

# ITS OK, NOT TO BE OK



## **Connect** **Me whakawhanaunga**

Talk and listen  
Be there  
Feel connected



## **Take notice** **Me aro tonu**

Remember the simple  
things that give  
you joy



## **Keep Learning** **Me ako tonu**

Embrace new experiences  
See opportunities  
Surprise yourself



## **Be active** **Me kori tonu**

Do what you can  
Enjoy what you do  
Move your mood



## **Give** **Tukua**

Your time  
Your words  
Your presence



## **Relax** **Whakangā**

Calm your mind  
Rest your muscles



## **Eat well** **Kai pai te kai**

Eat healthy food  
Drink plenty of water



## **Sleep** **Moe pai**

Aim for  
eight hours



## **Have fun 5 times a day** **Whakangahau**

Dance, move, laugh, Interact

## **ONLINE MENTAL HEALTH WELLBEING TOOLS & PHONE SUPPORTS**

**1737** Freephone or txt to reach a counsellor

**Healthline** Freephone Healthline to talk to a nurse 0800 611 116

**Depression** [www.depression.org.nz](http://www.depression.org.nz) 0800 111 757 or txt 4202

**Suicide Crisis Helpline** 0508 828 865

**Alcohol and Drug Helpline** 0800 787 797

**Gambling Support** 0800 654 655

**Melon Health** [www.melonhealth.com](http://www.melonhealth.com)

**Mentemia** [www.mentemia.com](http://www.mentemia.com)

**Just a Thought** [www.justathought.co.nz](http://www.justathought.co.nz)

**Marlborough Health Mental Health Team 24/7** 0800948 497

**Farmstrong** [www.farmstrong.co.nz](http://www.farmstrong.co.nz)

**Youthline** [www.youthline.co.nz](http://www.youthline.co.nz) or 0800 37 66 33 txt 234