

Fact sheet

Getting help and advice

There are a range of other resources to support mental wellbeing in the workplace and help people and workplaces minimise and manage stress. Here we've highlighted where you can access further support for yourself or your people.

Workplace support and resources

Open Minds

mentalhealth.org.nz/open-minds

Online training materials and information to equip managers with the tools and confidence to talk about mental health.

Pink Shirt Day

pinkshirtday.org.nz

A national bullying prevention campaign to celebrate diversity and prevent bullying, with a workplace focus. Register now for updates regarding Pink Shirt Day, 17 May 2019.

WorkSafe

worksafe.govt.nz/topic-and-industry/work-related-health/work-related-stress/

Information on work-related stress.

Workplace Policy Builder

business.govt.nz/workplacepolicybuilder

Enables businesses to create customised policies on health and wellbeing, including mental wellbeing.

Understanding anxiety – Your body's response to stress affects your health

mentalhealth.org.nz/assets/A-Z/Downloads/FS3-Understanding-anxiety-1.pdf

One of a series of Health Promotion Agency fact sheets.

Stress leave

employment.govt.nz/leave-and-holidays/other-types-of-leave/stress-leave/

Find out more about employer obligations and responsibilities around leave.

depression.org.nz

Includes The Journal, a free online self-help tool, and includes specific advice on helping someone at work.

likeminds.org.nz

Information around addressing stigma and discrimination associated with mental distress.



Support to refuel your tank | Whakatipu ake noa

Five Ways to Wellbeing

mentalhealth.org.nz/home/ways-to-wellbeing/

Five simple and proven actions (Connect, Give, Take Notice, Keep Learning, Be Active) to find balance, build resilience and boost mental wellbeing, that can help reduce the risk of developing mental health problems.

Five Ways to Wellbeing at Work Toolkit

mentalhealth.org.nz/fivewaysworktoolkit

Includes fact sheets, tools, templates and team activities to introduce the Five Ways into your workplace to boost mental wellbeing and productivity.



Support to resolve causes of stress | Whakatika ngā raruraru

Employer Advice Line - 0800 805 405 for free advice for employers and managers on how to support team members with a disability or health condition, including mental health. Call for support within normal business hours (8am – 6pm working days).

Employment Relations Authority – 0800 20 90 20 for general queries on employment relations.

Your Employee Assistance Programme for counselling and support.

Your workplace union for workplace support.

Lowdown

thelowdown.co.nz/

For when life's ups and downs are more than just the usual ups and downs. Offers ideas and people who can help.

Careers New Zealand

careers.govt.nz/

Tools to get career ideas, explore study options and create your CV.

OUTLine NZ

www.outline.org.nz

0800 688 5463 (0800 OUTLINE)

For support around sexuality and gender identity for lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available Monday to Friday, 9am – 9pm, and weekends/holidays 6pm – 9pm.

Alcohol Drug Helpline – 0800 787 797 or text 8681 for support around alcohol and drugs, a free and confidential chat with a trained counsellor, 24 hours a day, 7 days a week.

Family Violence Information Line – 0800 456 450 for information as well as services in your own region for support around domestic violence. The phonenumber operates 9am – 11pm every day of the year.

Sorted

sorted.org.nz/get-sorted/

Free service powered by **CFFC** (Commission for Financial Capability), the government-funded, independent agency dedicated to helping New Zealanders get ahead financially.

New Zealand Government Housing and property

govt.nz/browse/housing-and-property/



Support to switch on the relaxation response | Whakatā tō waiora

All Right?'s Hikitia te hā is a simple breathing exercise

allright.org.nz/articles/breathe/

A simple breathing exercise and simple actions to support becoming more mindful.

All Right? Downtime is good time

allright.org.nz/articles/downtime-good-time/

Introducing mindfulness

mentalhealth.org.nz/assets/5-ways-toolkit/FWW-introducing-mindfulness.pdf

Some practical examples to support your people and teams to take a minute and Take Notice.

How to be more Mindful

mentalhealth.org.nz/home/our-work/page/21/2/how-to-be-more-mindful

Te Hikuwai: Resources for wellbeing – Relaxation

tepou.co.nz/uploads/files/tehikuwai/tehikuwai-handout-relaxation.pdf

New Zealand Defence Force

Relaxation and breathing

health.nzdf.mil.nz/mind/building-mental-resilience/relaxation-and-breathing/

Auckland University

CALM Website, Computer Assisted Learning for the Mind

calm.auckland.ac.nz/index.html

Engage Aotearoa

Welcome to The Coping Kete

engagenz.co.nz/copingkete/

Talk to someone

Your GP, doctor or hauora service

Can help you access counselling and can talk to you about treatment options if you're experiencing stress or anxiety.

Need to talk? Free call or text **1737** to talk to a trained counsellor, anytime.

Lifeline

0800 543 354 for counselling and support.

Text 'Help' to 4357.

Depression Helpline

0800 111 757 for support from trained counsellors.

Samaritans

0800 726 666 for confidential support to anyone who is lonely or in emotional distress 24 hours a day, 365 days a year.

Directories to find local services

Citizens Advice Bureau New Zealand (CAB)

cab.org.nz

Help people to know and understand their rights and obligations and how to use this information to get the best outcomes. Provide a free and independent service to all.

Family Services Directory

familyservices.govt.nz/directory/

A searchable online database that lists information about family support organisations and the services/programmes they offer to support New Zealand families.

Community Law

communitylaw.org.nz/

Has some of the best legal professionals in the country, and they're free.

Māori Health provider directory

health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory

There are a number of Māori health providers contracted to district health boards throughout Aotearoa – find a provider in your area.

ethniccommunities.govt.nz

ethniccommunities.govt.nz/

The Office of Ethnic Communities provides information, advice and services to, and for, ethnic communities in New Zealand.

Language Line

languageline.govt.nz

Freephone: 0800 656 656

Professional telephone interpreting service

Te Kāhui Māngai

tkm.govt.nz/

Directory of Iwi and Māori Organisations

The Office for Disability

odi.govt.nz/guidance-and-resources/

Issues guidance and resources

Disability Services (Ministry of Health)

health.govt.nz/our-work/disability-services

Provides support to disabled people and their families so they can live the lives they choose.