

Whanau/ Family/ Friends of Rainbow People

Use of pronouns

Gender pronouns are the terms people choose to refer to themselves that reflect their gender identity. These might be he/him, she/her or gender-neutral pronouns such as they/them. Knowing and using a person's correct pronouns fosters inclusion, makes people feel respected and valued, and affirms their gender identity

Having pronouns in an email signature signals you as an LGBTQIA+ ally.

Cisgender (often shortened to cis) describes someone whose internal sense of gender corresponds with the sex the person was identified as having at birth.

Family acceptance helps reduce risk and promotes wellbeing.

For more information on Whānau/ Family Support head to Rainbow YOUTH: ry.org.nz/whanau-support

Believe that your child can be a happy LGBTQIA+ adult and tell them they will have a good life.



Tautoko Rainbow Marlborough group is working towards understanding and acceptance of the people of the Rainbow community who live in Marlborough.

- Some Rainbow people are embarrassed / whakama
- Some Rainbow people want to shout from rooftops
- Some Rainbow people want to be treated no different to others
- All want to feel safe to be their authentic selves!

All people deserve:

- To be treated with respect
- To be treated with kindness
- To be included

Marlborough Events:

- Pink Shirt Day (antibullying) - mid May
- Paint the town PINK May (Blenheim)
- Pride Wairau - June
- Sweat Wairau - June



This flag was designed to celebrate diversity and inclusion for everyone in the LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, intersex and asexual) community. It combines elements of the traditional rainbow flag with other LGBTQIA+ flags to highlight groups that have sometimes been underrepresented in pride celebrations.

RAINBOW TAKATĀPUI MARLBOROUGH



Marlborough Rainbow groups

Gay Alliance Marlborough: Group of Rangatahi/Young people, who meet weekly. For info ring 0275222243

LGBTQIA+ Social & Support:

www.facebook.com/groups/lgbtqiaMarlboroughNZ

@Pride Wairau: pridewairau@gmail.com

Tautoko Rainbow Marlborough:

helen.mclean@nmdhb.govt.nz

Ask your school/guidance counsellor if there is a Rainbow group

Nelson:

Q youth Nelson: community.q.youth@gmail.com

Pride Nelson: nelsonpridenz@gmail.com

Check these websites out:

RainbowYOUTH

Provide support, information, resources & advocacy for Aotearoa's queer, gender diverse, takatāpui and intersex youth. www.ry.org.nz

Inside Out

Working to make Aotearoa safer for all Rainbow young people. insideout.org.nz

Burnett Foundation Aotearoa

Provides HIV advocacy, education and support services, including HIV testing, counselling, group support and free condoms. burnettfoundation.org.nz

Be-there

Offers insights from a parent perspective on how best to support a transgender child. It is based on international research and interviews, and covers groups and organisations, resources, contacts for trans & non-binary young people. be-there.nz

Intersex Aotearoa

An intersex-led non-profit organisation that provides affirmation, advocacy and referral for intersex people and their whānau. intersexaotearoa.org

Relationships & Sexual Health

Sexuality and Gender: 0800 688 5463

Outline.org.nz: Online chat and other services

Sexual Wellbeing Aotearoa (was Family Planning) provide LGBTQI+ affirming support. 03 578 3047 sexualwellbeing.org.nz

Sexual Health Clinic

STI checks, Condoms, ECP
Marlborough Community Health Hub
22 Queen Street Blenheim, 7201
Phone: 022 012 7978 anytime

Picton Medical Centre

Free STI checks for under 22 years -
Ask for "Student Appointment"
114 High Street Picton Phone: (03) 520 3222

INP Medical Clinic Nelson

INP provide LGBTQI+ affirming support
(03) 546 8155 www.inp.co.nz

Safe to talk/Korero mai ka ora.

Sexual Harm Helpline. 0800 044 334
24/7. Confidential Free - interpreter services available.

Beyond the Birds & Bees Website

beyondthebirdsandbees.co.nz
An Aotearoa-based app/website designed with young people for young people. Let's start some korero about relationships, sexuality and sex.

Doctor (Dr) / Dr's Practice

If you do not have a Dr, email:

needagp@marlboroughpho.org.nz

If you cannot get a Drs appointment when you feel you really need one, you can ask to speak to the Practice Nurse. marlboroughpho.org.nz

Urgent Care – For minor injuries and urgent medical attention, phone 03 520 6377 Open 8am – 8pm 7 days a week, at hospital, entry off Hospital Road, Blenheim marlboroughpho.org.nz (visit for fees)

Healthline: Free phone Healthline to talk to a nurse 24/7 phone 0800 611 116

healthify.nz: Health topics, medicines information, self-care resources and tools for health

Mental Health - "It's Ok to ask for Help"

Free phone or text **1737** to reach a counsellor 24/7

Talk to your Doctor's Practice team, GP, HIP (Health Improvement Practitioners), Practice Nurse

In Emergency phone 111

If urgent **Adult Mental Crisis Team** – 03 520 9907

If urgent **ICAMHS (Infant Child & Adolescent Mental Health) Team** 03 520 9905 (after hours 4pm-8am & wkds for both) 0800 948 497 option 2

Te Piki Oranga (Nelson Marlborough) 0800 ORANGA

Maataa Waka free social services, Blenheim maataawaka.co.nz/services

CARE Marlborough Mental Health Advocacy Service (03) 579 5304 carem.nz

Youthline 0800 376 633 or text 234 | talk@youthline.co.nz

Depression and anxiety 0800 111757
or text 4202 **depression.org.nz**

Alcohol & Drug Helpline 0800 787 797

Addictions Wairau Hospital Road, Blenheim
Phone: (03) 520 9908 | addictionswairau@nmdhb.govt.nz
After hours emergency phone: (03) 520 9999

Supporting Families Free support for families/friends or workmates of those with neurodiversity, mental illness or addiction.

General Marlborough Information

Marlborough Community Directory:

marlborough.cab.org.nz

If no internet access - Call CAB 03 578 4272 or visit CAB, 25 Alfred Street. Information on: Youth, health and wellbeing, counselling and support, whānau support and parenting, interest groups, sports clubs, older persons, halls for hire, op -shops.

Youth Tool Kete: <https://youth.cab.org.nz>

Marlborough Events – followme:

facebook.com/followmemarlboroughevents

Community Law: commmlawmarlb.org.nz