

Looking after your mental wellbeing

It's all right not to be all right. COVID-19 has had a significant impact on how we interact with others, our work, study and many other aspects of our daily lives. Everyone reacts differently to difficult events, and some may find this time more challenging than others.

It's understandable if you or your loved ones sometimes feel sad, distressed, worried or anxious. The ways people think, feel and behave are likely to change over time – we all have good days and bad days. So it's important to look after your mental wellbeing.

If you or those around you are concerned about your mental wellbeing, there are tools and information available to help.

If you're worried about how someone else is feeling, it's okay to talk about it. The best way to start is to ask them if they're all right. Just being there and staying connected can be a big help.

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

 **Mental Health Foundation**
of NEW ZEALAND
mauiri tō, mauiri oia

Sparklers
At Home

Mental health and wellbeing resources

Getting Through Together is a mental wellbeing campaign focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic, with practical tips for looking after yourself and your whānau.

www.allright.org.nz/campaigns/getting-through-together

Sparklers at Home is an online toolkit for parents, full of fun activities that support the wellbeing of primary and intermediate students.

www.sparklers.org.nz/parenting

The Ministry of Health's website has information, resources, tools and free apps to support your mental wellbeing, as well as information about organisations that can help if you need extra support.

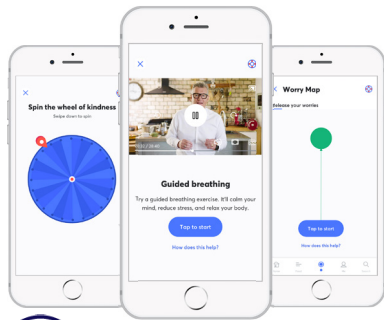
www.health.govt.nz/covid-19-mental-wellbeing

The following page provides more information about the apps the Ministry is funding for the next couple of months as part of the COVID-19 response. You can benefit from using these tools on their own, or alongside each other.

Need to talk?

If you are feeling stressed, anxious, worried, depressed, or just need to talk to someone, free call or text the number 1737 to speak with a trained counsellor. The service is available 24 hours a day, 7 days a week.

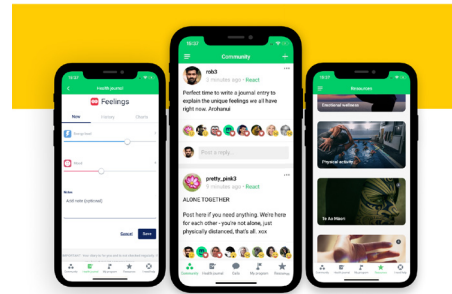
Online mental wellbeing tools



Helps with: Daily mental wellbeing | Coping with uncertainty | Stress | Worry | Sleep | Thriving

The Mentemia app provides mental wellbeing coaching after getting to know you a little through a personality quiz and what focus areas you have, like sleeping better, stressing less, or helping support a loved one. The videos feature Sir John Kirwan and his ways of approaching life that help him on a day to day basis.

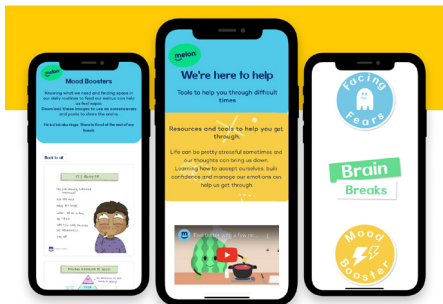
www.mentemia.com/covid-19



Helps with: Loneliness and isolation | Understanding ourselves better | Behaviour change | Ways to manage mood | Strategies to manage anxiety

Melon has an online community where you can anonymously interact with others on a similar journey and connect with a team of support workers. There's also a health journal, resources, wellbeing exercises and webinars. He waka eke noa (We're all in this together).

www.melonhealth.com/covid-19



Helps with: Facing fears | Mood boosters for our wairua | Brain breaks | Mini workouts for a kaha mind | Little reminders

Melon Manual is a kete of resources specifically for teenagers' emotional wellbeing. The website provides videos, downloadable worksheets and shareable social media illustrations to support the young people of Aotearoa, as well as a 'First steps to managing anxiety' mini-course.

www.melonhealth.com/manual



Helps with: Anxiety and stress | Confidence | Self-awareness | Problem solving skills | Connecting to what matters | Sleep | Relaxation

Staying on Track is a free online course that helps you learn how to cope with worry and stress when things get tough. Get access to easy-to-use, proven strategies and skills you would learn from a therapist, in the privacy of your own home, anytime that suits you.

www.justathought.co.nz/covid19