

<p>COVID-19</p>	<p>Easy Read COVID-19 Information https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-information-disabled-people-and-their-family-and-whanau/covid-19-easy-read-information</p> <p>Te Rōpū Whakakaupapa Urutā – COVID-19 Advice for Māori https://www.uruta.maori.nz/</p> <p>COVID-19 Advice for Māori provides practical advice and guidance to whānau Māori that individuals, Māori Health Practitioners, marae, hapu and iwi can use to keep their whānau safe. Here you will find information and resources specifically for Māori and the COVID-19 pandemic. This information has been developed by leading Māori medical experts for whānau Māori.</p> <p>Resources in other languages https://covid19.govt.nz/resources-and-translation/translations/ https://covid19.govt.nz/communities/translations/ https://rasnz.co.nz/covid-19-resources/?fbclid=IwAR0k4fScXvIBswqaBGQki_6D1j0SN1S2NzwOEwJQCpptCKZRfFPoK3p24Xo https://www.mpp.govt.nz/pacific-people-in-nz/covid-19/</p>
<p>Mental health</p>	<p>Getting through together https://www.mentalhealth.org.nz/get-help/covid-19/getting-through-together/</p> <p>A mental health campaign "Getting through together" has been launched to help Kiwis care for their mental health during the COVID-19 crisis</p> <p>UNICEF https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19</p> <p>Unicef has posted an article 6 strategies for teens facing a new (temporary) normal</p> <p>The Lowdown https://thelowdown.co.nz/covid-19 https://www.facebook.com/TheLowdownNZ</p> <p>Information and support for young people is available on The Lowdown. If you're not familiar with The Lowdown, it's designed specifically for young people, and has a 'life issues' approach (ie there's content on there about relationships, school, body image etc).</p> <p>1737 https://www.1737.org.nz/</p> <p>1737, need to talk? National mental Health and Addictions helpline – Counselling. If your feeling stressed, anxious, worried, depressed, needing advice on mental heal or addictions issues.</p> <p>Free text or call 1737.</p>

	<p>YouthLine https://www.youthline.co.nz/</p> <p>Youthline Counselling support, someone to chat to if you have concerns and need support.</p> <p>Free call 0800 376 633 or free text 234 Email: talk@youthline.co.nz</p> <p>Umbrella - Collective Grief in a time of change https://umbrella.org.nz/collective-grief-in-a-time-of-change/</p> <p>Grief is inextricably linked with loss and we are each facing unprecedented loss right now: the loss of routine and normalcy; the loss of physical touch and connection; the loss of economic stability; and the loss of freedom and exploration. Umbrella has provided tips to help manage grief during this time.</p> <p>Alcohol Drug Helpline https://alcoholdrughelp.org.nz/helpline</p> <p>The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice for people concerned about their own drinking or drug taking or for family/whanau members, friends or professionals concerned about someone else. Call 0800 787 797 or text 8681, 24 hours a day, 7 days a week, to speak with a trained counsellor.</p>
Sexual health	<p>Access to Family Planning/Contraception https://www.familyplanning.org.nz/</p>
People who work with youth	<p>Ara Taiohi, Navigating the pandemic together https://arataiohi.org.nz/home/navigating-the-pandemic-together/</p> <p>The focus is on:</p> <ol style="list-style-type: none"> 1. Sharing great ideas 2. Caring for supporters 3. Responding to concerns you might have for a young person at risk.
Connectedness	<p>Chatbot "Aroha" https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial</p> <p>Chatbot, "Aroha", that provides support, practical advice and tools that young people can use as they adjust to this challenging new world, where they are physically separated from friends, from school, from sports, activities and communities that would usually support them</p> <p>Le Va – Catch yourself https://www.leva.co.nz/our-work/catchyourself/about-catchyourself</p> <p>Le Va has developed #CatchYourself a suite of practical and information on how we can maintain respectful relationships in our bubble.</p>

<p>LQBTI+ Youth support</p>	<p>Rainbow YOUTH https://ry.org.nz/what-we-do/support-and-referral</p> <p>RainbowYOUTH is here to work with queer and gender diverse youth as well as their wider communities to ensure that Aotearoa is a place where all young people can thrive.</p> <p>Their youth workers are all working digitally, providing 1:1 support for young people and whanau around gender and sexuality by video call, phone or email. People can self-refer here or email support@ry.org.nz.</p> <p>Their trans peer support service is still operating, there's more information here.</p> <p>They've established an anonymous 1:1 online real-time chat support hour with our youth workers, which is on weekdays from 3-4pm. This is a quick and accessible way young people can get support. Young people just need to go to this form during the chat hour and put their number in to get a code and link to a chat: https://form.jotform.com/200788867076066</p> <p>They've got a Rainbow YOUTH Discord server where over 250 young people from around the country are connecting and chatting about a variety of topics (our staff moderate this). More info and guide for how to sign up here: https://s3-ap-southeast-2.amazonaws.com/ry.storage/Discord+101+(1).pdf</p> <p>We've got information for young people about services that are available and key COVID-19 updates available on a web page we're updating regularly: https://ry.org.nz/what-we-do/covid-19-support</p> <p>OUTLine https://outline.org.nz/</p> <p>OUTLine helps rainbow/LGBTI+ New Zealanders to access support, information and a sense of community. Their staff and volunteers are all working from home during the lockdown, but their services will remain available.</p> <p>Free Phone:0800 688 5463</p>
<p>Learning resources</p>	<p>Learning from Home https://learningfromhome.govt.nz/supporting-learning</p> <p>The aim of this website is to support parent, whānau, early learning services and schools so that children and young people can continue learning at home.</p>
<p>Family Violence and sexual violence</p>	<p>NZ Family Violence Clearinghouse https://nzfvc.org.nz/covid-19</p> <p>The NZ Family Violence Clearinghouse site is specifically dedicated to providing information on family violence, sexual violence and COVID-19 in one place.</p> <p>Safe to Talk https://www.safetotalk.nz/</p> <p>Safe to talk Trained specialists helping people who are in danger of sexual harm. Free call 0800 044 334 or free text 4334</p>

	<p>Shine https://www.2shine.org.nz/get-help/helpline</p> <p>Shine Professional staff who can support people in domestic violence situations – physical or emotional abuse by a partner or family member, mum and dad are fighting. Free call 0508 744 633 (9am – 11pm)</p> <p>Shakti https://www.healthpoint.co.nz/social-services/social/shakti-new-zealand-2/</p> <p>Shakti (strength) provides immediate help and support to women, children and youth of Asian, African and Middle Eastern origin who have experienced sexual abuse, domestic violence and discrimination. Crisis line: 0800 SHAKTI (0800 742 584)</p> <p>He Waka Tapu – Hey Bro https://www.hewakatapu.org.nz/services/0800-hey-bro</p> <p>HeyBro: For men who feel they're going to harm a loved one or whānau member. Free call 0800 HEY BRO (439 276) Website:</p>
<p>Online safety</p>	<p>NetSafe https://www.netsafe.org.nz/contactnetsafe/</p> <p>Netsafe is New Zealand's independent, non-profit online safety organisation. They help keep people safe online. Call toll-free on 0508 NETSAFE (0508 638 723) Email help@netsafe.org.nz Text 'Netsafe' to 4282</p>
<p>Parenting</p>	<p>The Parenting Place https://www.theparentingplace.com/health-wellness/</p> <p>Designed to inspire, encourage, and support the strengthening of relationships.</p> <p>Information for parents during Alert Level 2 https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-information-parents-during-alert-level-2</p>