

# People Relying On People Newsletter



Tuatēawa Reef

## FEBRUARY - MARCH 2026

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### Kia ora kotou

Welcome to our February/March 2026 newsletter.

We hope everyone is safe and well after the last bout of severe weather we have had in our area.

PROP are back to our usual days and times for the group meetings and other regular services we provide. For PROP events and activities please see the calendars on pages 2 and 3 of the newsletter.

Underneath the calendar on pages 2 and 3 we have an excerpt from the Mental Health Foundation's brochure: titled "Supporting a loved one experiencing mental distress and/or illness". It is a reminder of the ways we can support our loved one, especially when managing daily life becomes overwhelming for people in this situation.

It is a good reminder to listen with an open mind: to validate their experiences and not to blame or judge. We don't need to have all the answers, or a solution. We just need to listen and ask them how we can best support their needs. Most of all it is a good reminder to keep the lines of communication open: Check in regularly with your loved one. Take time out together. Do something together you both enjoy, and just connect.

We will be including these MHF brochures in our Introductory packs from now on, but if you would like a copy for you or someone else, please let us know and we will send you one.

We hope you enjoy our February/March newsletter and look forward to seeing you soon :)

### Kia pai to marama

Nga mihi nui  
Julie



### IMPORTANT CONTACT NUMBERS (see page 4 for more)

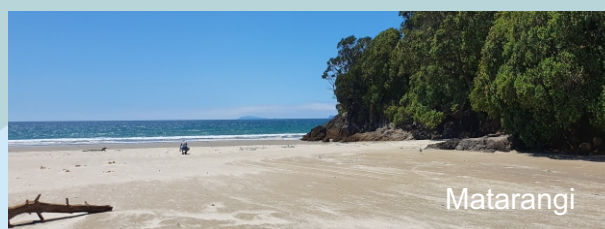
**Talk 1737** - To talk to a trained counsellor anytime  
free call or text 24/7 to **1737**

Te Korowai Hotline for Whanau in Distress - **0508 111 555**

Crisis Assessment & Treatment Team (CATT) **0800 50 50 50**



# February 2026



Sun

Mon

Tue

Wed

Thur

Fri

Sat



1

2

3

4

**Tairua meeting**  
Community Facilitator will give details of group meeting

Online Art Therapy group 2



7

8

9

**Thames meeting**  
Community Facilitator will give details of group meeting

10

**Whangamata meeting**  
Community Facilitator will give details of group meeting

11

**Paeroa & Whitianga meeting**  
Community Facilitator will give details of group meeting

12



13

14

15

**Te Aroha meeting**  
Community Facilitator will give details of group meeting

16

17

**Coromandel meeting**  
Community Facilitator will give details of group meeting

18

19

20

21

22

23

24

**Waihi meeting**  
Community Facilitator will give details of group meeting

25

**PROP Committee Meeting 11am**

26

27

28



## Excerpt from the Mental Health Foundation's "Supporting a love one experiencing mental distress and/or illness"

Practical support is invaluable as managing daily life can become overwhelming for people experiencing mental distress and/or illness. You can help by finding out about local health services, assisting with making appointments, and providing transport and child care. You can also go to appointments with your loved one, and assist with taking notes and organising any relevant paperwork.

You can also support your loved one to access financial support through Work and Income NZ by helping them to fill out forms or make phone calls. Offering help with life admin might seem simple, but could lift a lot of stress for them.

Helping your loved one find good quality information (as on the back page of the PROP newsletter or in our library) about what strategies can work for them can be helpful. If they are diagnosed with a mental health condition, try learning about it (we at PROP are trained to help you in this educational part of your journey too) Also see [www.mentalhealth.org.nz/conditions](http://www.mentalhealth.org.nz/conditions).

Your aroha and awhina / support will make a huge difference.

(more on the next page)

# March 2026



Sun

Mon

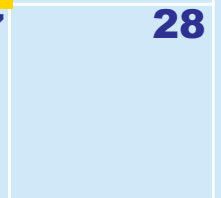
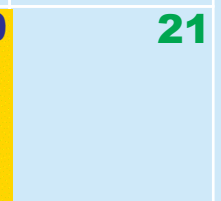
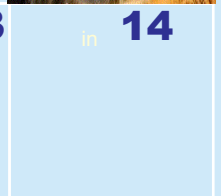
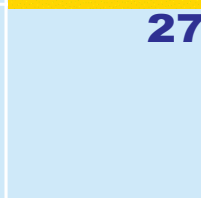
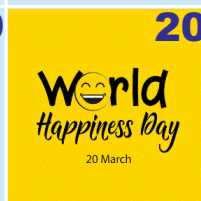
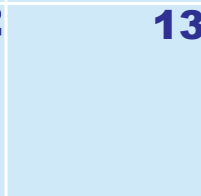
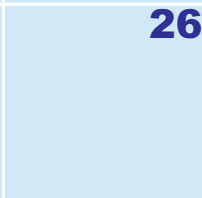
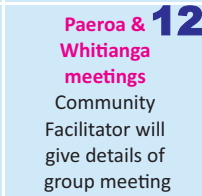
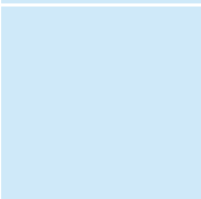
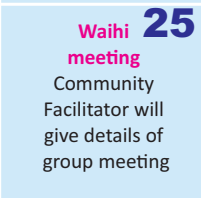
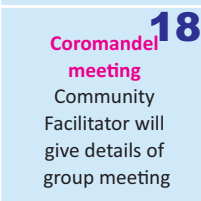
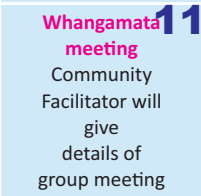
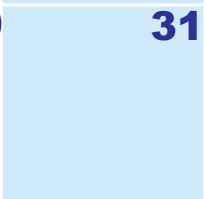
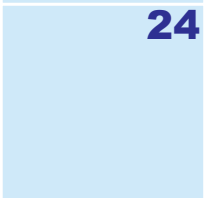
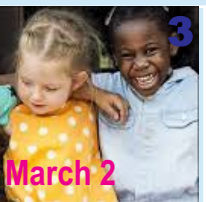
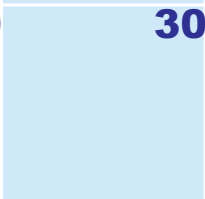
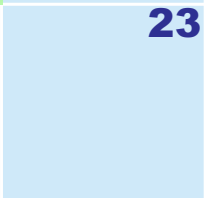
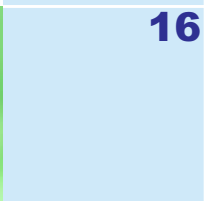
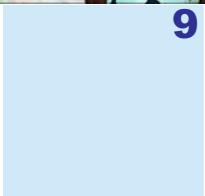
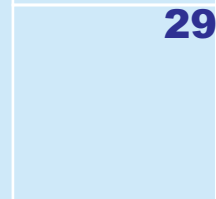
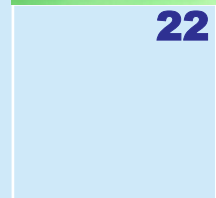
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**Excerpt from the Mental Health Foundation's "Supporting a loved one experiencing mental distress and/or illness"**  
(continued from page 2)

Remember your loved one is going through difficult times. It takes time to understand there is a problem, and to accept help. Be gentle and let them know you are there for them.

Listen. What is happening is very real for them. Try to listen with an open mind. It is important to validate their experiences and not to blame or judge. You don't need to have all the answers, or a solution - just listen and ask them how you can best support their needs.

Encourage and support them to seek treatment, and to persevere with therapy and medication (if prescribed). Recovering from or managing their condition will be ongoing, and there may be ups and downs on the journey.

Encourage and support their autonomy and independence - your loved one should be actively engaged in decision making about their own life and care.

Check-in regularly with your loved one.

Take time out together. Do something together you both enjoy, and just connect.



## Useful Links

### Allright

Whether the going's good or times are tough, there are lots of little things we can do to strengthen our wellbeing and boost the way we feel. For simple ideas on looking after yourself and others, go to:

[www.allright.org.nz](http://www.allright.org.nz)

### The Mental Health Foundation of NZ

This information service provides free support material for anyone who is going through a difficult time, or for people who are supporting someone they love and care about

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

### Farmstrong

An initiative to give farmers the skills and resources to live well, farm well and get the most out of life [www.farmstrong.co.nz](http://www.farmstrong.co.nz)

### Kina Families & Addictions Trust

Life strategies for families of people using alcohol and other drugs

[www.kina.org.nz](http://www.kina.org.nz)

### Health & Safety NZ

Online Health and Wellbeing resources can be accessed at [www.healthandsafety.govt.nz](http://www.healthandsafety.govt.nz) Click on search and look for "Mental Health" to access relevant resources.

### Bryant Womens Retreat Raglan

A free of charge retreat for women of the Waikato to recharge and refresh.

[www.bryanttrust.co.nz/retreat](http://www.bryanttrust.co.nz/retreat)

[www.rural-support.org.nz](http://www.rural-support.org.nz)

is a national health and well being organisation supporting rural people to heal and recover. They assist in a confidential and compassionate manner.

Talk to a  
counsellor,  
any time.

NEED TO TALK?

1737

free call or text  
any time

NEED TO TALK?  
1737.ORG.NZ

Free call or text 1737 a trained counsellor if you or someone you know is feeling down, anxious or just want someone to talk to.

## Important Contact Numbers

Talk 1737 - To talk to a trained counsellor anytime free call or text 24/7 to 1737

Te Korowai Hotline for Whanau in Distress -0508 111 555

Safe to talk txt 4334 or online chat to someone - Confidential advice for sexual harm issues

Depression Helpline 0800 111 757 txt 4202 24/7 or visit [www.depression.org.nz](http://www.depression.org.nz)

Anxiety NZ 0800 269 4389 (0800 ANXIETY) 24/7 helpline

Victim Support 0800 842 846, 24/7, for anyone affected or distressed by trauma. Practical support, information and connection to services that may help you

Lifeline 0800 543 354 or Text 'Help' to 4357 - Suicide Crisis Helpline Counselling advice and support

Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website [www.rural-support.org.nz](http://www.rural-support.org.nz)

Quitline 0800 778 778 or text 4006 or [www.quit.org.nz](http://www.quit.org.nz) for free online support

The Lowdown 0800 111 757 or free txt 5626, or send an email to [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) 24/7

Youthline 0800 842 846, 24/7, free text 234, email to [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or webchat at [www.youthline.co.nz](http://www.youthline.co.nz)

What's UP 0800 942 8787 - Advice & counselling support for 5-18-year olds



### People Relying On People

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