



**Mental
Health
First Aid**
Aotearoa

Whakaora Ohotata Hauora Hinengaro o Aotearoa

E āhua 1 i te 5 o ngā pakeke i Aotearoa ka rongu i ngā wero hauora hinengaro i roto i tētahi tau noa.

Ko tōna tikanga ā tōna wā, ka pātata te katoa ki tētahi e rongu ana i ngā wero hauora hinengaro.

Ka mōhio rānei koe me pēhea te urupare atu?

Mā tētahi Akoranga Whakaora Ohotata Hauora Hinengaro koe e ako me pēhea te whakarato tautoko tuatahi ki ngā pakeke tērā pea e rongu ana i ngā wero hauora hinengaro, te tairaru hauora hinengaro rānei, kia tau ai te tairaru, kia torohia rānei te āwhina mātanga, mā te whakamahi i tētahi Hoahoa Whakahohe whai-taunaki whai take.

Ngā tairaru hauora hinengaro ka torohia:

- › Ngā whakaaro me ngā whanonga whakamomori
- › He wharanga-whaiaro whakamomori-kore
- › Ngā whakaekenga maurirere
- › Ngā tūponotanga pāmamae
- › Ngā āhuetanga wairangi taikaha
- › Ngā pānga taikaha nā te waipiro, nā tētahi atu whakamahinga matū rānei
- › Ngā whanonga ririhau

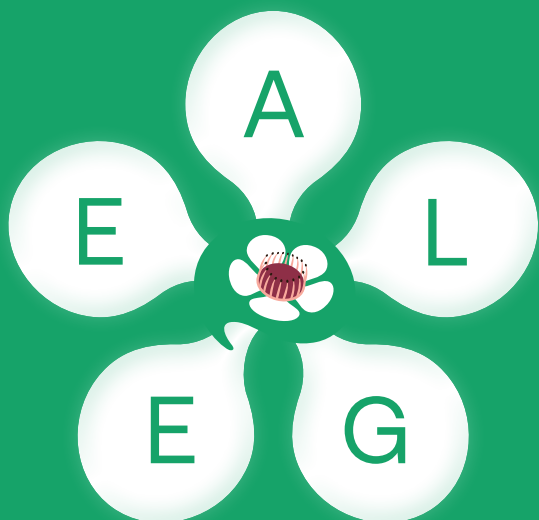
Ngā wero hauora hinengaro ka torohia:

- › Mate pāpourī
- › Anipā
- › Mate wairangi
- › Ngā mate whakamahinga matū



Nā tēnei awheawhe i whakarato i tētahi wāhi haumarū ki te ako i ngā pūkenga hei tautoko i tētahi e rongu pea ana i tētahi wero hauora hinengaro. I whakaaraara i taku aroā ki ngā wero hauora hinengaro, i whakapikingia taku māia ki te whai i ngā kōrero hiranga, ā, i whakarato i te mōhiotanga ki ngā rauemi ā-rohe hei āwhina pea. He akoranga e whai painga ai a wai rānei”

I roto i tēnei awheawhe, ka ako koe i tā te ALGEE hoahoa whakahohe hātepe rima:



A pproach, assess and assist any crisis
Whakatata, aromatawai me te āwhina i tētahi tairaru noa

L isten and communicate non judgementally
Whakarongo me te kōrero mā te whakawātanga kore

G ive support and information
Tuku i te tautoko me te mōhiohio

E ncourage professional help
Whakamanawa i te āwhina ngaio

E ncourage other supports
Whakamanawa i ētahi atu tautoko

Hei aha te whakauru ki tētahi akoranga Whakaora Ohotata Hauora Hinengaro?

E whakaatu kaha ana ngā arotake mā te whakangungu Whakaora Ohotata Hauora Hinengaro e whakapai ai te mōhiohio ki ngā wero hauora hinengaro e rongorongo ana i ngā tāngata, ā rātou kōwhiringa hei rongorongo me ngā rautaki whakaora ohotata āwhina. E pūrongorongo ana ngā kaiwhakauru i te whakapikinga o tō rātou māia ki tō rātou kaha ki te tuku Whakaora Ohotata Hauora Hinengaro e āhei ai ki te toro moata i te āwhina. Mā te whakangungu anō e whakaiti i te poapoataunu me te toihara kua rangona e te tokomaha o ngā tāngata he wero hauora hinengaro, he waranga hoki ō rātou.



Ka taea e wai tēnei akoranga te whakauru?

Ka taea e tētahi kei tua i te 18 te whakauru.

Kia mōhio: Ehara tēnei akoranga i te rōpū haumanu, tautoko rānei.

Kei roto ngā akoranga Whakaora Ohotata Hauora Hinengaro i te reo Ingarihi.

Mō ētahi mōhiohio anō toro atu ki:
www.mentalhealthfirstaid.nz