

# WELLBEING RESOURCES TO HELP YOU THROUGH THE LOCKDOWN



INTESAFTETY  
WORKPLACE SAFETY PARTNERS

You will likely be experiencing a range of emotions for the changing phases of the lockdown. The initial shock or disbelief of such a dramatic change in the way we live, then the acceptance of the change as a new normal. The longer this event lasts, the more potential it has to turn into frustration before we see the light at the end of the tunnel and the relief of returning to the old normal – with no doubt an element of recovery mode.

If you need help, make sure you use your support structures around you. **It's always OK to ask for help.**

For many people, simple things during this kind of transition can include maintaining some structure to your life, by keeping as many **routines** as possible in place and being positive about the things you need to change. Most importantly, **recognise the positives** day-to-day, reflect on achievements and appreciate all the good things you have around you.

Below is some useful resources you can use to help you through this period:

## Mental Wellbeing

**Mental Health Foundation** – provides campaigns and services that cover all aspects of mental health and wellbeing. Includes Five Ways to Wellbeing. [mentalhealth.org.nz](https://www.mentalhealth.org.nz)

**Best of Today** – A workplace Wellbeing Programme offering some free resources on strategies and info around coping at this time [bestoftoday.co.nz](https://www.bestoftoday.co.nz)

**All Right?** – Getting through together – a great one stop shop full of information and tools to use specific to COVID-19 [allright.org.nz](https://www.allright.org.nz)

**Depression.org.nz** – includes The Journal online support tool [depression.org.nz](https://www.depression.org.nz)

**Sparklers** – Fun wellbeing activities to support whānau to look after their wellbeing and feel good. [sparklers.org.nz](https://www.sparklers.org.nz)

**SPARX** – online e-therapy tool that helps young people learn skills to deal with feeling down, depressed or stressed [sparx.org.nz/](https://www.sparx.org.nz/)

**Need to talk?** – Free call or text **1737** any time for support from a trained counsellor [1737 1737.org.nz](https://www.1737.org.nz)

**Depression and Anxiety Helpline** – talk to a trained counsellor about how you are feeling or to ask any questions **0800 111 757 or text 4202**

## Physical Wellbeing

**Nutrition Foundation** – [nutritionfoundation.org.nz](https://www.nutritionfoundation.org.nz) offers trustworthy, independent food knowledge

**VicHealth** – how exercise can help during COVID-19 [vichealth.vic.gov.au](https://www.vichealth.vic.gov.au)

## Addiction Support

**Alcohol Drug Line** **0800 787 797 or text 8681**  
[alcoholdrughelp.org.nz](https://www.alcoholdrughelp.org.nz)

**Gambling Helpline** **0800 654 655 or text 8006**  
[gamblinghelpline.co.nz](https://www.gamblinghelpline.co.nz)

## Domestic Violence Support

**Women's Refuge** **0800 733 843**  
[womensrefuge.org.nz](https://www.womensrefuge.org.nz)

**0800 Hey Bro – He Waka Tapu** - this number is setup for men who feel they're going to harm a loved one or whanau member. **0800 439 276**  
[hewakatapu.org.nz](https://www.hewakatapu.org.nz)

## Mobile Apps (download from App Store or Playstore)

**Headspace** – Guided meditation and mindfulness

**My Possible Self** – Monitor your feelings and recognize patterns or triggers. Self-help modules to tackle stress, anxiety, loss or major life changes

**What's Up** – Mental Health for young people 5-18

**Mood Kit** – 200 mood improvement activities for teenagers

**Not OK** – Features include a button you can activate to alert nominated people if you need help

**Drinkaware** – Alcohol tracker and alcohol self-assessment tool

**Quit That** – track all of the stuff you are trying to quit.

**Keep strong, support each other and be safe.**