



I'M HAVING A HARD TIME GETTING THROUGH

Living through our recent uncertain times has been really hard for me, and I need the support of my friends and whānau to help me through.

My manawa pā or distressing thoughts could have been triggered by the effects of COVID-19, such as losing my job or a loved one, or I could have been having a tough time beforehand and COVID-19 has made my life just that much harder.

I NEED...



SOMEONE TO ACCEPT MY FEELINGS AS VALID AND REALLY WHAKARONGO/ LISTEN TO WHAT I'M GOING THROUGH. LISTEN CAREFULLY TO HOW I DESCRIBE MY EMOTIONS AND ASK ME OPEN-ENDED QUESTIONS SO I CAN DESCRIBE THEM FURTHER.



MY FRIENDS AND WHĀNAU TO ASK IF THEY CAN HELP, AND HOW. I MAY ALREADY HAVE GREAT COPING STRATEGIES AND AS LONG AS THESE ARE SAFE, PLEASE RESPECT THEM IN MY RECOVERY. IF I ASK FOR YOUR HELP, BE REALISTIC AND DON'T PROMISE MORE THAN YOU CAN GIVE.



FOR PEOPLE TO CONTINUE TO KŌRERO WITH AND INVITE ME OUT TO GATHERINGS. I MIGHT NOT BE ABLE TO COME, BUT IT'S IMPORTANT THAT I FEEL INCLUDED, ACCEPTED AND KNOW THAT MY FRIENDS AND WHĀNAU CARE.

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.