

## Serving with Faith and Love

Kia ora koutou,

Below is out lined a range of support available from the Ministry, to help young people needing help to manage their wellbeing.

### Cabinet decision on COVID alert levels

Auckland will remain on Alert Level 2 with additional restrictions and all of New Zealand will continue to stay at current Alert Level 2 settings.

Alert levels will be considered again by Cabinet on Monday 14 September. If the decision is made to change, it will take effect from 11.59pm Wednesday 16 September.

### Caring for communities (C4C)

COVID-19 events have exposed inequity for access to basic needs such as food, housing, psychosocial support and other support services. In response to this, the Government has established “Caring for Communities” (C4C) to focus across the Government system on getting assistance to the people who need it most.

Given that it is very likely that affected whānau have a range of issues that they need help with, C4C is also working to coordinate wrap-around support through regional leadership involving community groups, churches, iwi, and local government.

If you want to connect or seek help through this initiative, please see the table below to get in contact with the public service lead for Auckland.

Region	Regional Public Service Lead	Agency	Contact
Auckland Region	Zoe Griffiths	MoE, Deputy Secretary	<a href="mailto:zoe.griffiths@education.govt.nz">zoe.griffiths@education.govt.nz</a>

### Mental wellbeing supports for young people

There are a large range of self-help tools and other supports available for young people who may feel they aren't coping.

#### Helplines:

- **Youthline** – Call 0800 376 633, text 234, [email](#) or webchat (7-11pm daily) for young people and their parents, whānau and friends.
- **Rainbow Youth** – Call (09) 376 4155 (11am-5pm weekdays) or webchat (3-5 weekdays) for peer support for youth in the rainbow community, their friends and whānau.
- **What's Up** – Call 0800 942 8787 (0800 WHATSUP) or webchat to talk about anything with trained counsellors. Call: Monday to Friday 12-11pm, Sat and Sun 3-11pm. Webchat: Mon-Fri 1-10pm, Sat-Sun 3-10pm.
- **Kidline** – Call 0800 543 754 (0800 KIDSLINE) for young people up to 18 years old - 4-9pm weekdays.
- **The Lowdown** – Call 0800 111 757, text 5626, email or webchat to get for support for young people experiencing depression or anxiety.

#### Self-help tools and information:

- **Aroha** is a chatbot that provides practical, evidence-based tools to manage stress, maintain social connection and stay active. [portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial](https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial)

- **Aunty Dee** is a free online tool for anyone who needs some help working through a problem. [www.auntydee.co.nz](http://www.auntydee.co.nz)
- **Melon Health** has a kete of resources to support teenagers' emotional wellbeing. There are videos, downloadable worksheets and a 'First steps to managing anxiety' mini-course. [www.melonhealth.com/manual](http://www.melonhealth.com/manual)
- **Mental Wealth** has resources where you can learn more about mental health. [www.mentalwealth.nz](http://www.mentalwealth.nz)
- **SPARX** is an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety in an interactive game-world. [www.sparx.org.nz/home](http://www.sparx.org.nz/home)
- **The Lowdown** has some great resources about recognising and understanding depression and anxiety. [thelowdown.co.nz](http://thelowdown.co.nz)

#### For Pacific families:

The Mental Health Foundation also recently sent the following message out to their Pacific families:

- *"Wellness is community. As children of the moana, our wellness is collective, it is caring for ourselves and caring for each other. Now more than ever, we as a people need to come together in heart and mind, keeping our village strong."* Words by Grace Iwashita-Taylor.
- If you or someone you know is feeling stressed or anxious, our friends at [Vaka Tautua](#) can offer you support through their helpline 0800 OLA LELEI (0800 652 535)

[LeVa Pasifika](#) also provides information and support for Pasifika families on mental health, addiction and suicide prevention.

#### Mental health and wellbeing support for all

[The Ministry of Health has brought together a list of tools to support mental wellbeing and places to go to get help \[PDF\]](#).

#### Need more support?

Visit [www.healthpoint.co.nz/mental-health-addictions](http://www.healthpoint.co.nz/mental-health-addictions) to find mental health and addiction services near your school. There are services specifically for young people, kaupapa Māori, Pasifika, addiction, and maternal mental health. You can also search for services that are 'walk-in' that don't need a referral.

Kindest regards,



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