

We have compiled a comprehensive collection of resources to support the MidCentral community during the Covid-19 pandemic. If you require any assistance or support, we strongly encourage you to access these resources.

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Information and resources for Māori and Pacific peoples in MidCentral

Translated resources

The official translations page of the national COVID-19 website has translations of COVID-19 information in Māori/Te Reo Māori, Fijian/Vosa Vakaviti, Samoan/Gagana Samoa and many more languages.

[Visit the national COVID-19 website's Official Translations page](#)

Paerangi digital resource

A new digital platform created by Māori organisations is helping to support more vulnerable whānau during the COVID-19 pandemic.

Paerangi is an online information and referral centre designed specifically for whānau hauā (whanau with impairments), nga marae and kaumātua. There is also a support/information phone line (0800 100 132).

It offers website, social media and telecommunications for COVID-19 official information and a directory of support which is simple, easy to find and whānau-relevant. This includes everything from referrals for health, housing and job loss advice to information around tikanga and tangihanga.

Considered the first of its kind in Aotearoa, Paerangi provides information in audio and text conversational English, Te Reo and NZ Sign Language. It has been created in collaboration with Te Roopu Waiora, Te Kōtahi ā Tāmaki and Te Ohonga and has support from across the public and private sector.

[Visit the Paerangi website](#)

Information for people with disabilities

The Ministry of Health has a webpage dedicated to COVID-19 information for people with disabilities and their whānau. The page includes resources on how to stay safe and healthy, how to get the support you need and more. The webpage also includes Easy Read versions and translations of resources.

[Visit the Ministry of Health webpage with information for disabled people and their family and whānau](#)

Whānau support

COVID-19 stressors can make things more difficult. Please reach out if you need help.

Family Violence – **0800 456 456**

Oranga Tamariki – **0800 32 6459 / 0800FAMILY**

Women's Refuge – **0800 733 843**

0800 Heybro – **0800 439 279** – Keeping whānau safe – supporting men 24/7 to listen and help.

[Sparklers at Home](#) - fun wellbeing activities to support whānau to look after their wellbeing and feel good.

Looking after your mental wellbeing

Find more information about looking after your mental wellbeing on the national COVID-19 website or one of the pages linked below.

[Visit the national COVID-19 webpage about looking after your mental wellbeing](#)

Helplines and mental health services

It's OK to reach out for help – never hesitate if you are concerned about yourself or someone else.

- Free mental health and addiction support services: call or text 1737, or [visit the 1737 website](#)
- Healthline: phone 0800 611 116
- Depression Helpline: phone 0800 111 757 or text 4202
- Mental Health Crisis Team: phone 0800 653 357
- Alcohol & Drug Helpline: phone 0800 787 797 or text 8681
- Safe to talk: Sexual harm helpline: phone 0800 044 334 or text 4334
- Gambling Helpline: phone 0800 654 655 or text 8006
- Quitline: phone 0800 778 778 or text 4006
- OUTline: phone 0800 688 5463
- Youthline: phone 0800 376 633
- Oranga Tamariki: phone 0508 326 45

MidCentral wellness planning tools

Download the following wellness planning tools compiled by Te Whatu Ora - MidCentral

[Te Mahere Whakatika Oranga Wellness Recovery Action Plan \(WRAP\)](#)

[Te Mahere Whakatika Oranga Wellness Recovery Action Plan \(WRAP\) Workbook](#)

[Horowhenua Manawatū Blokes Book \(PDF, 5.4 MB\)](#)

Websites for mental distress or addiction issues

Blueprint for Learning has compiled a list of websites to provide support for anyone experiencing mental distress or addiction issues.

[View Blueprint for Learning's list of helpful websites](#)

Maintaining your wellbeing

Find tips, guides and information to support you.

Build resilience

The following resource compiled by EAP Counselling services outlines strategies that will help you build resilience:

[Download the EAP building resilience resource \(PDF, 428 KB, 2 pages\)](#)

Another way to build resilience is to focus on what you can control, instead of focusing on things that are outside your control. The following MidCentral onesheet can help you identify what's in your control and what's outside it:

[Download the Staying Calm, Focus on What I Can Control resource \(PDF, 358 KB, 1 pages\)](#)

The following article outlines nine ways to stay mentally healthy during uncertain times:

[Down an article on staying mentally healthy during uncertain times \(PDF, 344 KB, 6 pages\)](#)

Staying physically active

Staying physically active is an essential part of taking care of yourself. The following handout from MidCentral outlines a few basic exercises you can do at home:

[Download the MidCentral General Exercises resource \(PDF, 485 KB, 3 pages\)](#)

Where to go for welfare services and support

If you are an existing Ministry of Social Development client or NZ resident needing financial support please ring Work and Income on **0800 559 009**. Open 7am-6pm (Mon-Fri), 8am-1pm (Sat), Sun closed.

The Government Helpline is available to help people who are not sure who to talk to: please call **0800 779 997**. Open 8am-5pm, 7 days a week.

Temporary Accommodation Service (TAS)

Temporary accommodation to those required to self-isolate who are unable to do so in their own homes or are travellers visiting New Zealand and do not already have suitable self-isolation accommodation arranged.

The call centre is available 24 hours a day, 7 days a week. The phone number is 0508 754 163.

Or you can visit their website: [Temporary Accommodation Service website](#)

Have questions or concerns?

If you have any questions or need help, information or advice about COVID-19, self-isolation and more, you can call the national health line on 0800 358 5453 (for international SIMs +64 9 358 5453).

It is free and available 24 hours a day, 7 days a week. You will be able to talk with a member of the National Telehealth Service with access to interpreters.

You can also learn more about COVID-19 from these trusted sources:

The Immunisation Advisory Centre - [COVID-19 education and resources](#)

Unite Against COVID-19 - [COVID-19 vaccines](#)

Ministry of Health - [COVID-19 information](#)

Te Oranganui - [COVID-19 vaccine information](#)

Be a doer! Karawhiua - [Trusted COVID-19 vaccine information for Māori](#)