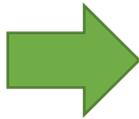
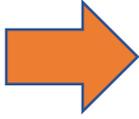
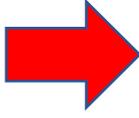




Havelock Pelorus Community:

Pathways to Access Mental Health Support

Referral Pathways		
General Mental Health Concerns		If you are concerned about your (or someone else's) mental health, we encourage you to discuss your concerns with your GP. You can also look through the attached list of useful websites and apps.
Acute Mental Health Concerns		For urgent support call 0800 948 497 , your concerns will be triaged by trained mental health clinicians and advice, guidance will be provided, and intervention will be arranged if necessary.
Immediate Mental Health Concerns		If you have imminent concerns about your or someone else's safety, then you need to contact Emergency Services on 111 .

Depression

Feeling down when something upsetting or stressful happens, like a relationship break-up, or losing a job, is normal, and usually the feelings fade over time and you get on with life. But if it's depression the feelings don't go away, even when things improve.

All depression will be helped by better self-care. For mild depression, *self-help* techniques (like being physical active, eating and sleeping well) can make a big difference. Depression can often lead to thoughts that life's not worth going on, or that everyone would be better off without you. If you're feeling this way, and especially if these thoughts are getting stronger then you need to **get help right now**.

The signs and symptoms of depression should be taken seriously if they last for **more than two weeks or if they leave you feeling unsafe at any point in time**. If you're in any doubt, talk to your Doctor or discuss your concerns with the acute team on 0800 948 497.



Signs and Symptoms

constantly feeling down or hopeless, having little interest or pleasure in doing things you used to enjoy, irritability or restlessness, feeling tired all the time, or a general loss of energy feeling empty, lonely, mopey, sleeping problems - too much, or too little, losing or gaining weight, feeling bad about yourself or things you have done, problems with concentration, reduced sex drive, thinking about death a lot, thoughts of harming yourself.

It is common for people who have depression to also feel anxious. The symptoms of anxiety and depression can overlap.

Anxiety

Everyone has feelings of anxiety at some point in their life, whether it's a job interview, meeting a partner's whānau for the first time, or if you're about to have a baby (pēpi). Some anxiety is helpful – it helps us react to stresses or potential threats, by quickening our reflexes and focusing our attention, and it usually settles once the stressful situation has passed.

Anxiety is when those feelings don't go away, they're extreme for the situation, and you can't seem to control them.

When anxiety is severe or there all the time, it makes it hard to cope with daily life.

Worrying and the symptoms of anxiety can creep up on you gradually. This can make it hard to know how much worrying is too much.

Some common anxiety symptoms include:

hot and cold flushes, shaking, racing heart, tight feeling in the chest or chest pains, struggling to breathe, snowballing worries that get bigger and bigger, a racing mind full of thoughts, a constant need to check things are right or clean, persistent worrying ideas that seem 'silly or crazy' (pōrangī).

Apps, e-therapy & guided self-help

Beating the Blues [NZ]

Treats depression and anxiety by using cognitive behavioural therapy (CBT). Talk to your doctor if you think Beating the Blues could be helpful for you (requires doctor referral).

CalmKeeper [NZ]

App for iPhones. Designed by clinical psychologists, this app is designed to assist with managing anxiety and panic attacks by providing immediate access to tools to help you cope. Charge applies.



Marlborough Primary Health

KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

CALM Website, Computer Assisted Learning for the Mind [NZ]

An online resource created and managed by Dr Antonio Fernando, a senior lecturer at the University of Auckland. The website has tools for coping with stress and managing life.

Farmstrong

Farmstrong is an online national wellbeing programme for the rural community. The online resource shares farmer-to-farmer tips, supported and informed by wellbeing science. With the aim to improve your wellbeing so you can manage the ups and downs of farming.

The Journal [NZ]

Part of the National Depression Initiative and fronted by Sir John Kirwan, The Journal is designed to teach you skills that can help get through mild to moderate depression more effectively. By working through the programme, you will be taught the principles and application of some of the most effective self-help techniques. In the course of six lessons you'll learn how your thinking can change if you are depressed, ways your physical health can impact on mental health and, finally, a simple method to help resolve the problems you face in everyday life.

thelowdown

An interactive website for young people featuring a self-test, fact sheets, a moderated message board and video clips from popular musicians and high-profile young sports people talking about their experiences of depression. The site gives access to a team of counsellors who provide email, phone, webcam and text-based support services for young people.

The National Depression Initiative [NZ]

An interactive website with a focus on self-management. It provides a self-test and detailed information about depression and NZ options for management and treatment in the form of a journey that users can take to get through depression. It features video clips of New Zealanders who talk about their experience and what they found helpful.

Recovery via the Internet from Depression (RID)

The RID trial tested whether a set of web-based self-help programmes work for reducing depression in New Zealand. The programmes are designed to help people manage their depression by providing relevant information and/or working through a number of exercises on the internet.

SPARX

A self-help computer programme for young people with symptoms of depression. The programme was developed by a team of specialists in treating adolescent depression from the University of Auckland. SPARX uses a 3D fantasy game environment and a custom-made soundtrack. The programme teaches skills to manage symptoms of depression, in a self-directed learning format. Young people learn cognitive behavioural therapy techniques for dealing with symptoms of depression (e.g., dealing with negative thoughts, problem-solving, activity scheduling, and relaxation).

Useful Helplines: -



Marlborough Primary Health

KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

NEED TO TALK? - Freecall or text 1737 - www.1737.org.nz

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or [online chat](#)

Depression Helpline – 0800 111 757 or free text 4202

Alcohol and Drug Helpline – 0800 787 797 or [online chat](#)

Are You OK – 0800 456 450 family violence helpline

Gambling Helpline – 0800 654 655

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)