

# I NEED TO ACCESS HAUORA HINENGĀRO/MENTAL HEALTH SUPPORTS AND SERVICES

Therapeutic, peer-led or medical hauora hinengāro/mental health supports and services are an important part of my kete/toolkit to stay well.

I might be looking at accessing these services for the first time, want to maintain my access to them or want to change things up to help manage any new or returning manawa pā/triggered thoughts and emotions I'm experiencing.

## I NEED...



**TO KŌRERO WITH SOMEONE ABOUT HOW I'M FEELING. HELP ME TO FREE-CALL THE TEAM OF COUNSELLORS ON 1737, JOIN A PEER SUPPORT GROUP OR SEE A THERAPIST HERE; OR, VISIT OR CALL ME TO SEE HOW I'M GETTING ON.**



**MY FRIENDS, WHĀNAU AND PEOPLE IN MY COMMUNITY TO SUPPORT ME WHEN I SAY I'M NOT OKAY AND NEED MENTAL HEALTH SERVICES. IT'S HARD FOR ME TO REACH OUT FOR HELP. I CAN FEEL LIKE I'M A BURDEN TO OTHERS.**



**HELP WITH ACCESSING SERVICES, ESPECIALLY IF I DON'T HAVE ACCESS TO THE INTERNET OR PHONE CREDIT. OFFER TO CALL A SERVICE ON MY BEHALF OR ATTEND ONE OF MY APPOINTMENTS AS A SUPPORT PERSON.**

Want to know how you can support someone you care about?

Click [here](#) to read some mātauranga/words of wisdom from people who've lived and are successfully managing their way through mental distress and trauma.