

Reach Out



Our mental health fluctuates (just like our physical health) and when we feel below par, it's good to reach out. As with our physical health, the sooner the better, so we can reset and recover more quickly.

The Mental Health Continuum is a great way to assess the wellbeing of yourself and those around you, before taking appropriate action.

It's normal to feel a wide range of emotions following traumatic and stressful events. These emotions may be immediate or appear weeks or months later. Ongoing stressful situations can also take their toll on our mental wellbeing.

Help is widely available, so please reach out.

Green HEALTHY	Yellow REACTING	Orange INJURED	Red ILL
<ul style="list-style-type: none"> Normal fluctuations in mood Takes things in stride Good sense of humour Normal sleep patterns Physically & socially active Behaving ethically & morally Confidence in self & others In control of behaviour 	<ul style="list-style-type: none"> Nervous & irritable Procrastination Forgetful Trouble sleeping Low energy Headaches, muscle tensions Intrusive thoughts Occasional nightmares Decreased social activity 	<ul style="list-style-type: none"> Pervasive sadness, anxiety, anger, helplessness or worthlessness Difficulty concentrating or making decisions Decreased performance or workaholic tendencies Restless sleep or recurring nightmares Fatigue, aches & pains Intrusive thoughts & images Avoidance, withdrawal Alcohol & gambling 	<ul style="list-style-type: none"> Excessive anxiety, panic attacks Easily enraged, aggressive Depressed mood, numb Cannot concentrate Cannot fall or stay asleep Constant fatigue, illness Intrusive thoughts Absent from social events Suicidal thoughts
<p>What can I do?</p> <ul style="list-style-type: none"> Nurture a support system Maintain physical and mental wellbeing Keep up the 5 ways to wellbeing 	<p>What can I do?</p> <ul style="list-style-type: none"> Recognise & accept your limits Learn to say no Schedule 'me' time Rest, eat well & exercise Identify & resolve problems early Talk to someone you trust Stay connected 	<p>What can I do?</p> <ul style="list-style-type: none"> Ask for help now Reach out to a friend or professional Make self-care a priority Remember people can and want to help Tune into own signs of distress Maintain social contact 	<p>What can I do?</p> <ul style="list-style-type: none"> Reach out NOW Seek professional help Tell someone you trust you are unwell Access support resources – in person, online or phone 1737 Remember people can and want to help

Based on model by Canadian Mental Health Commission

NEED TO TALK?



free call or text
any time

1737.org.nz



0800 568 856

www.parenthelp.org.nz



LIFELINE
AOTEAROA

0800 LIFELINE (0800 543 354)
or text to HELP (4357)

www.lifeline.org.nz/



eapservices

altogether better with habit health

Employee Assistance Programme

0800 327 669

samaritans

Aotearoa New Zealand

0800 72 66 66

www.samaritans.org.nz



Rural Support

0800 787 254

www.rural-support.org.nz

You can download a copy of the Mental Health Continuum and find more wellbeing resources on our webpage:

www.nzwine.com/en/events/health-wellbeing/

