

Te Ao Māramatanga

New Zealand College of Mental Health Nurses Inc.
Partnership, Voice, Excellence in Mental Health Nursing

PO Box 77-080, Mt Albert, Auckland, 1350, New Zealand

Key Messages, Resources, and Approaches for Covid-19 conditions - August 2021

This summer will be the first under Covid -19 level 1 conditions, and even more reason now to maintain our vigilance and to remain alert and supportive of ourselves, the people we serve, and family and whānau. This **Guidance List** has been developed by the College to assist **Mental Health, Addiction and Disability nurses** and **Credentialed Primary Care** nurses to continue to provide current information as we traverse the Covid - 19 conditions and potential future lockdowns.

The list of resources is presented under the following key headings:

1. Interpersonal violence and abuse
2. Key messages to reinforce with all people seeking healthcare
3. Resources that support maintaining and improving mental health and wellbeing
4. Helplines available
5. Resources to assist people who are feeling suicidal or having suicidal thoughts
6. Parenting Support
7. Self-help tools for young people
8. Harmful Substance Use Concerns – Self-help and information for **supporters** and withdrawal guidelines for **practitioners**

1 - Interpersonal violence and abuse

Over the period of lockdowns, there has been a rise in family violence, particularly after level 2 in the Auckland region. As we continue to interact with the people we serve, victims of interpersonal violence and abuse may feel more open to talk if we are alert to this, or family/whānau may be the ones to disclose to us. Please see the following links for information and assistance.

Family violence and sexual violence prevention

Help and support is available to those experiencing interpersonal violence or sexual violence.

Key messages include -

If you are in immediate danger or someone you know is, when it is safe to do so, call the Police on 111, even if you are not totally sure harm is occurring. If it's not safe for you to speak, call 111, stay silent and push 55. Police will then understand silence to be an alert

- ***Stay as connected as you can and keep an eye out for the safety and wellbeing of children and vulnerable adults.***
- ***Talk to friends, whānau and neighbours if you need support (or to check if they need help). If you feel it is safe to do so – access social media to keep in touch and check-in with each other.***

Link 1 - The MOH has most of the current information on *interpersonal violence and abuse* for Aotearoa <https://www.health.govt.nz/publication/family-violence-assessment-and-intervention-guideline-child-abuse-and-intimate-partner-violence>

Link 2 - Dr Kim McGregor, (Chief Victims Advisor to Government) provides more specific info, contact details for agencies and ways of engaging victims <https://www.justice.govt.nz/about/news-and-media/covid-19-news/chief-victims-advisor-support-available-for-victims-during-isolation/>

Link 3 Age Concern website for Elder abuse –

https://www.ageconcern.org.nz/Public/Information/Research/Elder_Abuse/Public/Info/Research/Elder_Abuse_and_Neglect_Research.aspx?hkey=fda63009-d703-4791-ac53-131d68ef91af

Key messages:

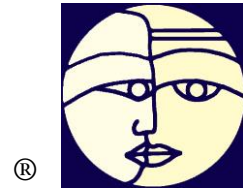
2 – Health services

Emergency services and your local primary health, mental health, addiction, and disability services are essential services and are always available if you need them. Seek help early. It's important to source reliable, evidence based, information and updates that you can trust are accurate. Please access www.covid19.govt.nz in the first instance if possible. There are links to the latest Ministry of Health guidance on this site. If you are finding the media/social media around Covid-19 overwhelming and distressing, take a break from it and ask someone you trust to provide you with any essential updates you require.

3 - Maintaining and improving mental health and wellbeing

- Acting to make sure your most basic needs are met and [problem solving](#) and/or [getting help to problem solve](#) concerns relating to basic needs. There are people who can help with this, including advocacy groups, community organisations and government departments. Most are still providing essential services regarding food, housing, income, and healthcare.
- Do not expect too much from yourself; while the internet and news may be full of people entertaining themselves at home, learning new skills and seemingly juggling work, school, and life from home, this is not likely to be the reality for most people.
- Reminding yourself of the things that you do every day that maintain and build your wellbeing. What works for you? Keeping to or developing a daily routine and keeping things like exercise and meals, as close to your usual routine, as possible.
- Regularly connect with people that you usually spend time with and who you find supportive; balance time with others and add some time to be alone.
- If working from home, do not expect your usual level of productivity. [The Working Well From Home](#) resource, produced by Blueprint for Learning, might be helpful. Anticipating that being in a bubble with others, even if they are your nearest and dearest, is not always going to be easy.
- [Clear Head](https://www.clearhead.org.nz/) <https://www.clearhead.org.nz/> - designed by New Zealand Doctors - take an online assessment OR Find someone to talk to (online or face-to-face).

Other Wellbeing self-help sites and Apps



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[Catch yourself](#) is a group of resources developed by Le Va, focusing on managing the normal reactions towards this abnormal situation, such as irritability, frustration, anxiety, and anger. How to prevent things getting out of hand and maintaining our relationships in the bubble.

Another great resource to support problem solving is [Aunty Dee](#), also developed and provided by Le Va.

[Getting through together](#) has some great suggestions that have been put together specifically for this challenging time

[The Mental Health Foundation](#) have also published a specific Covid-19 page to assist people to manage their wellbeing

Addressing stress, anxiety, and panic symptoms

An e-therapy tool called [Staying on Track](#) has also been launched for people experiencing worry and distress. It is a cognitive behaviour therapy-based tool - Just a Thought - <https://www.justathought.co.nz/> that provides practical strategies to cope with the stress and disruption of everyday life from COVID-19.

Another broad range of Apps can be found at <https://www.healthnavigator.org.nz/apps/a/anxiety-apps/>

Te Ao Māori perspective resources and guidance

[Te Rau Ora](#) have produced a range of resources to guide and support wellbeing and some directly relating to Covid-19 from a Te Ao Māori perspective. The Apps include how to support frontline workers, what social distancing means for Māori and how to stay safe and prepared.

New Apps

These Apps have been made available as part of the New Zealand government response to help people deal with worry and stress during these uncertain Covid - 19 times:

[Mentemia](#) is an App created by Sir John Kirwan and team, to provide practical tips and techniques to help people take control of their mental wellbeing. This was originally devised as a workplace App but has now been extended free to all New Zealanders as part of the government response to Covid-19.

[Melon](#) is a second App that provides a health journal, resources, and self-awareness tools to help people manage their emotional wellbeing. Melon also provides an online community for New Zealanders to connect and support each other and daily webinars for health and wellbeing. Check for the Melon App that **specifically support 13-24-year olds**.

4 – Recommended Helplines - phone, text and web-based services who provide trained staff to talk to include:

- **1737** - Free call or text – available 24hours to talk to a trained counsellor
- [Depression helpline](#): Free call [0800 111 757](tel:0800111757) or text 8681

- [Alcohol Drug Helpline](#): Free call [0800 787 797](tel:0800787797) or text 8681
- [Gambling Helpline](#): Free call [0800 654 655](tel:0800654655) or text 8006
- What's Up? – A phone and web-based service for young people to access a counsellor to talk about anything that is concerning them. Provided by [Barnados](#) 0800 WHATS UP (0800 942 8787) or chat online at www.whatsup.co.nz
- [Refugees as Survivors](#): Free call 0800 472 769

5- Resources to assist people feeling suicidal or having suicidal thoughts

Remembering that crisis mental health services in your area are essential services and can be called on, and referred to for assistance, in the usual manner. The following services can be helpful and supportive: Free call or **text 1737** to talk to a trained counsellor.

- [Suicide: coping with suicidal thoughts](#) (Mental Health Foundation)
- [Having suicidal thoughts](#) – a resource to help people manage their own suicidal thoughts or feelings (Mental Health Foundation)
- **Resources available to people supporting others include:** [Supporting someone who may be suicidal](#) (Ministry of Health)
- [Supporting whānau through suicidal distress](#) (Mental Health Foundation)
- [How to support people who may be feeling suicidal](#) (LifeKeepers)

6 – Parenting Support

- [Sparklers at Home](#) – a set of wellbeing activities and resources for parents to use with children at home.
- [Triple P Top Ten Parenting Tips - for parents and carers in uncertain times](#)
- [Triple P Guide - Parenting during COVID-19](#)
- [Helping children cope with stress during the 2019-nCoV outbreak](#) - World Health Organisation (WHO)
- [6 ways parents can support their children through the COVID-19](#) (WHO & Unicef)
- How to talk to children about Covid: <https://parents.education.govt.nz/essential-information/news-stories/talking-to-children-about-covid-19-novel-coronavirus/>

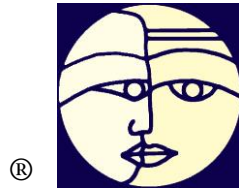
7 - Self-help tools for young people:

- [Feeling down, worried or stressed](#) (SPARX) (note slower download for this App)
- [Learn more about mental health issues](#) (Mental Wealth)
- [Recognising and understanding depression and anxiety](#) (The Lowdown)
- What's Up – A phone and web-based service for young people to access a counsellor to talk about anything that is concerning them. Provided by Barnados - 0800 WHATS UP (0800 942 8787) or chat online at www.whatsup.co.nz

8 - Harmful Substance Use concerns & Self-help Resources

If you, or those around you, are concerned about your substance use and/or gambling, there are some great resources to help you identify if you need some extra support:

- [Is your drinking ok?](#) (Health Promotion Agency)
- [Test your drug taking](#) (Alcohol Drug Helpline)
- [Test your gambling](#) (Choice Not Chance)
- [Managing your own Withdrawal](#) – A guide for people trying to stop using drugs and or alcohol (Matua Raki)



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- Living Sober - <https://livingsober.org.nz/> – a supportive online community – alcohol related

Resources for people supporting others with Harmful Substance Use Concerns

- [Supporting Others](#) (New Zealand Drug Foundation)
- [Help Someone Else](#) (Drug Help)
- [Gambling: Concerned for Someone?](#) (Choice Not Chance)
- [How to talk to someone about their drinking](#) (Health Promotion Agency)

Substance Withdrawal: Guidelines for Health Professionals [including information on the Substance Addiction (Compulsory Assessment and Treatment) Act 2017]

[Updated Substance Withdrawal Management Guidelines – published December 2019](#)