law Aotearoa**

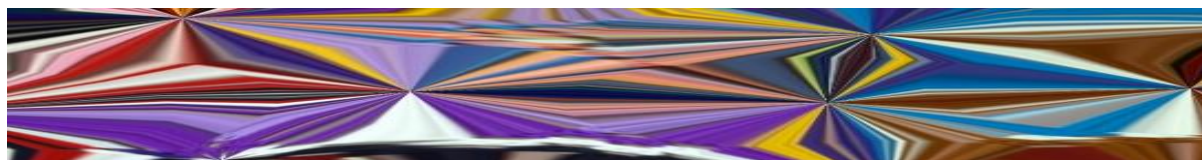
Free national legal service for those aged under 25 years.

[youthlaw.co.nz](#)

## youthHub

A free online platform where youth, employers, service providers, and tertiary providers meet in a virtual space, to inform, connect, and support our rangatahi move in/towards their chosen pathway/career

[youthhub.co.nz](http://youthhub.co.nz)



## News

### **1 in 4 Kiwis 'seriously considered' suicide or self-harm in past year**

The study showed three quarters of young people in New Zealand aged 18-34 have felt stressed to the point that it has impacted on their daily life and made them feel unable to cope, with 40% saying that they have seriously considered suicide or self-harm in the last year. The Mental Health Foundation (MHF) says the survey results are "a massive wake-up call" for all politicians.

[1 in 4 Kiwis considered suicide or self harm in past year - survey \(1news.co.nz\)](https://www.1news.co.nz/1-in-4-Kiwis-considered-suicide-or-self-harm-in-past-year-survey)

### **2022 Puna Pūtea | Social Action Grants update**

Applications have now closed and the shortlisting process is expected to be complete by mid-December and from there, they will reach out to shortlisted applicants to kōrero further about delivery and detail.

Which projects receive a grant will be decided by our independent judging panel and communicated by February 2023.

### **\$71.6 million funding package to support Māori providers, invest in te ao Māori solutions**

The Board of Te Aka Whai Ora Māori Health Authority has announced \$71.6 million in new commissioning investments to expand te ao Māori solutions and support the organisations and kaimahi that deliver them. For more detail use the link below

[Te Aka Whai Ora announces \\$71.6 million funding package to support Māori providers, invest in te ao Māori solutions | Māori Health Authority](https://www.teaka.org.nz/te-aka-whai-ora-announces-71.6-million-funding-package-to-support-maori-providers-invest-in-te-ao-maori-solutions)

### **Binge Eating Disorder causes researched**

Dr Hannah Kennedy, post-doctoral fellow at the University of Otago in Christchurch, joins Jesse Mulligan to talk about her study into Binge Eating Disorder.

[Binge eating disorder causes researched | RNZ](https://www.rnz.co.nz/news/health/452548)

### **Blueprint for Learning wins Award at TheMHS**

The Education, Training or Workforce Development category award was presented at the TheMHS conference in Sydney on Wednesday 12 October 2022.

The awards acknowledge and promote best-practice in the delivery of mental health services; innovation, consumer-focus and lived-experience leadership; excellence in mental health research; as well as media and journalism that helps to decrease the stigma which can still be associated with mental health challenges.

[Find out more about the TheMHS Awards here.](https://www.themhs.com.au/awards)

## **Boost for Rainbow wellbeing initiatives**

Another 15 organisations providing Rainbow wellbeing support will receive funding to advance their work with Rainbow young people and communities.

[Govt delivers boost for Rainbow wellbeing initiatives | Beehive.govt.nz](#)

## **Busting the myths about mātauranga Māori**

The recent news that Oxford University emeritus professor Richard Dawkins will visit Aotearoa New Zealand next February for a multi-city speaking tour has reignited smouldering flames of acrimony. At issue was Dawkins' description of mātauranga Māori – Māori knowledge systems – as “myth”, not science.

I was asked by various media to respond to this dismissal and was happy to do so, citing thousands of years of innovative, applicable, and evidence-based knowledge that inform indigenous approaches to science. Since my comments were published, I have received numerous criticisms, not just about me personally, but about “Māoris” [sic], our history, our culture and our knowledge systems – Professor Ella Henry

[Busting the myths about mātauranga Māori | The Spinoff](#)

## **Documentary series featuring Far North rangatahi helping men's mental health**

A legendary hangout where Far North rangatahi can share their stories has become the focus of two documentary series helping young Māori men with their mental health.

[Two new documentary series featuring Far North rangatahi helping men's mental health - NZ Herald](#)  
[The Barber Shop | Episode 1 | Shareef | RNZ](#)

## **Empowering young people with peer support**

Emerge Aotearoa's Piki Peer Support programme wants to change the way we talk about mental health in young people, by using more unconventional methods of social care.

[Local Focus: Empowering young people with peer support - NZ Herald](#)

## **Fentanyl Vaccine on the way**

Researchers say a new vaccine shows promise in blocking fentanyl from entering a person's brain. They say the vaccine could help reduce overdoses and aid in addiction recovery. Experts, however, point out that the new vaccine has only been tested on rats, so more research is needed on its effectiveness on humans. They also note that people who've had the vaccine could switch to other opioids.

[Fentanyl Vaccine: Treatment Stops Opioid from Entering the Brain \(healthline.com\)](#)

## **Government takes action to reduce gambling harm from pokies**

The Government announced changes to strengthen the requirements in venues which have pokie (gambling) machines to reduce the harm they cause people.

[Government takes action to reduce gambling harm from pokies | Beehive.govt.nz](#)

## **How cultural assumptions keep us from combatting harmful drug use**

A lack of meaningful research has created a void of understanding about how a large portion of our population uses and doesn't use drugs. This piece was originally published on The Spinoff by Naomii Seah.

[How cultural assumptions keep us from combatting harmful drug use - The Level](#)



## **Introducing Granted.govt.nz**

Did you know over \$250 million was returned to communities in Aotearoa New Zealand through pokie grants distribution in 2021? Granted.govt.nz is a new website that makes it easier for you to see whether your community benefits from pokie grants. The purpose of the digital tool is to provide community-based organisations with easy access to information about the distribution of these grants, allowing users to filter and sort the data down to a local level.

[Granted.govt.nz](https://granted.govt.nz)

## **Interaction between warfarin and cannabidiol**

This case report observes a clinically significant interaction between pharmaceutical grade cannabidiol and warfarin, one of the most widely used oral anticoagulants.

[An interaction between warfarin and cannabidiol, a case report \(nih.gov\)](#)

## **Low incomes affect the health and wellbeing of trans and non-binary people**

The Household Economic Survey data released shows people in the LGBT+ population were more than twice as likely to experience daily feelings of anxiety and 2.9 times more likely to experience depression daily.

[LGBT+ population of Aotearoa: Year ended June 2021 | Stats NZ](#)

## **Mental Health Awareness Week moving to Sept in 2023**

We're pleased to let you know that next year's MHAW will take place on 18-24 September 2023. Mark it in your calendar, and stay tuned for announcements on the theme, ways to get involved and more in the new year.

[Mental Health Awareness Week | Mental Health Awareness Week. 26 SEPTEMBER - 2 OCTOBER 2022 \(mhaw.nz\)](#)

## **Mental wellbeing off the charts! BBM From the Couch interim report**

The early results from Total Healthcare's collaborative project are positive, with Massey University's final evaluation report expected in late 2023 or early 2024.

[Mental wellness benefits surprise Massey researchers - Total Healthcare](#)

## **New campaign launched to educate rangatahi on vaping risks**

Protect Your Breath, developed alongside the Hā Collective, is working to reduce the number of young Māori and Pacific people using vapes.

It comes as the percentage of young people vaping daily tripled between 2019 and 2021. Action for Smokefree 2025 found daily vaping increased from 3.1% in 2019 to 9.6% in 2021.

[New campaign launched to educate rangatahi on vaping risks \(1news.co.nz\)](#)

## **One in 10 Kiwi kids face double threat of high climate risk and poverty**

Almost 10% of Aotearoa New Zealand's child population are living with the dual impacts of poverty and high climate risk, according to a new report by Save the Children.

[Generation-Hope-Report-global-embargoed-version.pdf \(savethechildren.org.nz\)](#)

## **Oranga Tamariki: legislative update**

Oranga Tamariki is looking at changes to the Oranga Tamariki Act 1989 and the Residential Care Regulations 1996. These changes will be contained in an amendment Bill called the Oranga Tamariki (Residential Care and Other Matters) Amendment Bill. Oranga Tamariki has published a series of issues

papers outlining potential changes. The Oranga Tamariki Amendment Bill would amend the Oranga Tamariki Act 1989 by partially repealing the subsequent-child provisions, repealing a redundant information-sharing provision, and amending technical errors and ambiguities.

[Oranga Tamariki: legislative updates, new reports and new resources | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

### **Pilot Asian perinatal support programme sees more new parents helped in Waitemata**

The Healthy Mother Healthy Future Asian perinatal wellbeing project, funded by the Ministry of Health to increase maternal health outcomes, has seen an increase of Asian mental health referrals in Waitematā.

[Pilot Asian perinatal support programme sees more new parents helped in Waitematā | Stuff.co.nz](#)

### **Registrations now open for Restorative responses: Healing, learning and improving after harm on 28 March 2023 in Wellington**

Have you observed or been affected by health care harm? Consider attending this interactive hui to learn more about restorative responses to health care harm on 28 March 2023 in Wellington.

Hui participants will learn how restorative practice and hohou te rongopai (peace-making from a te ao Māori world view) are emerging in Aotearoa New Zealand. Mātauranga Māori is an important root of restorative philosophy here, and te ao Māori experts will facilitate a kōrero about how hohou te rongopai might be provided alongside culturally safe restorative practice.

Register for this event on the Commission's website.

[Restorative responses: Healing, learning and improving after harm | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

### **Shape future consumer forum events for 2023 | Rēhita mai i āianehei he i āhua i ngā wānanga kiritaki mō 2023**

We asked what a successful consumer health forum Aotearoa would look like to you, and we've heard you, so we're hosting a shorter, online forum after working hours. We hope you can join us!

The hui will be held online **via Zoom at 6 pm, Wednesday 7 December** and will be open to all health consumers. Partner with us to shape future events and:

- hear about the upcoming strategic planning workshop for consumer leaders in February 2023 and how to apply
- discuss future workshop ideas and opportunities
- connect and network with other forum members.

Register via the link below

[Shape future forum events for 2023 | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

### **She Is Not Your Rehab**

The founders of the anti-domestic violence organisation She Is Not Your Rehab, Matt and Sarah Brown, have unveiled their latest campaign to raise awareness of a new kaupapa called Who is She?

The short documentary #WhoIsShe, created by Brandon Te Moana-Nui, highlights the harsh reality that people live with after receiving, living with or committing domestic abuse.

[She Is Not Your Rehab: Moko Rangitohēriri's father speaks out in new doco #WhoIsShe - NZ Herald](#)

### **What does pornography mean for Māori?**

Colonisation has had an enormous impact on attitudes toward sexuality in te ao Māori. Now, mainstream pornography is potentially doing the same. The way sex and sexuality existed traditionally

in te ao Māori was vastly different from the forms we often see reflected in contemporary New Zealand society.

[What does pornography mean for Māori? | The Spinoff](#)

### **White Fern Melie Kerr: 'I felt like my body had been taken over'**

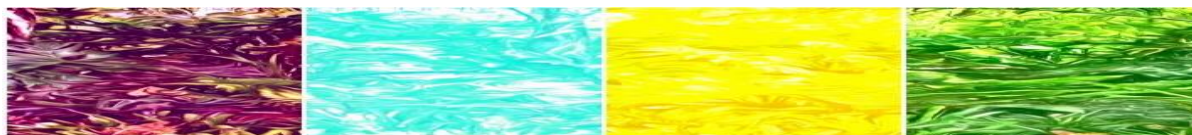
She made her international debut aged 16. At 21, she stepped away from cricket for her mental health. Now, she's back and sharing her story to help others.

[White Fern Melie Kerr: 'I felt like my body had been taken over and I wasn't myself' | Stuff.co.nz](#)

### **Young people's wellbeing much worse than older generations**

The Treasury has released its first big picture report on wellbeing in New Zealand, which it is now required to do every four years under the Public Finance (Wellbeing) Amendment Act. One striking discrepancy is in the wellbeing between older and younger New Zealanders. Young people are more stressed, less wealthy, and less likely to own a home.

[Young people's wellbeing much worse than older generations - report \(1news.co.nz\)](#)



## **Reports, documents and research**

### **Alcohol and drug outcome measure (ADOM): Problematic substance use in older people, April 2019 to March 2022**

This report focuses on older people seeking support from community alcohol and other drug services. The authors examine ADOM treatment to understand which substances older people use and the impact on their wellbeing when they first access services.

[ADOM report - Problematic substance use in older people | Te Pou](#)

### **Asian New Zealanders' experiences of racism during the COVID-19 pandemic and its association with life satisfaction**

Authors of the study say that experiences of racism correlate with depression, anxiety, and low life satisfaction, and so their results show where anti-racism interventions are most needed.

[Asian New Zealanders' experiences of racism during the COVID-19 pandemic and its association with life satisfaction | OPEN ACCESS \(nzma.org.nz\)](#)

### **Benefits of an innovative early-intervention mental health model: Cost benefits analysis report.**

This research highlights that a group therapy approach has the potential to improve access to treatment for many people with mild-to-moderate mental health conditions," says Carol Ryan, CEO of Hearts & Minds.

[HM\\_CBA-Report-Aug22\\_FULL\\_v9.pdf \(heartsandminds.org.nz\)](#)

### **Care to Custody: Incarceration Rates Research Report (2022)**

Published by the Abuse in Care - Royal Commission of Inquiry looked at interagency records of more than 30,000 children and young people over five decades. The data shows that between 1950-1999, one out of every three children and young people placed in residential care by the State went on to serve a prison sentence later in life. For Māori children and young people who had been in State

residential care over that time, up to 42% went on to receive a prison sentence later in life. The report was tabled during the Inquiry's State Institutional Response public hearing  
[Document Library | Abuse in Care - Royal Commission of Inquiry](#)

### **Changing the story on arts, culture and creativity in Aotearoa**

The guide offers advice on how to build public narratives that celebrate and support the role that arts, culture and creativity play in our lives, and how to communicate what changes our sector and communities need to flourish.

[A guide for arts advocates | Creative New Zealand \(creativenz.govt.nz\)](#)

### **"Community is where the knowledge is" - The Adhikaar Report**

The researchers undertook a community consultation process to find out firstly, the community's experiences of being LGBT+ within the ethnic community and secondly, experiences of being ethnic within the LGBT+ community.

[TheAdhikaarReportFINAL.pdf \(rocketspark.co.nz\)](#)

### **Community-up system change for health and wellbeing**

The Healthy Families NZ Summative Evaluation Report 2022 describes the findings of the national evaluation of Healthy Families NZ following the last four years of implementation.

[44d27c\\_4025e491454946eda4ef610e11c1b680.pdf \(healthyfamiliesnz.org\)](#)

### **Complaints made to HDC involving DHBs July – Dec 2021**

HDC's six-monthly DHB complaint report detailing the trends in complaints received by HDC about DHBs between 1 July and 31 December 2021.

[complaints-to-hdc-involving-dhbs-july-to-dec-2021-final.pdf](#)

### **Connecting the health of country with the health of people: Application of "caring for country" in improving the social and emotional well-being of Indigenous people in Australia and New Zealand**

Emerging evidence from the western literature suggests an increasing focus on applying nature-based interventions for mental health improvements. However, in Indigenous communities, caring for country has always been central to the Indigenous way of life. Knowing that nature-based interventions effectively improve mental health outcomes, this review collated evidence on the application of caring for country in improving social and emotional well-being (SEWB) of Indigenous peoples in Australia and New Zealand.

[Connecting the health of country with the health of people: Application of "caring for country" in improving the social and emotional well-being of Indigenous people in Australia and New Zealand \(thelancet.com\)](#)

### **Creating a culture of care to support rainbow activists' well-being: an exemplar from Aotearoa/New Zealand**

InsideOUT Kōaro and researchers from the University of Otago documented the development of a culture of care to support the wellbeing of Rainbow activists involved with InsideOUT Kōaro

[Creating a culture of care to support rainbow activists' well-being: an exemplar from Aotearoa/New Zealand: Journal of LGBT Youth: Vol 0, No 0 \(tandfonline.com\)](#)

## **Development of guidelines for school staff on supporting students who self-harm: A Delphi study**

The guidelines provide guidance to all school staff that is culturally responsive and safe, consensus-based, and evidence-based. It is informed by the voices and experiences of young people and those who support them, and a five-step process, oversighted by a Māori clinical and cultural governance group.

[Development of guidelines for school staff on supporting students who self-harm: a Delphi study | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)

## **Empowering community control over alcohol availability as a suicide and self-harm prevention measure: Policy opportunity in Aotearoa New Zealand**

One of the most pressing issues in public health in Aotearoa New Zealand (NZ) is our rate of suicide and self-harm, particularly among young people. The link between alcohol and suicidal behaviour is well established. Among 4658 suicides in those aged 15 years or over between July 2007 and December 2020, 26.6% involved heavy alcohol consumption.

[Empowering community control over alcohol availability as a suicide and self-harm prevention measure: Policy opportunity in Aotearoa New Zealand \(thelancet.com\)](#)

## **Ending Stigma and discrimination in mental health**

This Lancet Commission report is the result of a collaboration of more than 50 people worldwide. It brings together evidence and experience of the impact of stigma and discrimination and successful interventions for stigma reduction

[The Lancet Commission on ending stigma and discrimination in mental health - The Lancet](#)

## **Equitable access to wellbeing framework**

The Equitable Access to Wellbeing framework is a knowledge and skills framework for mental health/addiction and disability workforces working in primary, secondary, and tertiary contexts.

[Equitable Access to Wellbeing | Dual disability | Te Pou](#)

## **Evaluating service user-led teaching of mental health recovery concepts in clinical psychology training**

The authors conclude statistically, and practically important attitude change is possible in clinical psychology training, and it is critical that this sector of the mental health workforce enacts recovery-oriented training and practice as is mandated in policy around the world.

[Evaluating service user-led teaching of mental health recovery concepts in clinical psychology training. - PsycNET \(apa.org\)](#)

## **Factors contributing to the efficacy of universal mental health and wellbeing programs in secondary schools: A systematic review**

This review has shown that universal programs can be effective in producing better mental health and wellbeing outcomes in secondary school settings when participant engagement is maximised.

[s40894-022-00193-6.pdf \(springer.com\)](#)

## **Fatal Overdoses in Aotearoa 2017 -2021**

This report examines fatal overdoses between 2017 and 2021 based on NZ Drug Foundation analysis of coronial data. We know drug harm and fatalities far exceed the number presented in this report, including suicides, communicable and chronic health conditions.

- Overdose deaths in New Zealand have risen over the last five years
- Across the five-year period from 2017 – 2021, cases rose by 54%, whereas the population increased by only 6%.
- Māori are disproportionately affected by drug harm and fatal drug overdose in New Zealand. While making up approximately only 15% of the population, Māori made up 27% of the total closed overdose cases between 2017-2021 and 25% of all cases (closed and open).

[Report: Fatal overdoses in Aotearoa 2017-2021 | NZ Drug Foundation - At the heart of the matter](#)

### **Flexible resources and experiences of racism among a multi-ethnic adolescent population in Aotearoa, New Zealand: An intersectional analysis of health and socioeconomic inequities using survey data**

Young people who are not perceived as European/Pākehā or 'white' are more likely to experience discrimination by teachers, police and healthcare providers in Aotearoa New Zealand.

[Flexible resources and experiences of racism among a multi-ethnic adolescent population in Aotearoa, New Zealand: an intersectional analysis of health and socioeconomic inequities using survey data - The Lancet](#)

### **Getting DBT online down under: The experience of Australian and New Zealand Dialectical Behaviour Therapy programmes during the Covid-19 pandemic**

Themes emerging from perceived barriers affecting both providers and service users included disruptions to therapeutic alliance, lack of willingness, lack of technical knowledge, lack of private spaces to do DBT via telehealth, and lack of resources.

[Getting DBT online down under: The experience of Australian and New Zealand Dialectical Behaviour Therapy programmes during the Covid-19 pandemic | PLOS ONE](#)

### **Gender and intersecting vulnerabilities on the mental health unit: Rethinking the dilemma**

The authors found that a gender-exclusive narrative of vulnerability understates the role of other identifiers in dynamics of risk and vulnerability, including age, physicality, past violence, trauma history, mental unwellness, and substance use.

[Gender and intersecting vulnerabilities on the mental health unit: Rethinking the dilemma \(nih.gov\)](#)

### **Govt has launched a new chapter for 18,000 social services**

The Government has launched the Social Sector Commissioning Action Plan 2022-2028, marking a significant shift in the way social services deliver support for people, whānau and communities in Aotearoa New Zealand.

<https://www.beehive.govt.nz/sites/default/files/2022-10/ssc-action-plan-2022.pdf>

### **Guidelines for the safe transport of special patients in the care of Regional Forensic Mental Health Services**

These guidelines have been developed to provide general guidance to Regional Forensic Mental Health Services (RFMHSs) and other government agencies who need to safely transport special patients between secure forensic mental health facilities and other services, including courts, prisons and medical appointments in general hospitals. They may also provide general guidance to the Forensic Coordination Service – Intellectual Disability (FCS-ID) in some circumstances.

[Guidelines for the Safe Transport of Special Patients in the Care of Regional Forensic Mental Health Services](#)



## **Healthier Lives National Science Challenge: Policy Inventory**

The researchers conclude there remains a lack of cohesive action plans for a number of diseases, all of which have a burden on the lives of New Zealanders. Alongside this there is an absence of health strategies for several intersecting population groups (including women, the Rainbow community, and those living outside urban centres).

[Health researchers call for transparency and action - Healthier Lives](#)

## **How big data can be a force for good**

In this Insight, the authors investigate how the Integrated Data Infrastructure (IDI) statistical tool helps us make better decisions.

[NZIER Insight 103 Big data.pdf](#)

## **How we fail children who offend and what to do about it: 'A breakdown across the whole system' – Research and recommendations**

Written by Professor Ian Lambie, Dr Jerome Reil, Judge Andrew Becroft and Dr Ruth Allen. This report summarises findings from research that looked at risk and protective factors for children (under age 14 years) who offend in order to improve early identification and intervention.

[Report: How we fail children who offend and what to do about it: 'A breakdown across the whole system' | Borrin Foundation](#)

## **How to talk about the building blocks of health: A communications toolkit for people working in public health**

This toolkit sets out how we can frame communications to tell a more powerful story about health that can inspire action and change.

[How to talk about the building blocks of health - The Health Foundation](#)

## **"I feel it's unsafe to walk": Impacts of alcohol supply on public space in eight neighbourhoods, and residents' input to alcohol licensing decisions**

The report is about the effects of alcohol in public spaces where we live. It focuses on bottle stores in residential areas around Aotearoa, and the ways people have tried to appeal against them.

The report discusses:

- How alcohol impacts inclusivity or how safe and comfortable people feel in their neighbourhood
- How 'inclusivity' has to do with people feeling safe and comfortable
- How people feel about the way alcohol is supplied in their neighbourhoods
- What influences alcohol licensing decisions
- How institutional racism is deeply rooted within the decision-making system
- The challenges of objecting to an alcohol license for people without access to knowledge
- How the many systemic barriers mean that we need to change the way applications for licenses are granted

[Inclusivity-report.PDF \(alcohol.org.nz\)](#)

## **Impact evaluation for the Pause Breathe Smile Programme**

This report shows how teachers have noticed and experienced changes one year on from the launch

of Pause Breathe Smile in their schools. For further information, listen to an interview with Pause Breathe Smile founder Grant Rix on RNZ [here](#).  
[Mindquip Infographic.ai \(azureedge.net\)](#)

### **Impact of high-intensity interval training including Indigenous narratives on adolescents' mental health: A cluster-randomised controlled trial**

Future research should continue to explore opportunities to improve mental wellbeing via physical activity, but HIIT should not be implemented as a universal intervention for mental health gains alone. Teachers need more support to utilise Indigenous narratives as part of HIIT delivery.

[Impact of high-intensity interval training including Indigenous narratives on adolescents' mental health: a cluster-randomised controlled trial - Harris - Australian and New Zealand Journal of Public Health - Wiley Online Library](#)

### **Indigenising our Future: A Call to Action**

Raranga Tāngata, Oranga Tāngata began with a broad focus on the question 'What does a primary health care system that works for Māori look like?' before moving to the question 'If you held the pen, what would oranga for Māori look like?' – the resultant whakaaro shared is direct, and powerful. To truly transform primary health care outcomes for Māori, our participants urge grasping the opportunities for radical disruption which are being presented by health system reform in Aotearoa right now.

[Policy-Brief-Indigenising-Our-Futures.pdf \(insightsaotearoa.ac.nz\)](#)

### **Investigating the link between heart disease and mental health**

Clinical evidence has shown that heart conditions occur more often in those with certain mental disorders, such as depression and anxiety. However, the reason for this is not fully understood.

[Investigating link between heart disease and mental health - Heart Foundation](#)

### **Ka Mākona2022: Income adequacy in Aotearoa New Zealand: Three Household Scenarios**

What does it look like to have enough? Enough to thrive, not just survive? This is the question that lies behind the Ka Mākona – Income Adequacy in Aotearoa Report. In this report we explore what it might mean that everyone has enough to thrive. Food is only one part – thriving requires sufficient income, to be able to participate fully in one's community, affordable housing, affordable living costs such as power and transport, as well as dignified access to enough good food. All these are needed to enable whānau to thrive.

[Kore+Hiakai+-+Ka+Mākona+2022+-+Web.pdf \(squarespace.com\)](#)

### **Kia mataara ki ngā tohu – Know the signs, a guide for identifying signs of violent extremism**

The New Zealand Security Intelligence Service has today released a public guide detailing observable behaviours and activities intelligence professionals find most concerning in individuals on a pathway to violent extremism. The NZSIS has reviewed all terrorism-related incidents and investigations over the past 16 years to analyse the common behaviours and activities observed.

Almost 50 indicators have been identified and grouped into categories such as mindset and ideology; associations and relationships; and research and planning.

[NZSIS - NZSIS releases first ever guide to help identify signs of violent extremism](#)

### **Launch of WHO's first blueprint for dementia research**

Dementia is one of the greatest health challenges of our generation. Although dementia is the 7th leading cause of death globally, dementia research accounts for less than 1.5% of total health research output. Addressing dementia comprehensively requires research and innovation to be an integral part of the response. Strategies are needed to better understand, prevent, and treat the underlying diseases that cause dementia and, at the same time, provide care and support for people with dementia and their carers. Moreover, dementia research needs to be conducted within an enabling environment, where collaborations are fostered, and equitable and sustained investment is realized. With these objectives, WHO developed a blueprint for dementia research, the first WHO initiative of its kind for noncommunicable diseases. The blueprint is designed to provide guidance to policy makers, funders, and the research community on dementia research, making it more efficient, equitable, and impactful.

[A blueprint for dementia research \(who.int\)](#)

### **Learning from complaints about research**

The Health Research Council Ethics Committee (HRC EC) provides independent comment on ethical problems that may arise in any aspect of health research. It also considers and makes recommendations to the HRC Council on ethical issues in relation to health research. In this article, HRC EC members Dr Monique Jonas and Helen Davidson look at some of the common themes in the complaints and concerns that the HRC EC receives and what researchers can learn about the potential effects of their research on individuals, whānau and groups.

[Learning from complaints about research.01.pdf \(mcusercontent.com\)](#)

### **Least restrictive practice evidence update November 2022**

In Te Pou's latest evidence update, Māori authors speak to current actions needed to eliminate the use of seclusion and lead the way towards achieving equitable outcomes.

[Least restrictive practice evidence update November 2022 | Te Pou](#)

### **Lessons Learnt & Highlights – Community Telehealth Initiatives – recorded webinar**

There are some fantastic initiatives and projects for telehealth in the community and this webinar featured a great line-up of panellists who are doing some incredible telehealth work in their region. Watch this webinar as the panellists talk about their own experiences in telehealth, share their learnings, including what's working and what's not.

[https://vimeo.com/726556001?utm\\_source=Health+Navigator+Newsletters&utm\\_campaign=afd6b80a77-EMAIL\\_CAMPAIGN\\_2018\\_05\\_29\\_06\\_59\\_COPY\\_01&utm\\_medium=email](https://vimeo.com/726556001?utm_source=Health+Navigator+Newsletters&utm_campaign=afd6b80a77-EMAIL_CAMPAIGN_2018_05_29_06_59_COPY_01&utm_medium=email)

### **Longitudinal changes in wellbeing amongst breastfeeding women in Australia and New Zealand during the COVID-19 pandemic**

In Australia and New Zealand, breastfeeding women experienced challenges to their mental wellbeing, sleep, and breastfeeding, which was likely exacerbated over time by the pandemic. Lockdowns, while initially beneficial for some families, became detrimental to maternal support and wellbeing.

[Longitudinal changes in wellbeing amongst breastfeeding women in Australia and New Zealand during the COVID-19 pandemic - PMC \(nih.gov\)](#)

### **Male farmers' perspectives on psychological wellbeing self-management strategies**

Barriers to seeking professional mental health assistance may be overcome by implementing solutions

directly suggested by male farmers. Given the elevated risk of suicide in this group, investment in trialling promotion of these strategies is warranted.

[IJERPH | Free Full-Text | Male Farmers's Perspectives on Psychological Wellbeing Self-Management Strategies That Work for Them and How Barriers to Seeking Professional Mental Health Assistance Could Be Overcome \(mdpi.com\)](#)

### **MATES in construction Industry wellbeing survey results**

This year, in recognition of World Mental Health Day, MATES released findings of their Industry Wellbeing Survey.

<https://mates.net.nz/wp-content/uploads/2022/09/MATES-Wellbeing-data-analysis-Final-Oct.pdf>

### **Mental health help-seeking in men and the role of the media**

Dr Gallagher explores help-seeking among men and how media can play a role, finding that young men did not know a lot about services and most of what they knew was based on popular media.

[Mental health help-seeking in men and the role of the media \(massey.ac.nz\)](#)

### **Multidimensional impacts of inequities for Tāngata Whaikaha Māori (Indigenous Māori with lived experience of disability) in Aotearoa, New Zealand**

Recommendations from the data support the inclusion of tāngata whaikaha Māori in decision-making structures, including all policies and practices, along with equal partnership rights when it comes to designing health and disability systems and services.

[The Multidimensional Impacts of Inequities for Tāngata Whaikaha Māori \(Indigenous Māori with Lived Experience of Disability\) in Aotearoa, New Zealand \(nih.gov\)](#)

### **New evidence update for least restrictive practice**

Seclusion for tāngata whai ora is harmful and traumatising. Everyone working in mental health has an important role in eliminating the use of seclusion and addressing the inequities experienced by Māori. In this update, Māori authors speak to current actions needed to eliminate the use of seclusion and lead the way towards achieving equitable outcomes. The resource highlights the importance of te ao Māori perspectives in achieving better outcomes for tāngata whai ora Māori and whānau.

[Read the least restrictive practice evidence update here.](#)

### **New Zealanders' views on mental health: An Ipsos Global Advisor Survey**

One in two New Zealanders reported having felt severely stressed and/or depressed in the past year. New Zealanders are thinking about their mental wellbeing more often than a year ago, however still less than they think about their physical wellbeing. New Zealand males are less likely to think about their mental health than females, who are above the global average.

[One in two New Zealanders reported having felt severely stressed and/or depressed in the past year | Ipsos](#)

### **Ngā Kōrero Hauora o Ngā Taiohi**

A community-powered report on conversations with 1,000 young people.

This research is intended to have multiple audiences: young people, the youth development sector, policy makers and philanthropic funders.

There were nine broad themes that rose to the top from the young people and professionals.

[Ngā Kōrero Hauora o Ngā Taiohi \(Youth Wellbeing\) - Google Drive](#)

## **NZSIS releases first ever guide to help identify signs of violent extremism**

The New Zealand Security Intelligence Service has released a public guide detailing observable behaviours and activities intelligence professionals find most concerning in individuals on a pathway to violent extremism.

NZSIS Director-General of Security Rebecca Kitteridge said it is hoped the guide, titled Kia mataara ki ngā tohu – Know the signs, a guide for identifying signs of violent extremism, will raise awareness of some of the key warning signs.

The NZSIS has reviewed all terrorism-related incidents and investigations over the past 16 years to analyse the common behaviours and activities observed.

Almost 50 indicators have been identified and grouped into categories such as mindset and ideology; associations and relationships; and research and planning.

[NZSIS - NZSIS releases first ever guide to help identify signs of violent extremism](#)

## **Pharmaceutical Data web tool**

The Pharmaceutical Data web tool displays summary data on pharmaceuticals that were dispensed in the community and funded by the New Zealand Government. The data presented is sources from Te Whatu Ora's Pharmaceutical Collection and includes data from 2017 to 2021.

Data can be searched and filtered by year of dispensing, medicine (at chemical formulation, chemical, therapeutic group level 2 and therapeutic group level 3) and district health board where the individual was domiciled at the time of dispensing, or which funds the pharmacy. The data can be downloaded in CSV format.

[Pharmaceutical Data web tool | Ministry of Health NZ](#)

## **Postpartum OCD: The one they'd never heard about**

After childbirth there is the aged social expectation that new mums should feel elated, be living in a dream world of grateful happiness, and be glowing with an abundance of love for their bundle of perfection. However, after having my second child, I appeared to have been presented with a nightmare that did not reflect the old-fashioned ideology of a postpartum mind.

[The one they'd never heard about: Postpartum OCD. — TMP \(themothorhoodproject.co.nz\)](#)

## **Power of the ordinary: Evaluating BBC Children in Need's A Million & Me programme**

An evaluation report of a UK initiative started in 2019, A Million & Me set out to construct and scale up a system or 'scaffolding' around children, developing people and resources that would promote their mental wellbeing

[CentreforMH ThePowerOfTheOrdinary.pdf \(centreformentalhealth.org.uk\)](#)

## **Problematic social media use and its relationship with Depression or Anxiety: A systematic review**

Evidence from this review provides a solid base for recommending cautious use of social media, as intense use and unhealthy habits may be problematic in less resilient individuals.

[Problematic Social Media Use and Its Relationship with Depression or Anxiety: A Systematic Review \(liebertpub.com\)](#)

## **Putting integrity at the core of how public organisations operate**

Anyone managing public resources should do so with the utmost integrity. People demonstrate integrity when they consistently follow agreed moral and ethical principles.

The Office of the Auditor General has published a resource - Putting integrity at the core of how public organisations operate: An integrity framework for the public sector - to help support leaders throughout the wider public sector take a whole-of-organisation approach to building a culture of integrity in their organisations.

To guide people through the integrity framework, there's a simple interactive tool that explains the integrity workplace. And for ease of reference, there's an A3 version of the framework that you can download and print.

[Integrity and how to support it — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](https://oag.parliament.nz)

### **'Really there because they care': The importance of service users' interpretations of staff motivations at a crisis intervention service in New Zealand**

The authors conclude that the provision of comprehensive crisis intervention by charitable organisations should be further explored and supported.

['Really there because they care': The importance of service users' interpretations of staff motivations at a crisis intervention service in New Zealand - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)

### **Re-examining mental health crisis intervention: A rapid review comparing outcomes across police, co-responder and non-police model**

Police are the default first responders in most mental health crisis intervention models worldwide, resulting in a heavy burden on police, perceived criminalization of individuals with complex mental health needs, and escalation of aggression that resort to violence. Models, such as crisis intervention teams (CIT), and co-response programmes aim to improve service user experiences and outcomes by providing mental health training to police, or pairing law enforcement officers with mental health clinicians, respectively. Despite these efforts, mental health-related calls continue to result in negative outcomes, and activists and policymakers are advocating for non-police models of crisis intervention. Evidence-based practice in mental health crisis intervention is urgently needed

[Re-examining mental health crisis intervention: A rapid review comparing outcomes across police, co-responder and non-police models \(wiley.com\)](https://onlinelibrary.wiley.com/)

### **Reports into New Zealanders' eating and drinking habits**

New Zealanders are being encouraged to take steps towards healthier eating and drinking, following the release of two reports examining our dietary habits. To examine further how diet is contributing to New Zealanders' health, the Ministry has published two reports into New Zealanders' eating one covering adults and one covering children between 2 and 14-years-old.

[Adults' Dietary Habits | Ministry of Health NZ](https://www.health.govt.nz/)

[Children's Dietary Habits | Ministry of Health NZ](https://www.health.govt.nz/)

### **Research in the era of the Data and Statistics Act 2022**

In August 2022, the Data and Statistics Act 2022 replaced the Statistics Act 1975. Where the Statistics Act 1975 mandated Statistics New Zealand to collect information for the express purpose of producing official statistics, the new Act now makes provisions for the collection of data that is "necessary or desirable for research". While there are some clear benefits of increasing the amount of data available to researchers, there are also a number of ethical questions that arise. This article by Annie Chiang will explore some of these ethical issues and what this new Act may mean for researchers and their research.



[Research in the era of the Data and Statistics Act 2022 Annie Chiang.01.pdf \(mcusercontent.com\)](#)

### **Risk Factors and Changes in Depression and Anxiety over time in New Zealand during COVID-19: A Longitudinal Cohort Study**

Being younger, having a prior mental health disorder, experiencing negative life events due to COVID-19, and being a pet owner were risk factors for poorer depression and anxiety, whereas having higher positive mood was protective

[Psych | Free Full-Text | Risk Factors and Changes in Depression and Anxiety over Time in New Zealand during COVID-19: A Longitudinal Cohort Study \(mdpi.com\)](#)

### **Science on testing for cannabis**

We know that breath testing is a generally reliable measure of alcohol intoxication, but the same isn't true for cannabis. We dove into the science to find out why.

[The science on testing for cannabis - The Level](#)

### **Social media use of adult New Zealanders: Evidence from an online survey**

This report describes how often each of the nine social media sites and apps covered in the survey are used individually daily, with findings summarised.

[\(PDF\) The social media use of adult New Zealanders: Evidence from an online survey \(researchgate.net\)](#)

### **Sociodemographic differences in 24-hour time-use behaviours in New Zealand children**

This study provided comprehensive evidence on how New Zealand children engage in 24-h time-use behaviours, adherence to the New Zealand 24-h Movement Guidelines, and how these behaviours differ across key sociodemographic groups.

[Sociodemographic differences in 24-hour time-use behaviours in New Zealand children - PubMed \(nih.gov\)](#)

### **State of the Nation 2022**

A stocktake of how New Zealand is dealing with drug use and drug harm. This report pulls together the latest data from a wide array of sources such as Police, the Ministries of Health, Justice and Education, DHBs, Customs, service and treatment providers, and health surveys.

[State-of-the-Nation-2022-web.pdf \(drugfoundation.org.nz\)](#)

### **Suicide in the Construction Industry: A targeted meta-analysis**

Despite limitations, this paper suggests that construction industry employees may have an elevated risk of suicide. Additionally, this review highlights the need for further research, using standardized methodologies, to generate more robust understandings.

[Suicide in the Construction Industry: A Targeted Meta-analysis: Archives of Suicide Research: Vol 0, No 0 \(tandfonline.com\)](#)

### **Suicide prevention resource for action: A compilation of the best available evidence**

This prevention resource represents a select group of strategies based on the best available evidence to help communities and states focus on activities with the greatest potential to prevent suicide.

[Suicide Prevention Resource for Action | Suicide | CDC](#)

## **Supportive interactions with primary care doctors are associated with better mental health among transgender people: results of a nationwide survey in Aotearoa/New Zealand**

Past research has established that transgender people experience significant disparities in mental health outcomes and healthcare dissatisfaction compared with cisgender people, but more research is needed on how supportive healthcare interactions relate to the mental health of transgender people.

[Supportive interactions with primary care doctors are associated with better mental health among transgender people: results of a nationwide survey in Aotearoa/New Zealand \(silverchair.com\)](#)

## **Systematic review of well-being interventions and initiatives for Australian and New Zealand emergency service workers**

Interventions including physical activity, manager mental health training, social support, psychological debriefing, mindfulness, and an ambulance chaplaincy initiative were found to lead to improvements in mental health and well-being in Australian and New Zealand emergency service workers. Only two ongoing and self-sustaining mental health initiatives were reported.

[A systematic review of well-being interventions and initiatives for Australian and New Zealand emergency service workers \(tandfonline.com\)](#)

## **Tāngata whaiora experiences of compulsory treatment**

A new report shows gap in literature into perspectives on compulsory treatment

A literature review carried out by the University of Otago into perspectives on compulsory treatment, with a focus on the people who are subjected to compulsion and a focus on tāngata whaiora (people with lived experience of mental distress), has found there is little research in Aotearoa and globally that puts their story at the centre.

The report is a useful starting point for anyone wanting to understand the concerns about compulsory treatment from the perspective of tāngata whaiora and engage in the development of a new transformational mental health law as an ally. It discusses the high rates of compulsory treatment in Aotearoa, the extreme disparities in its use, and the lack of evidence about the effectiveness of community treatment orders. It also includes insights into what some lived experience groups think about compulsory treatment from the submissions they made to the government public consultation in 2022 on the new mental health law.

<https://mentalhealth.org.nz/resources/download/1943/moy0mfxjsh1f5v6w>

## **The alcohol licensing process is broken. Who bears the harm?**

When communities say no to bottle stores, why are licences still being granted? A new study finds out.

[The alcohol licensing process is broken. Who bears the harm? | The Spinoff](#)

## **Treasury's Wellbeing report**

Te Tai Waiora: Wellbeing in Aotearoa New Zealand is the Treasury's first report on wellbeing.

Under the terms of the Public Finance (Wellbeing) Amendment Act 2020, Treasury is required to provide an independent report on the state of wellbeing in New Zealand at least every four years.

While there are many ways to interpret wellbeing, The Treasury draws on the Living Standards Framework and He Ara Waiora to provide insight into a range of aspects of life that New Zealanders value. Te Tai Waiora uses these frameworks to provide a high-level overview of wellbeing in Aotearoa New Zealand, how it has changed over decades, and how well we are positioned to sustain our wellbeing over time.

[Te Tai Wairoa: Wellbeing in Aotearoa New Zealand 2022 \(treasury.govt.nz\)](https://treasury.govt.nz)

### **Turning the tide on depression**

The Black Dog Institute has launched a new report – Turning the tide on depression: A vision that starts with Australia’s youth – which investigates how depression is impacting four groups in Australia: children; adolescents; young adults; and young First Nations peoples.

The report has been developed by researchers from the Black Dog Institute in consultation with people with lived experience of depression.

[Turning the tide on depression - Black Dog Institute](#)

### **Updated guidelines for the Role and Function of Statutory Officers**

The Ministry has published updated guidance for employees of mental health services appointed into the statutory roles of Directors of Area Mental Health Services (DAMHS), duly authorised officers (DAO) and responsible clinicians (RC) under the Mental Health (Compulsory Assessment and Treatment) Act 1992. See 'Publications'.

[Publications | Ministry of Health NZ](#)

### **U.S. Surgeon General's framework workplace mental health & well-being**

Centred on the worker's voice and equity, the authors highlight five essentials to support workplaces as engines of well-being.

[Office of the Surgeon General - Framework for Workplace Mental Health&Well Being \(hhs.gov\)](#)

### **Violence and victimisation in the lives of persons experiencing homelessness who use methamphetamine: A scoping review**

Methamphetamine (MA) use among individuals who experience homelessness has tripled in recent years. This is a problematic trend given the harmful impacts of this substance on health and social well-being. While there is a large body of literature on the relationship between substance use and trauma, little is known about the scope of existing empirical literature exploring this topic related to MA use. Anecdotally, MA is frequently associated with violence and victimisation, which may be related to stigma associated with using MA. However, little is known about the scope of empirical literature exploring violence and victimisation in the lives of individuals who experience homelessness and use MA.

[Violence and victimisation in the lives of persons experiencing homelessness who use methamphetamine: A scoping review - Carrillo Beck - 2022 - Health & Social Care in the Community - Wiley Online Library](#)

### **Whakarāpopototanga matua: He tirohanga kounga 2022 (Wāhanga 2)A window on quality 2022 (Part 2)**

This report from HQSC updates the effect of the pandemic on our health system and expands its lens to include the impact on our population's mental health, health care workforce and experience of care for disabled people.

[A window on quality 2022 \(Part 2\) | Whakarāpopototanga matua: He tirohanga kounga 2021 \(Wāhanga 2\) | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

### **Whakatika: A Survey of Māori Experiences of Racism**

This report presents findings of the Whakatika Survey, which aimed to capture the nature, extent and impact of everyday experiences of racism faced by us as Māori in Aotearoa. This report aims to do

justice to the over 2,000 Māori who completed our Survey and to honour their voices. The Survey ran from 21 February 2019 to 29 February 2020 and drew Māori participants from across Aotearoa. [Whakatika-Report-March-2021.pdf \(teatawhai.maori.nz\)](#)

### **What can international information tell us about mental health and substance use in the Aotearoa New Zealand population?**

In the absence of up-to-date prevalence data in Aotearoa New Zealand, this report highlights current international prevalence estimates for mental health conditions and problematic substance use. [International-data-on-prevalence-of-mental-health-and-substance-use.pdf \(d2ew8vb2gktr0m.cloudfront.net\)](#)

### **WHO guide for integration of perinatal mental health in maternal and child health services**

The guide for integration of perinatal mental health in maternal and child health services outlines an evidence-informed approach. [WHO guide for integration of perinatal mental health in maternal and child health services](#)



**See the next page for a table of current Helpline available in Aotearoa**

## Helplines in Aotearoa

<p><b>0800 Hey Bro</b> 0800 Hey Bro is dedicated to providing 24/7, free and confidential support over phone. tel:<b>0800 439 276</b></p>	<p><b>0800REFUGE</b> 0800REFUGE provides 24/7, free, compassionate and confidential support over phone. tel:<b>0800 733 843</b></p>	<p><b>0800 What's Up</b> 0800 What's Up provides free, compassionate and confidential support over phone and online chat for youth tel:<b>0800 942 8787</b></p>
<p><b>1737 Need to talk?</b> 1737 Need to talk? is dedicated to providing 24/7, free and confidential support and information over phone and text message tel:<b>1737</b> sms:<b>1737</b></p>	<p><b>Alcohol Drug Helpline</b> Alcohol Drug Helpline offers 24/7, free and confidential support by phone, text message (SMS) and online chat. tel:<b>0800 787 797</b> sms:<b>8681</b></p>	<p><b>Anxiety Helpline</b> Anxiety Helpline provides 24/7, free and confidential support and information over phone. tel:<b>0800 269 4389</b></p>
<p><b>Asian Family Services</b> Asian Family Services offers free, compassionate and confidential support over phone. tel:<b>0800 862 342</b></p>	<p><b>Child Abuse Prevention Parent Helpline</b> Child Abuse Prevention Parent Helpline offers free and confidential support by phone. tel:<b>0800 568 856</b></p>	<p><b>DECIDE - National Abortion Telehealth Service Hotline</b> Information about abortion services, abortion care, and how to find a provider. tel:<b>0800 332 433</b></p>
<p><b>Depression Helpline</b> Depression Helpline provides 24/7, free and confidential support by phone and text message (SMS). tel:<b>0800 111 757</b> sms:<b>4202</b></p>	<p><b>Elder Abuse Response Service</b> Free, confidential 24/7 helpline for seniors who are experiencing abuse. tel:<b>0800 32 668 65</b> sms:<b>5032</b></p>	<p><b>Family Violence Information Line (are you ok?)</b> Family Violence Information Line (are you ok?) is dedicated to providing free and confidential support and information by phone. tel:<b>0800 456 450</b></p>
<p><b>Gambling Helpline</b> Gambling Helpline offers 24/7, free, compassionate and confidential support over phone, text message (SMS) and online chat. tel:<b>0800 654 655</b> sms:<b>8006</b></p>	<p><b>Lifeline</b> Lifeline offers 24/7, free and confidential support over phone and text message (SMS). tel:<b>0800 543 354</b> sms:<b>4357</b></p>	<p><b>Māori Gambling Helpline</b> Māori Gambling Helpline offers 24/7, free, compassionate and confidential support by phone and online chat. tel:<b>0800 654 656</b></p>
<p><b>Ola Lelei Pacific Helpline</b> 0800 OLA LELEI (0800 652 535) is a free national Pacific</p>	<p><b>Oranga Tamariki (Ministry for Children) Helpline</b></p>	<p><b>OutLine</b> OutLine provides free, compassionate and confidential support over</p>

<p>helpline anyone can call if they are feeling worried, stressed or concerned about anything and need someone to talk to, help and support. tel:0800 652 535</p>	<p>Oranga Tamariki (Ministry for Children) Helpline offers 24/7, free and confidential support over phone. tel:0508 326 459</p>	<p>phone and online chat for LGBTI+. tel:0800 688 5463</p>
<p><b>Parent Help</b> Parent Help is dedicated to providing free, compassionate and confidential support by phone. tel:0800 568 856</p>	<p><b>PlunketLine</b> tel:0800 933 922</p>	<p><b>Problem Gambling Foundation - PGF Services</b> Problem Gambling Foundation - PGF Services provides free, compassionate and confidential support over phone, text message (SMS) and online chat. tel:0800 664 262 sms:5819</p>
<p><b>Prostate Cancer Foundation NZ</b> Prostate Cancer Foundation NZ offers free and confidential support by phone. tel:0800 477 678</p>	<p><b>Rainbow Youth</b> Rainbow Youth provides free, compassionate and confidential support over phone for LGBTI+ youth. tel:09 376 4155</p>	<p><b>Rural Support Trusts</b> Rural Support Trusts offers free and confidential support over phone. tel:0800 787 254</p>
<p><b>Safe to talk - Sexual harm helpline</b> Safe to talk - Sexual harm helpline offers 24/7, free, compassionate and confidential support by phone, text message (SMS) and online chat. tel:0800 044 334 sms:4334</p>	<p><b>Samaritans Aotearoa</b> Samaritans offer a 24/7 caring listening service for all callers. tel:0800 726 666</p>	<p><b>Shakti Crisisline</b> Shakti Crisisline offers 24/7, free and confidential support over phone. tel:0800 742 584</p>
<p><b>SHINE Domestic Abuse Helpline</b> SHINE Domestic Abuse Helpline offers 24/7, free, compassionate and confidential support over phone and online chat. tel:0508 744 633</p>	<p><b>Suicide Crisis Helpline</b> Suicide Crisis Helpline offers 24/7, free, compassionate and confidential support by phone. tel:0508 828 865</p>	<p><b>Te Puna Oranga 24 hour Phone Manaaki</b> Te Puna Oranga 24 hour Phone Manaaki offers 24/7, free, compassionate and confidential support over phone. tel:0800 222 042</p>
<p><b>The Lowdown – Youth Helpline</b> The Lowdown – Youth Helpline provides 24/7, free and confidential support and</p>	<p><b>Vagus Centre</b> Vagus Centre is dedicated to providing free, compassionate and confidential support by phone.</p>	<p><b>Vai Lelei Pasifika Gambling Helpline</b> Vai Lelei Pasifika Gambling Helpline is dedicated to providing 24/7, free,</p>



<p>information by phone, text message (SMS) and online chat for youth. tel:<b>0800 111 757</b> sms:<b>5626</b></p>	<p>tel:<b>0800 567 6666</b></p>	<p>compassionate and confidential support by phone and online chat. tel:<b>0800 654 657</b></p>
<p><b>Victim Support - Manaaki Tangata</b> Victim Support - Manaaki Tangata provides 24/7, free and confidential support and information by phone. tel:<b>0800 842 846</b></p>	<p><b>Youth Gambling Helpline</b> Youth Gambling Helpline offers 24/7, free and confidential support and information by phone and online chat. tel:<b>0800 654 659</b></p>	<p><b>Youthline</b> Youthline offers 24/7, free and confidential support and information over phone, text message (SMS) and online chat for youth tel:<b>0800 376 633</b> sms:<b>234</b></p>