



Mental Health Awareness Week

- **Create something.** Creating something (e.g., art) gives you a sense of purpose, which can add meaning to your life.
- **Develop relationships.** The supportive nature of spending time with others will help you to develop more of a sense of meaning in your life.
- **Find purpose in pain.** If you are going through something bad, try to find a purpose in it. Even if this is a bit of mental trickery, it will help to see you through. For example, if a family member is going through medical treatments for a disease, view your purpose as being there to support that person.
- **Understand that life is not fair.** There is nobody keeping score, and you will not necessarily be dealt a fair deck. However, life can always have meaning, even in the worst of situations.
- **Freedom to find meaning.** Remember that you are always free to make meaning out of your life situation. Nobody can take that away from you.

- **Focus on others.** Try to focus outside of yourself to get through feeling stuck about a situation.
- **Accept the worst.** When you go out seeking the worse, it reduces the power that it has over you.

Where to get help

Need to Talk? Free call or text 1737 any time to speak to a trained counsellor, for any reason.

Lifeline: 0800 543 354 or text HELP to 4357

Suicide Crisis Helpline: 0508 828 865 / 0508 TAUTOKO (24/7). This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.

Depression Helpline: 0800 111 757 (24/7) or text 4202

Samaritans: 0800 726 666 (24/7)

Youthline: 0800 376 633 (24/7) or free text 234 (8am-12am), or email talk@youthline.co.nz

What's Up: online chat (3pm-10pm) or 0800 WHATSUP / 0800 9428 787 helpline (12pm-10pm weekdays, 3pm-11pm weekends)

Kidsline (ages 5-18): 0800 543 754 (24/7)

Rural Support Trust Helpline: 0800 787 254

Healthline: 0800 611 116

Rainbow Youth: (09) 376 4155

If it is an emergency and you feel like you or someone else is at risk, call 111.

Pete Roe