

COVID-19 support for mental health and wellbeing Te Hiringa Hauora | Health Promotion Agency

This document is intended to support agencies and services to quickly and easily access mental health and wellbeing support tools that may be of use across their channels, workplaces and communities. It is a living draft.

The Lowdown

This is a website for young people with concerns about their mental health who are looking for support, and for friends and whānau who want to support them. It has COVID-specific content and links for anyone needing immediate help.

[The Lowdown » The Lowdown](#)

See in particular:

<https://thelowdown.co.nz/categories/grief-and-loss/grief-and-loss/>

<https://thelowdown.co.nz/mood-self-test/10/>

<https://thelowdown.co.nz/categories/grief-and-loss/grief-and-loss/problem-solve-with-aunty-dee/>

<https://thelowdown.co.nz/covid-19/covid-3/>

Depression.org.nz

This is a website for adults looking for support with their mental health. It has update information and mental wellbeing tips for individuals and whānau feeling overwhelmed by COVID.

[Home | Depression and Anxiety](#)

Small Steps - [Small Steps | Free Online Tools to Manage Your Wellbeing](#)

Small Steps are free digital self-help tools for anyone wanting to manage stress and increase their wellbeing.

The tools are deep breathing, muscle relaxation, identifying signals, mindful watching, balancing mood, gratitude practice, active listening and reframing thoughts.

Mana Pasifika

Mana Pasifika is a collaboration between Te Hiringa Hauora, Mapu Maia, Vaka Tautua, the Mental Health Foundation and Pasifika health leaders Phil Siataga, Stephanie Erick and Tui Tararo. It is aimed at support Pasifika peoples who are feeling anxious.

This messaging has been shared on social media this week through Mapu Maia's Facebook page.

The messaging and downloadable campaigns assets are available below.

[Mana Pasifika | Mapu Maia](#)

Other resources:

We made a series of videos on kaumātua experiences through the last lockdown [Rauawaawa Kaumātua Charitable Trust | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Check out the Virtual Nan video, part of a campaign to encourage people to continue to seek health care, and there is a downloadable poster [Te Awakairangi Health Network Resource | Te Hiringa Hauora/Health Promotion Agency \(hpa.org.nz\)](#)

Other issues

Our alcohol.org.nz page has COVID-specific information for people concerned about their drinking-
[Alcohol, COVID-19 and you. | Alcohol.org.nz](#)

Our safer gambling website has prominent information about how to keep online gambling safe:
[Minimising gambling harm with manaaki and alofa | Safer Gambling Aotearoa](#)

Self-help tools and resources funded (or part funded) through MoH include:

- Mentemia: <https://www.mentemia.com/au/home>
- MELON: <https://www.melonhealth.com/>
- Staying on Track: <https://www.justathought.co.nz/covid19>
- Whakatau Mai – The Wellbeing Sessions: <https://www.wellbeingsessions.nz/>
- Getting Through Together: <https://www.allright.org.nz/campaigns/getting-through-together>
- [Digital tools for youth](#) as a complement to Youthline.

For more information on the above services, feel free to contact; Sarah Boyd | Manager
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