

# “ Ngā whakawhitiwhiti whakaaro mō te whakamomori,”

He tino uaua te pātai ki tētehi tangata e whakaaro ana ki te whakamomori

Mā ēnei tohutohu koe hei arataki ki ngā kupu tika ki te tangata

## Kia maumahara mai me āta tiaki kia noho haumaruru te tangata (te tiaki i a koe anō);

1. Kia noho tahi me te āta tiaki hoki
2. Kia mōhio te tangata kei konā koe e whakarongo ana, e tiaki ana i a ia
3. Me kaha te whakakōrero i te tangata, kia kaua e whakawāngia
4. Me matua whakahau kia whai tautoko te tangata i ōna hoa, i tōna whanau, otirā i tōna tākuta, i ngā kaimahi hauora rānei

**1** Kua whakaaro ake koe, he koretake tō oranga ki tēnei ao, ā...?

**2** E whakaaro ana koe mō te whakamomori..?

**3** He aha i whakaaro ake ai koe ki te whakamomori?

He aha i whakaaro ai koe he koretake tō nohonga ki tēnei ao?

**KAO!**

**ĀE!**

**He kupu āwhina anō**

**KAO. ENGARI HE ĀWANGAWANGA TONU.**  
Me whakapā atu ki tētehi kaitautoko.  
**0508 TAUTOKO (828 865)**  
Suicide Crisis Helpline



## TUATAHI, KEI TE PAI, KEI TE WĀTEA HOKI KOE?

Me whakahau te tangata kia toro i tētehi mātanga hauora:

1. **GP** (Mehemea wātea ana i taua wā tonu)
2. **School Counsellor or Public Health Nurse** (Mehemea kei te tika)
3. **Community key worker** (Mehemea he kaimahi kei tēnei tūranga)
4. **Taranaki DHB Crisis Team** (Assessment & Brief Care Team) 0508 277 478. Tērā pea, me waiho karere, engari rā, tiakina te tangata.
5. **Emergency Department**  
Me kawe te tangata ki;  
Taranaki Base Hospital, David Street  
Hawera Hospital, Hunter Street

Kua whakatakotohia he mahere me tana whakarite kia tutuki i a ia? He aha tāu?

**HE RĀKAU KŌHURU, HE RONGOĀ KAHA HE MEA MŌREAREA RĀNEI E HINGA AI IA? WAEA: PIRIHIMANA 111**

**5** E taea ana tō mahere whakamomori te whakatutuki?

**4** Kua whakatakotohia e koe he mahere ki te whakamomori?

**ĀE!**

**KAO!**

**ĀE!**

**KAO!**

**KĀORE HE MAHERE/ KĀORE E TAEA TE MAHERE TE WHAKATUTUKI**  
He mea nui ngā hoa tata me te whānau tautoko i tēnei wā, me ngana kia tūhono atu ki ēnei kaitautoko.  
Me arahi a ia ki te GP, school counsellor, public nurse.

# NGĀ TEKA, NGĀ PONO



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homegrownstepupspeakout](http://www.facebook.com/homegrownstepupspeakout)

HE  
TEKA

Ka piki te hiahia  
whakamomori mehemea  
ka pātaia te tangata mō  
te whakamomori, nē!

HE  
PONO

Kāore rawa!  
Mehemea ka pātai mō te  
whakamomori ka puaki  
mai pea he whakaaro,  
he kōrero, he  
whakawhitiwhiti rānei.

HE  
TEKA

E kore e tino  
mōhio, ko wai tērā ka  
whakamomori. Tērā,  
kāore rānei.

HE  
PONO

I ētehi wā kāore e  
kaha kitea ana. Kāore anō  
pea kia mārāma ki ngā tohu.  
Engari, mehemea ka puta mai  
he tohu, he pēnei pea te āhua;  
ka rerekē ōna whanonga,  
ka piki te pōraruru ki te  
hinengaro, ka kaha te kōrero  
mō te mate, ka āwangawanga  
ki te pōrearea, ka whāia rānei  
ngā mahi mōrearea.

HE  
TEKA

I ahu mai te  
whakamomori i te  
mate hinengaro, nē!

HE  
PONO

He nui tonu ngā ākinga o  
te whakamomori, arā, te  
aituā, te mamae, te pōuri,  
te mahue hoa-pūmau rānei.  
Ehara i te mea ka ahu mai  
te whakamomori i te mate  
hinengaro.

HE  
TEKA

Ehara māku tēnei mahi  
ārai whakamomori.

HE  
PONO

Mā te katoa o te hapori  
me te iwi te mahi ārai  
whakamomori nei. Me tohu  
atu, mā te āwhina hoki te  
hunga taumaha e kaupare  
atu ai te whakamomori.

## Help Lines

- **Lifeline** (open 24/7) - **0800 543 354**
- **Depression Helpline** (open 24/7) - **0800 111 757, [www.depression.org](http://www.depression.org)**
- **Healthline** (open 24/7) - **0800 611 116**
- **Suicide Crisis Helpline** (open 24/7) - **0508 828 865** (0508 TAUTOKO).  
*This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.*
- **Youthline** (open 24/7) - **0800 376 633**. You can also **text 234** for free between 8am and midnight.
- **Kidslines** (open 24/7) - **0800 543 754**.  
*This service is for children aged 5 to 18.*
- **Taranaki Rural Support Trust** - **0800 787 254** (0800 RURAL HELP)
- **Alcohol Drug Helpline** (open 24/7) - **0800 787 797**. You can also **text 8691** for free.

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