



Te whakarite i tētahi kaupapa ārai i te mate whakamomori



Nā tō rourou, nā taku rourou, ka ora ai te iwi.

**With your basket and my basket,
the people will thrive.**

Nā Tiaki Terekia te whakaahua nei i waihanga mō te Hauora Hinengaro o Aotearoa hei whakatinanahia te whakataukī nei. Ko te hanga o te whakaahua nei he kete e kōrero ana mō te mahi tahi a te hāpori i raro iho i te marumaru o te kotahitanga. Ko ngā taha e whā o te whakaahua nei e whakanuia ana te rangatira nei a Tā Meihana Durie me tana taonga ki a tātou arā ko Te Whare Tapa Whā.

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He Kupu Whakataki

Māu tēnei rauemi mehemea e hiahia ana koe kia:

- whakaritea he kaupapa ārai i te mate whakamomori ki tētahi wāhi tūmatanui, mā tētahi huinga tāngata rānei.
- haumarū te kōrerotanga mō te mate whakamomori ki tētahi kaupapa tūmatanui.

Kei tēnā, kei tēnā o tātou te āheinga ki te whakaheke i te pāmamaetanga o te mate whakamomori i roto i te hapori. Heoi anō, ahakoa te pai o te takunetanga, tērā ētahi kaupapa ka piki pea i te tūraru o te mate whakamomori mō ētahi tāngata whakaraerae.

Ko tō whāinga matua ka whakahaerehia ana he kaupapa, ko te whakahiki i te tangata, ko te whakamōhio, ko te tuku hoki i te manawa ora. Ka tae whakaraerae atu pea ētahi o ngā tāngata, nō reira me rongo rawa rātou i ngā korero manawa ora i a koe, otirā i a koutou ko tō rātou hapori - kia mātua mōhio hoki rātou he rauemi, he ratonga tautoko e wātea ana ki a rātou.

Ko tōna tikanga, ko tā tāu kaupapa, he:

- Whakatupu i te mārohirohitanga, he whakatū i te hapori hoki
- Whakawhānui i te mōhioetanga me ngā pūkenga mō ngā rautaki whakahaumarū o te ārai i te mate whakamomori, ka pēhea e tiaki i te tūrurutanga, kia tautoko hoki i ngā tāngata e kōhukihuki ana
- Whakatairanga i te huarahi rapu āwhina, kia whakawhiwhia hoki te marea ki te manaakitanga tōtika
- Poipoi i te ariā o te manawa ora, i te tūhonohono me te tautoko
- Taunaki i te mahitahi me te tūhononga i waenga i ngā ratonga tautoko me te hapori
- Tuku i ētahi kōrero āwhina, rauemi hoki
- Whakatitina i te tangata.

Ko tā tēnei rauemi, he tuku whakaaro me nga rautaki tino whaitake ki te ārai i te mate whakamomori, kia ora pai, kia hiki hoki i te ūtonga i a koe otirā te whakaminenga ka tae atu, tae atu ki ngā kaiwhakarite, me ngā kaikōrero o te kaupapa ārai i te mate whakamomori. He mea waihanga nā runga i ngā kōrero ki ngā hapori me ngā mātanga ārai i te mate whakamomori, ka āwhina tēnei puka ārahi i a koe ki te whakamahere i tētahi kaupapa hei tautoko i tō hapori.

Ngā Pou e Whā

Kua whakamahi mātou i Ngā Pou e Whā hei pou pou, kia whai tūāpapa koe ki te whakahaere i tētahi kaupapa haumaruru, i tētahi kaupapa whaitake hoki. Mā te whakamahi i ia pou koe e ārahi, e āwhina kia whakahaerehia tētahi kaupapa whakaihiihi i te hapori me ngā tāngata katoa ka whai wāhi atu.



He aha ai

tō taukunetanga,
tō pūtakenga rānei



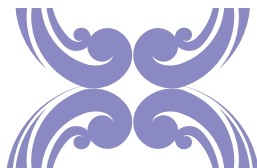
Ko wai

Ngā ringa hāpai o te
kaupapa ngā kaiwhakahaere,
ngā kaikōrero me te hunga
ka tae atu



Me Pēhea

e kōrero mō te mate
whakamomori



Ki hea

Kia āta wānanga ki hea
tū ai tō kaupapa



HE AHA AI? - tō takunetanga, tō pūtakenga rānei

Me noho mai ko 'te pūtakenga' hei uho o ngā kaupapa ārai i te mate whakamomori katoa, i tētahi tūāhua rānei ki reira kōrero tūmatanui ai tētahi mō te kaupapa o te mate whakamomori.

Mā te mārama i te pūtakenga o tō kaupapa te toenga o ngā mahi whakarite e ārahi, kia noho mātāmua ai te haumarutanga i tōna tīmatanga.

Hei tauria:

- he kaupapa rānei tēnei hei tautoko i tētahi hapori e noho pani ana
- hei tuku kōrero, tuku rauemi hoki kia tautokohia ngā whānau
- hei whanake i te mōhioanga o te puna tautoko e wātea ana mō te hunga e noho taumaha ana
- hei hono i te taura here me te mātauranga o ngā rāngai tautoko ā-rohe?

Tērā pea he nui ake ō take i te kotahi. Whakarārangihia mai te katoa ki konei.



Rārangi arowhai: He aha koe e whakahaere nei i tēnei kaupapa?



He aha tāu e hiahia nei kia riro i te whakaminenga ka tae atu ki tō kaupapa?

(te mōhiotanga, te mātauranga, he pūkenga hoki/rānei?)





KO WAI - mā e tautoko ai tō kaupapa?

I kō atu i tēnā, whakaarohia ko wai te hunga ka whai wāhi atu ki tō kaupapa, ā, rapua te huarahi ki te manaaki i a rātou kia haumaruru rawa rātou. E kōrero pū ana mō te whakaminenga ka tae atu, mōu me ērā atu kaiwhakarite me ngā kaikōrero hoki.

He kaupapa aronganui ā-ngākau te mate whakamomori - he mea tino hira kia kawa te whakaminenga e hoki kōhukihuki atu, nā te mea ka whakapiki pea ēnei ariā i te tūraru o te mate whakamomori.

Me whakaaroaro rawa e koe ko wai ka tae atu ki te kaupapa hei kaitautoko kia whakaheke i te kohukihuki, kia whakatū āhuru mōwai haumaruru, manawa ora hoki.

Ngā kaiwhakarite me ngā kaikōrero

Hei kaiwhakarite, ka whakatauria e koe te taumata mō te kaupapa, ā, mātua rā, he pānga nui tō te taumata o te āhuru ka whakaratoa e koe, ki te taumata e angitū ai te kaupapa.

He rārangi ārahi noa iho te rārangi arowhai ki raro iho nei - ka rerekē ngā mea me whakaaroaro e ai ki te momo kaupapa me ngā kaikōrero ka pōhiritia mai. Hei tauira, ka rerekē ngā whakaaro mō te wānanga i te marae i tēnā o te kaikōrero i tētahi kura, i tētahi kaupapa tūmatanui rānei mā te hāpori.





He rārangi arowhai ā-haumaru mō ō kaiwhakarite me ō kaikōrero:



E mārama ana te kaiwhakarite/ngā kaikōrero ki ngā ara haumaru me ngā ara hīrokiroki ki te kōrero mō te mate whakamomori? E mōhio ana rānei rātou me aweawe rawa ngā rongo kōrero, e manawa ora ai te marea? (*Tirohia 'me pēhea e kōrero ā-haumaru mō te mate whakamomori' kei te **whārangi 12***)



He kanohi kitea rānei tō tō kaiwhakarite/ō kaikōrero ki tō hapori? Ka taea rānei e ō rātou ake wheako, kapapori, ō rātou kōkahu rānei, te tūhono ki te whakaminenga kia haumarutia rātou? E mōhio ana rānei rātou kia kua e kōrero mō ngā ara whakatutuki i te whakamomori, he taea nō tēnei ara pea kia tīmataria?



He wheako whaiaro rānei tō te kaiwhakarite/ngā kaikōrero me te whakamomori? Tērā pea kua whai wheako whakamātau i te whakamomori, ngā whakaaro whakamomori, kare ā-roto hoki, kua riro rānei pea tētahi i te whakamomori. Ki te pērā, kua rite rānei rātou ki te kōrero mō (t)ā rātou ake wheako? Me whai rautaki tiaki pai, kaitautoko hoki hei taua rangi.



Kia mahara ake, me rite tonu te kōrerohia o ngā ara whai āwhina mā te marea - āpitihia ngā taipitopito mō ngā rōpū tautoko ā-rohe i roto i ngā pānui, me whakaatu atu kia kitea rawa rānei ngā rauemi ki tō kaupapa.



Mehemea e puare ana te papa kia whakatakoto whakaaro e wai ake rānei, kua kitea rānei e au tētahi tangata tika ki te whakahaere me te ārahi i ngā kōrero, e haumaru ai ngā tāngata katoa?

Te Whakaminenga

Ka whakaaro ana koe mō te whakaminenga me ō rātou haumarutanga, me whai whakaaro hoki ki ēnei:

- Kua tae atu te whakaminenga ki te ako (te hunga ngaio e hiahia ana kia whanaketia ō rātou pūkenga), kua tae atu ki te kōrero mō ā rātou ake wheako, he hāpori rānei kua whakakotahi ki te kōrero tahi?
- Ka pēhea tō tautoko i te hunga ka tae atu? Ka whai rānei koe:
 - › kia tae mārika atu ētahi kaiwhakamahereora ki te kaupapa, he ruanga pepa, he rauemi ā-tā rānei?
 - › i ngā kōrero mō ngā ratonga me ngā nama waea hauora hinengaro ā-rohe, ā-motu hoki? Me hāngai pū ngā nama waea me ngā ratonga ā-rohe ki tō whakaminenga
 - › kia mārama te kite atu i te hunga tautoko (e mau koti muramura ana)?
 - › i tētahi wāhi mārire hei wāhi taupua mō te tangata, he wāhi rānei ki te tūhono ki te hunga tautoko?
- Mehemea kei te ipurangi tō kaupapa, me tuku whānui rawa ngā tuihono mō ngā ratonga/nama waea tōtika ki āu rauemi me āu whakatairanga katoa mā te whakaminenga.



He Rārangi Arowhai: He aha ngā rautaki tautoko ka whakaritea mai e koe ki te hāpai ake i te haumarutanga o tō whakaminenga? *(He mātārere nā Te Tūāpapa o te Hauora Hinengaro / e toru ngā kaiwhakamahereora e noho marara ana ki te rūma)*

Me whai wāhi mai ngā mātanga

Hei kaiwhakarite, he mea nui mō te haumarutanga o te katoa kia whakamōhio atu koe ki ngā mātanga, kia whai wāhi mai rānei ngā mātanga o tō hapori kua whakangunguhia, ā, e wātea ana ki te āwhina.

Ka taea hoki te hunga e whakapononuitia ana e te hapori, pēnei i ngā kaumātua, ngā pakeke, ki te āwhina ki te whakarite i te kaupapa, ki te noho mai hoki hei kaitautoko mō ētahi atu hei taua rangi.

Mehemea ka whai wāhi mai tētahi hapori ā-kura, me whakamōhio atu/rapu āwhina hoki i te kāhui whakahaere o te kura, e mōhio ai rātou i te pānga ki ā rātou rangatahi.

E āki ana mātou i a koe kia tūtakina atu/whakapā atu ki ngā tāngata tōtika i mua i te kaupapa - hei tauira, te kaiārahi ā-rohe ārai i te mate whakamomori, ngā rōpū ārai, rōpū manaaki ā-rohe hoki, he hunga ngaio hauora hinengaro anō rānei. Ka taea pea e ēnei tāngata te āwhina ki te whakamahere i tō kaupapa kia tika rā hoki ngā rongu kōrero.



He Rārangi Arowhai: Ko wai o tō hapori ka whakamōhioia atu e koe, ka whai wāhi mai rānei? *(Kaiārahi ārai i te mate whakamomori / kaiwhakamahereora ki te tautoko i ngā tāngata e kōhukihuki ana/he pakeke o te hapori e whakaponotia ana, e kauanuanuhia ana.*



ME PĒHEA e kōrero mō te mate whakamomori

He mea nui kia haumaru te kōrero mō te mate whakamomori ki te marea. Mā te whakamahi i te reo haumaru, i te reo whakawhiti tōtika e manaaki ai te hauora o ngā kaikōrero, ngā kaiwhakarite me te whakaminenga. Kei raro iho nei ētahi aronga me mārama ka kōrero ana mō te whakamomori.

Kei raro iho nei ētahi aronga me mārama ka kōrero ana mō te whakamomori.

ME:	ME KAUA:
Whakamahi i te momo reo pēnei i “i riro nā te whakamomori”, “nāna anō tana rironga” rānei.	E whakamahi te kupu “whai”, i te “i whai” i te whakamomori rānei, “i whāia kia takahia te ara whakamomori”.
Whakamahara tō whakaminenga ki ngā pīroiroitanga o te whakamomori, ā, kāore he take kotahi kau noa e whakamate ai tētahi i a ia anō.	E whakatau iho te mate whakamomori ki tētahi, ētahi take e rua anake rānei, nā te whakatumatuma, nā te motu tūhononga, nā te mahi i tētahi ngaiotanga rānei.
Kōrero mō ngā tini take e whakatūrarutia ai te tangata e te whakamomori - me pēhea hoki tātou e kaututu i ēnā take.	E kīa ake, katoa ngā tāngata i tētahi rōpū e tūraru ana ki te mate whakamomori, ngā kaipāmu, te hunga e noho pōuri ana, te hunga rangatahi rānei.
Tuku i te manawa ora. Kōrerotia te ārai i te mate whakamomori - whakamaharatia tō whakaminenga, he tao whakamomori e taea te karo.	E whakaatu te mate whakamomori anō nei koia noa iho te heipūtanga mō te tangata, mō tātou katoa o te motu rānei. Me kua e aro ki te kōpakatanga me te tōmuri o te aro mai a ngā ratonga.

HE AHA AI:

Mā te whakamahi i te kupu “whai(-a)” e piki ai pea te patunga o te whakamā me te poapoa mō te mate whakamomori, mō te hunga kua whai whakaaro whakamomori, mō te hunga kua pāngia ki te mate whakamomori hoki. He hononga tō te kupu “takahi” ki te takahitanga ture. Ehara te mate whakamomori i te takahitanga ture.

Mā te whakangāwari i ngā take o te mate whakamomori e tūraru ake ai ētahi atu tāngata (ki te tautuhi rātou me he hononga ki taua take), ā, ka āpiti tēnei ki ngā pōhēhē me pēhea e ārai i te mate whakamomori. Ka rongo hoki pea te hunga e pania ana ki te mate whakamomori i te whakamā me te whakatuaki. He take pīroiroi te mate whakamomori, he whakawhenumi hoki i ētahi take nui pēnei i te kare ā-roto, ngā mahinga, ngā take o te wā me te māuiui.

Ko tā tātou ā-hapori nei, he mārāma ki ngā take e tūraru ai te tangata ki te mate whakamomori, ā, me pēhea hoki e kaututu i ēnei tūraru. Kāore tātou e hiahia kia noho māori nei te mate whakamomori, kia piki rānei i te tūraru o te mate whakamomori mō te hunga e wheakotia ana te kōaronga. Ehara rawa te mate whakamomori i te heipūtanga, ā, arā ngā huarahi kia whai āwhina.

Ko te koretaketanga tētahi kōhengi ka rangona ngātahitia e te tini tāngata e whakaaro mate whakamomori ana me te hunga kua riro nā te mate whakamomori. Mā te whakaara ake noa iho i te aronga mai ki te mate whakamomori hei take nui e piki ake ai te kōhengi o te koretaketanga o te tangata. Mahue kē te aro atu kia piki i te manawa ora. E taea ana kia āraia te mate whakamomori, nō reira kōrerohia te āraitanga o te mate whakamomori, kua noa iho mō te take o te mate whakamomori.

ME:	ME KAUA:
<p>Mōhio ki ngā tatauranga, me whakamahi noa iho rawa hoki i ngā raraunga a te Kāwanatanga. Kīia ake i te “pikinga o te pāpātanga”, te “māharaharatanga ki ngā pāpātanga” rānei ka kōrero ana mō ngā tatauranga.</p>	<p>E whakakorōria ngā tatauranga, e whakamahi rānei i ngā kupu pēnei i te “urutā” me te “putanga ohorere”. Me kua e tuari, e matapaki, e whakapae rānei mō te pikinga o te mate whakamomori mō ētahi rōpū, ētahi rohenga, ētahi ngaioatanga rānei.</p>
<p>Me ngākau whakaiti, me aroha atu hoki tō whai whakaaro ki te mate whakamomori.</p>	<p>E whakaatu i te mate whakamomori hei mahi matapiko, e aro pū rānei ki te pānga o te mate whakamomori ki te hunga e noho pani ana.</p>
<p>Mahara ake te tangata, kua ko tōna rironga.</p>	<p>Kōrero mō ngā taipitopito (i te āhuatanga mahi hoki) mō tētahi rironga nā te mate whakamomori.</p>

HE AHA AI:

Ahakoā ka mātua i te kotahi rironga mā te mate whakamomori, ka whakamahia te reo whakakorōria, ka whakapiki ake te kōhengi o te koretaketanga, ā, ka ware ngā whakaaro i ngā rautaki ārai i te mate whakamomori. Ka hē pea ngā hau kōrero mō ngā huinga, me ngā whakapikinga o te mate whakamomori mā te tangata, me te aha, ka āki pea tēnā i te noho māori mai a te mate whakamomori hei whakautu ki ngā wā o te taumaha.

Ahakoā e mārama ana ki te riri me te whakamā hei uruparenga ki te mate whakamomori, e hira ana kia mahara ake ki te arotahi atu ki ēnei kōhengi, ka piki te poapoa, me te rongō i te whakamā mō te mate whakamomori. I te nuinga o te wā, ka hunaina ngā kōhengi mate whakamomori e taua poapoa, ka mutu, e kore e rapu āwhina. Mō ngā whānau kua pāngia e te rironga mate whakamomori, e kore pea e kōrerohia mō ō rātou ake kōhengi, e kore hoki pea e rapu i te tautoko me whai, ki te aro tahi atu ki te whakamā me te whakatuaki.

Karekau rawa he take mō ngā taipitopito o te rironga o tētahi, waihoki, he taipitopito whakakōhukihuki rawa atu pea ēnā. Kāore ēnā kōrero e whakanui i te tangata kua riro, i ō rātou whānau rānei. Ka piki ake ai pea te tūraru mō ngā tāngata o te whakaminenga e whakaaro mate whakamomori ana, ki te kōrerotia te āhuatanga mahi i riro ai tētahi.

Te whakatairanga haumaruru i tō kaupapa

Ka pēhea tō whakaputa me tō whakatairanga i tō kaupapa?

Ko tō ngā kaupapa ārai i te mate whakamomori, he waiho atu i te manawa ora me te ngākau māriu mō te tangata, he karo hoki i te whakatūraru i ngā tāngata paraheahea.

Mehemea e whakatairanga ana koe i tētahi kaupapa, whakamaharatia te marea he kaupapa kōhukihuki pea tēnei, ā, tukuna he ara kia puta i te kaupapa i mua i tā rātou rongo i ngā kōrero.

He mea anō kia āta whakaarohia:

- Mehemea e whakatairangahia e koe tō kaupapa ki ngā paepāpori, kua whakamahi rānei koe i ngā kupu ārahi 'Me pēhea e kōrero mō te mate whakamomori?' (kei te **whārangi 12**) ki te tuku i ngā taipitopito mō te kaupapa?
- Me whai whakaaro mehemea ka pōhiritia rānei e koe te hunga pāpāho. Ki te pērā, ka pēhea tō whakamōhio atu ki te whakaminenga, ā, he aha hoki ngā kōrero ārahi ka whakatauria e koe mō te taha ki te rīkoata me te whakaahua i ngā kōrero ka tuarohia? (Tirohia ngā kupu ārahi mō te mahi tahi ki te hunga pāpāho ki raro iho nei).
- Kia mahara ake, he mea hirahira te punanga. Me whakatau rawa e koe ngā ture mō te rīkoatatanga a te whakaminenga, mō te pōhitanga hoki ki ngā paepāpori, (te kaikōrero anake), ka rāhuitia rānei te rīkoata? Mehemea e rīkoatahia ana te whakaminenga, me rapu whakaaetanga hoki i a rātou.

Ngā whakaahua:

- Kia kaha tonu ki te whakamahi i ngā whakaahua whakapiki wairua i roto i ō mahi katoa (pēnei i ētahi tāngata e tautoko ana i rātou anō). Kāua e whakairia ngā whakaahua e whakaatu ana i ngā momo huarahi o te mate whakamomori, ngā whakaahua mohemohe, ngā whakaahua tūkinō e pā ana ki te hunga whaiora rānei kei pāmamae te hunga ka tae atu ki tō kaupapa.
- Kāua e whakairia ngā whakaahua o ngā tāngata kua mate whakamomori atu hei mea whakatairanga, hei whakaahua rānei ki tō kaupapa, kei pāmamae te hunga e whai tonu ana i te ora.

Me mātau ki ngā tatauranga:

He pai te whakamahi i ngā tatauranga me ngā raraunga mō te mate whakamomori kia whai kiko ai tō kōrero, engari me mōhio rawa koe ki te tika me te hāngai ki te wā nei o ngā kōrero ka tuarihia.

Kei Te Pūrongo o te Ao Kakarauri o Aotearoa ngā raraunga mō ngā whakapae o te mate whakamomori i ia tau, me ngā kōrero wāwāhi ā-rohe, ā-iwi hoki. www.tewhātuora.govt.nz/our-health-system/data-and-statistics/suicide-web-tool/



✓ He Rārangi Arowhai - Ka pēhea taku whakatairanga haumaruru nei i tēnei kaupapa:

- Kua pānuitia, e mārama ana hoki tēnei rauemi, ā, e tika ana te reo e whakamahia ana (tirohia te rārangi kōrero kei te **whārangi 12** i roto i tēnei pūrongo).
- He meka tika, nā te Kāwanatanga hoki ngā kōrero e tukua atu ana e au ki taku kaupapa ake, ki te whakatairanga hoki i taku kaupapa.
- Kua whakamahia e au ngā kī whakatūpato i runga i ngā rauemi whakatairanga e whakaputaina ana mō te mate whakamomori hei kaupapa kōrero matua ki te kaupapa ake *“Ka kōrerohia te mate whakamomori ki tēnei kaupapa, ā, he mea whakakōhukihuki pea tēnei mō ētahi tāngata”*.
- Kāore ahau i te whakamahi i ngā pikitia whakakōhukihuki, whakapoapoa rānei, he pikitia e whakamana ana i te mate whakamomori rānei. E kore ngā pikitia e whakaatu i te/ngā āhuatanga mahi o te mate whakamomori, te koretaketanga, te whakapūmau rānei i ngā pōhēhētanga o te hauora hinengaro, ka ngaukinotia, ka whakapātāritarihia pea te whakaminenga.
- Ka karo au i ngā kōrero whānui (kāore he āwhina kei te hapori, e raru ana te punaha hauora, kua urutā te mate whakamomori, kāore i te kōrerotia te mate whakamomori e te tangata).
- Kua whakamōhio atu ahau ki ngā rāngai ā-rohe mō taku whakarite i tēnei kaupapa - te Pirihimana/Kaunihera mō te tūpono ka katia ngā tiriti, e whakamahia ana rānei ngā wāhi tūmatanui, waihoki, te kaiārāhi ārai i te mate whakamomori/te tohunga hauora hinengaro/ngā kaiwhakamahereora kia whai kōrero āwhina me te tautoko mai.



KI HEA TŪ AI TŌ KAUPAPA

Whakaarohia te taiao haumarū ā-kiko, ā-aronganui hoki o tō whakaminenga ka whirwhiri ana ki hea tū ai tō kaupapa.

Kaua e whakatū i tētahi kaupapa ki tētahi wāhi e whakapaetia ana i reira pea tētahi mate whakamomori, ka whakapātariari pea tēnā i te kōhukihuki aronganui, e whakapiki ai te paraheaheatanga o te whakaminenga, ka haukoti rānei i te hunga ka tae atu.

Ki hea tū ai tō kaupapa?

- **Ki te ipurangi?** Whakaarohia me pēhea koe e tiaki kia haumarū tō whakaminenga, kia tuku kōrero hoki ki hea rapu āwhina ai, ki te matea. Whakaritea mai he rūma matihiko motuhake me tētahi kaitautoko. *“Ki te tautoko i ngā kōrero haumarū ā-ipurangi, haere ki” mentalhealth.org.nz*
- **Ki tētahi marae,** kia whakamahi i te tikanga me te kawa hei punaha haumarū? Me whai whakaaetanga i te mana whenua me ngā kaumātua o te rohe.
- **Ki tētahi wāhi puare,** kāore ō here i ngā tāngata ka tae mai? Me pēhea koe e whakaū i te haumarū o tō whakaminenga?
- **Ki tētahi wāhi tūmatanui?** Ki te pērā, me whai whakaaetanga rānei i tō kaunihera, ki te tāpui rānei i te wāhi?
- **Ki tētahi kura?** Kua whai whakaaetanga mai i te kāhui whakahaere o te kura? Kua whakapā atu koe ki te hāpori o te kura mō te kaupapa?

Waihoki:

- E aro ana koe ki ngā aratohu Kowheori-19 Aotearoa kia haumaru tō kaupapa? Hono atu ki te wharangi ipurangi www.covid19.govt.nz mō ngā taipitopito
- He māmā noa iho te tareka atu ki te wāhi? Tirohia te rauemi 'Be Accessible': www.belab.co.nz/items/top-tips-events mō ētahi kōrero āwhina ki te whakarite i tētahi kaupapa tareka
- Kua whakaritea he kāinga rua mehemea e tū ana te kaupapa ki waho, ka kino te huarere
- He mahere anō tōu mēnā:
 - › ki te kore tō wāhi e wātea ana, kua rāhuitia rānei?
 - › e mōhio ana rānei koe mehemea he rāhui inamata kei taua rohe?
- Mehemea kei waho, e mōhio pū ana koe ka rangona ngā tukuoro e te whakaminenga (me whai taputapu tukuoro rānei e koe?)
- He utu kore te kaupapa? Me tuku koha rānei? Ka koho pūtea rānei koe mō tētahi rōpū e mahi ana i roto i te ao ārai i te mate whakamomori?
- He kaupapa whānau tēnei?



Te whakamahere i tō kaupapa

Me whai rārangi take te nuinga o ngā kaupapa e whai māramatanga ai ngā kaikōrero me te whakaminenga, ka whai wāhi atu pea ēnei:

- **He karakia whakatuwhera** – tonoa tētahi o ngā kaumātua mana whenua, tētahi pā whakawairua rānei ki te whakatuwhera i ngā kōrero, ki te mihi hoki ki te hunga kua riro.
- **Kōrero whakatuwhera** – mā te kaiwhakarite e whakatau i ngā ture me te pūtake o te kaupapa kia mārama, kia tau hoki te mauri. He wā pai tēnei ki te kōrero mō te manawa ora.
- **Kōrero** – te kaikōrero he pūkenga, he mōhiotanga hoki ōna ki te kōrero mō te kaupapa, e mōhio ana hoki ki te reo tino whaitake mō te ārai i te mate whakamomori.
- **Te tuku pātai** – me tētahi pae mātanga, he tangata kotahi anake rānei? He papamahi kaweroo tuwhera tēnei mā te whakaminenga katoa, he rōpū whāiti rānei (mehemea āe, ko wai e whakahaere ana i tēnei, ā, me pēhea?) Me whai kaweroo koe?
- **Kōrero whakakapi** – tōaitia te pūtake me ngā hua o te hui, kōrerohia te haumarutanga o te whakaminenga, me ētahi kōrero ka whai ake (mehemea he take mō ēnei).
- **Karakia whakakapi**
- **Paramanawa** – Tērā pea ka tonoa te whakaminenga kia noho mai ki te kai timotimo me te kōrero tahi, ki te tautoko i ētahi atu ā muri. Ka āwhinatia tēnei kia whakatū tūhononga ā-hapori.
- **He tautoko whai muri i te kaupapa** – ka wehe atu te whakaminenga me ēhea rauemi (he rauemi mō ngā huarahi whakapā atu ki ngā ratonga tautoko ā-rohe, he kōrero rānei mō nama waea tautoko, he rauemi anō)?

Ka oti ana te kaupapa:

- Tērā pea ka pīrangi koe ki te arotake i te rere o ngā mahi. Hei tauira, e ai ki tāu i kite atu, te pātai ki ngā manuhiri mō ā rātou kōrero whakahoki hei taua rangi, te tuku rānei i tētahi patapatai ā muri iho.
- E pēhea ana koutou ko te hunga whakarite/kaikōrero? Arowhāia koutou i a koutou, ā, me whai wā ki te tiaki i a koutou anō.

Mā te whakamahi i Ngā Pou e Whā hei ārahi i a koe me te whai wāhi mai o ngā kōrero haumarua kua hoatu, e whai ana koe kia tautokona, kia haumarua mārika ngā tāngata katoa ka whai wāhi mai, ka mutu, e āwhina ana kia para i tētahi huarahi koke whakamua mō tō hapori e whakapūmau ana i te manawa ora.

Ko te āta poipoi i te manawa ora o te tangata te mea nui i roto i ngā mahi ārai i te mate whakamomori.

Ētahi atu kōrero

- Whakapā atu ki tō Poari Hauora ā-Rohe mō ngā taipitopito a te Kaiārahi Ārai i te Mate Whakamomori.
- Ngā rōpū tautoko ā-rohe, ā-motu hoki: **www.mentalhealth.org.nz/groups**
 - › Mō ētahi atu rauemi, kōrero hoki, toro atu ki **www.mentalhealth.org.nz**
 - › Ngā kōrero ārahi ā-pāpāho a Te Tūāpapa o te Hauora Hinengaro: **[www.mentalhealth.org.nz/media/media-guide lines](http://www.mentalhealth.org.nz/media/media-guide-lines)** me ētahi kōrero āwhina mō te whakaputa kōrero ā muri i tētahi mate whakamomori: **www.mentalhealth.org.nz/resources/resource/comment-or-no-comment**

Ngā Nama Waea Āwhina

- Me kōrero rawa? Waea, pātuhi utu kore atu ki **1737** ahakoa te wā kia whai āwhina i tētahi kaiwhakamahereora kua whakangungua.
- Lifeline **0800 543 354** (0800 LIFELINE).
- Youthline **0800 376 633**, pātuhi utu kore **234**, imēra **talk@youthline.co.nz**, mā te muka kōrero pae tukutuku rānei.
- Samaritans **0800 726 666**.
- Asian Family Services helpline **0800 862 342** (Rāhina - Rāmere 9am - 8pm).
- Vaka Tautua - waea utu kore **0800 Ola lelei/0800 652 535** (Rāhina - Rāmere 8.30am - 5pm).

He kōrero anō mā te whakarite me te kōrero i tētahi kaupapa ārai i te mate whakamomori

- Mō ētahi rauemi whakarite kōrero, me ētahi atu puka ārahi, toro atu ki:

www.beyou.edu.au

www.mindframe.org.au

www.sprc.org

www.leva.co.nz

He rauemi hei tautoko i ngā kaupapa ārai i te mate whakamomori mā runga ipurangi

www.orygen.org.au/chatsafe

www.mentalhealth.org.nz/download



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www.mentalhealth.org.nz

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