

How are you going?

We all need extra support from time to time, especially when times get tough. It's important to reach out and check in on those around you.

111

For physical and mental emergencies

NEED TO TALK?

1737

free call or text any time

1737.org.nz

samaritans

Aotearoa New Zealand

0800 72 66 66

www.samaritans.org.nz



0800 LIFELINE (0800 543 354)
or text to HELP (4357)
www.lifeline.org.nz/



altogether better with habit health

Employee Assistance Programme
0800 327 669



0800 568 856
www.parenthelp.org.nz



0800 787 254
www.rural-support.org.nz

Where are you sitting?

Use the Mental Health Continuum to see how you or someone else is tracking.

Reach out if need be.

Green HEALTHY

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

What can I do?

Nurture a support system
Maintain physical and mental wellbeing
Keep up the 5 ways to wellbeing

Yellow REACTING

Nervous & irritable
Procrastination
Forgetful
Trouble sleeping
Low energy
Headaches, muscle tensions
Intrusive thoughts
Occasional nightmares
Decreased social activity

What can I do?

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

Orange INJURED

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

What can I do?

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

Red ILL

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

What can I do?

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



Scan to find these numbers and more resources on our Health & Wellbeing page.

