

How do we get help if we need it?

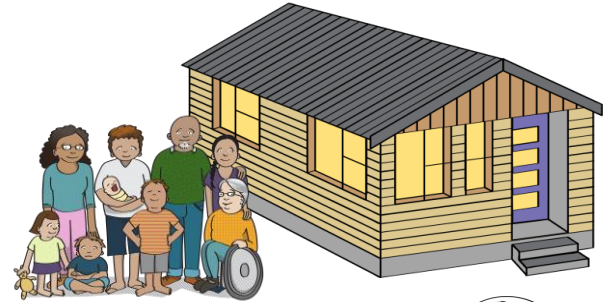
You are not alone. You can get help if you need it.

COVID 19 and Lockdown is tough for everyone in Aotearoa NZ. Some people might be sad and be missing their friends. Lots of people might have big worries about what is going to happen.



Some people might get fed up or bored in Lockdown. Some people might argue or fight. They might feel angry or stressed out more easily than normal.

We all need to look after the people in our whare.
We need to be kind. We need to be patient.



If you need help you can call:

- Your social worker
- VOYCE - Whakarongo Mai
voyce.org.nz
[0800 4VOYCE](tel:08004VOYCE) (0800 486 923)
- A Healthline counsellor – call or text [1737](tel:1737) (it's free)
- Youthline – [0800 376 633](tel:0800376633) Free text [234](tel:234)

Getting help when we need it

What can we do if we don't feel good?

Think about good/healthy things that you could do:



- Hang out in a quiet place - a bedroom, the garden, the front step, the yard
- Sleep
- Have a feed
- Workout in the yard
- Watch TV
- Listen to music, play guitar
- Write raps, a diary, a letter
- Talk with someone

What can we do if we don't feel good?

- **Talk to someone** (on the phone, by email)
- Contact your **social worker**
- **Contact VOYCE - Whakarongo Mai**
voyce.org.nz
[0800 4VOYCE](tel:08004VOYCE) (0800 486 923)
- Phone a helpline like **Youthline** [0800 376 633](tel:0800376633)
Free text [234](tel:234)





Phone your social worker if you:

- want a chat
- want to know about your Family Group Conferences (FGCs) or court stuff
- are worried about your whānau
- need help



If you feel sick, stay in the house and phone:

- your doctor
- phone Healthline [0800 358 5453](tel:08003585453)



If you have big worries or feel stink phone or text places like:

- Youthline [0800 376 633](tel:0800376633) Free text [234](tel:234)
- VOYCE - Whakarongo Mai
voyce.org.nz
[0800 4VOYCE](tel:08004VOYCE) ([0800 486 923](tel:0800486923))
- Lifeline [0800 543 354](tel:0800543354)
Free call or text helpline [1737](tel:1737)



Phone the Police 111 if you think:

- someone is going to get hurt
- someone is going to hurt themselves