

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
#MHAWNZ

SUPPORT

It's important that workplaces create supportive environments where it's normal, safe and okay to talk about mental health.

If you notice someone is struggling with their mental health, don't ignore it. Remember, no special skills are required to talk about mental health. You just need to be empathetic, approachable and willing to listen.

If you'd like some guidance on how you can open up the conversation and tautoko/support your hoamahi/colleagues, see our [Open Minds](#) videos and resources.

Need tautoko/support?

Everyone goes through ups and downs in life – that's a completely normal part of being human. If you're worried you or someone at your mahi is not coping or needs some tautoko, there's help available – no one should go through a tough time alone.

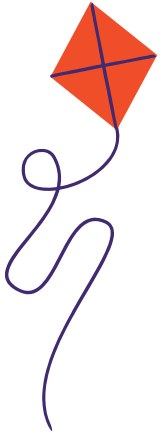
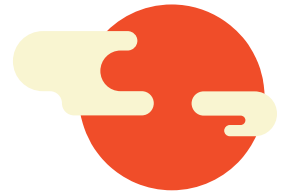
The best first point of contact is to visit your GP or offer to go to a GP with your friend or hoamahi. They can help assess what further support might be needed.

National helplines

- Need to talk? Free call or text 1737 any time for support from a trained counsellor
- Lifeline– 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Suicide Crisis Helpline– 0508 828 865 (0508 TAUTOKO)
- Youthline– 0800 376 633, free text 234 or [email](#) or online chat.
- For help supporting someone you care about:
www.supportingfamilies.org.nz.

In crisis

If you or someone you care about are in immediate physical danger to themselves or others, call 111. For more information, visit our [website](#).



GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PĀE TAWHITI

