




# EXPLORE YOUR WAY TO WELLBEING

WHĀIA TE ARA HAUORA,  
WHITIORA

23 - 29  
SEPT

**Mental Health  
Awareness Week**

VISIT [MHAW.NZ](http://MHAW.NZ)

 **Mental Health Foundation**  
mauri tū, mauri era OF NEW ZEALAND

#MHAWNZ

## Explore Your Way to Wellbeing

Last week of term is a fitting time to take steps towards supporting wellbeing. The Mental Health Foundation has named this week as a chance to explore your way to wellbeing.

The Counselling and Guidance Department at WHS has put together some helpful tips for both staff and students to prompt towards action to support our wellbeing journey.

In addition, we have included some contacts of where to get help if this is needed.



## WHERE TO GET HELP

**Helpline** 1737 free phone and text (open 24/7)

**Lifeline** (open 24/7) - 0800 543 354

**Depression Helpline** (open 24/7) - 0800 111 757

**Healthline** (open 24/7) - 0800 611 116

**Samaritans** (open 24/7) - 0800 726 666

**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, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

**0800 WHATSUP** children's helpline - phone 0800 9428 787 between 1pm and 10pm on weekdays and from 3pm to 10pm on weekends. Online chat is available from 7pm to 10pm every day at [www.whatsup.co.nz](http://www.whatsup.co.nz).

**Kidsline** (open 24/7) - 0800 543 754. This service is for children aged 5 to 18. Those who ring between 4pm and 9pm on weekdays will speak to a Kidsline buddy. These are specially trained teenage telephone counsellors.

Your local **Rural Support Trust** - 0800 787 254 (0800 RURAL HELP)

### **Emergency 111 and 105 for not so urgent issues**

**Alcohol Drug Helpline** (open 24/7) - 0800 787 797. You can also text 8691 for free.

For further information, contact the **Mental Health Foundation's** free Resource and Information Service (09 623 4812).

## Wellbeing Tips for Students

### Connect/ Be Active/ Keep Learning/ Be Kind/ Take Notice

*Tick the things below you can do towards wellbeing and add your own below.*

- **Eat breakfast!** Eating breakfast jump-starts your metabolism for the day.
- **Eat three average-size meals and snack throughout the day** to keep your body running smoothly.
- **Exercise regularly** it is really important to your health it releases endorphins, gives a "natural high, protects from anxiety and depression and makes your brain work better too.
- **Be kind to others**
- **Sleep** at least 8 hours a night
- Drink plenty of **water**
- Get off the bus and **walk the last couple of stops home.**
- **Communicate face to face sometimes** rather than email.
- Have **regular breaks from your device/s.**
- **Do stuff you enjoy.**
- List things for which you are **grateful.**
- Listen to your favourite **music.**
- **Go for a walk and watch, feel and listen as you go.....**
- **Deep, slow breathing promotes relaxation** – stop regularly, breath in and focus on a long slow exhalation.

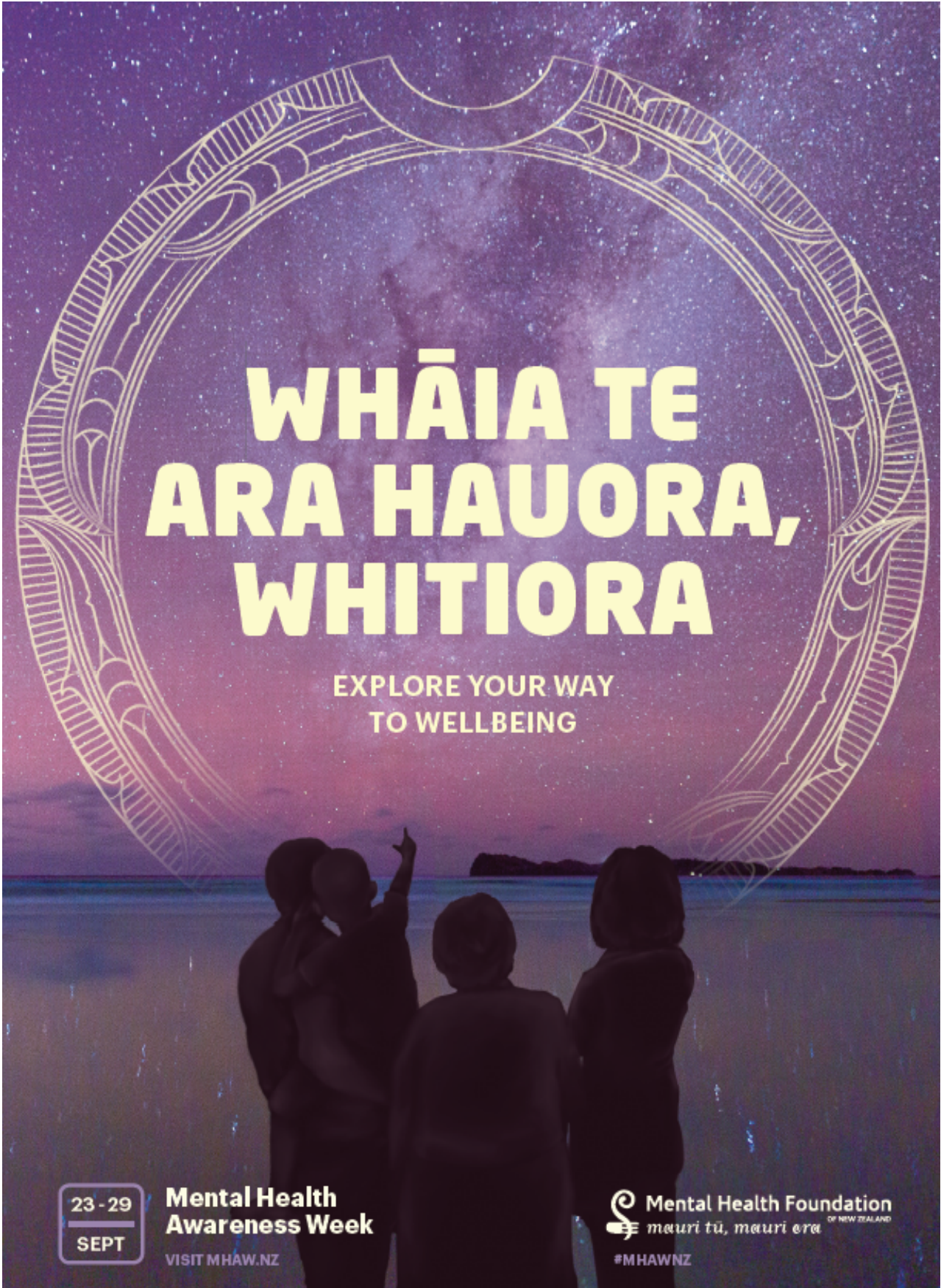
**Add your own steps towards wellbeing here:**

- 1
- 2
- 3

**Choose one or two tips and try them.....**

## YOUR WELLBEING IN YOUR HANDS





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