

# People Relying On People Newsletter



AUGUST - SEPTEMBER 2022

## In this issue

A note from Julie	pg 1
PROP calendar August 2022	pg 2
PROP calendar September 2022	pg 3
Important contact numbers and links	pg 4

## Kia ora tatou

It's hard to believe August is already here as we send out our newsletter. We hope you have all managed to keep safe and well through the winter months.

Coming into Spring we are once again deciding on a weekly basis how support will look. Many people have stated that they do not feel safe engaging in our usual face to face support, especially when it occurs in a closed environment, with the consumption of drinks and food necessitating the removal of masks.

So until the weather becomes more stable and we can meet in the fresh air, we are once again reminding everyone, we are still just a phone call, text or video call away. We are also available at the office for face to face meetings, with masks.

Also a reminder that MHAW (Mental Health Awareness Week) begins on September 26.

We will keep you informed as to local activities being organised as they come to hand. This year's theme is all about reconnection. Please see pg. 2 of the newsletter for a blurb outlining the theme for MHAW, from Mental Health Foundation N.Z.

## Kia pai to marama

Nga mihi nui  
Julie



**Mental Health Awareness Week**  
**26 September - 2 October 2022**



*"Happiness is*

*a collection of joyful experiences  
shared with soul friends. Get  
together and have some fun!"*

*~ Amy Leigh Mercree ~*

Facebook, Positive Vibes Amalayana

## Te Whare Tapa Whā



IMPORTANT CONTACT NUMBERS (see page 5 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**

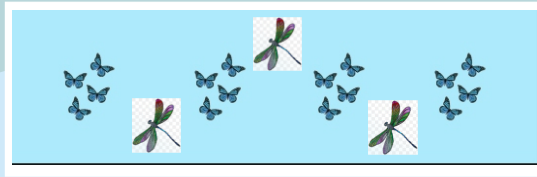
Crisis Assessment & Treatment Team (CATT) **0800 50 50 50**

**Mental Health Awareness Week**  
**Sept 22 - October 2**

**This year's theme is: Reconnect  
with the people and places that  
lift you up**



# August 2022



Sun

Mon

Tue

Wed

Thur

Fri

Sat

	Shelter Dogs universal birthday <b>1</b> 	<b>2</b>	<b>3</b> 	<b>4</b>	<b>5</b>	Sandcastle day <b>6</b> 
<b>7</b>	<b>8</b>	<b>9</b>	<b>Whanga meeting 10</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>11</b>	<b>Whiti meeting 12</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>13</b>
World lizard day <b>14</b> 	<b>15</b>	<b>Thames meeting 16</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>Coro meeting 17</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>Paeroa meeting 18</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>Waihi meeting 24</b> Community Facilitator will advise as to possibility of group meetings or alternative support	<b>Te Aroha mtg 25</b> Community Facilitator will advise as to possibility of group meetings or alternative support	Daffodil Day <b>26</b> 	<b>27</b>
Read comics in public day <b>28</b> 	<b>29</b>	<b>30</b> 	<b>31</b> 			

Tairua visits - On the afternoon of Whanga Meeting  
Community Facilitator will advise as to possibility of group meetings or alternative support

This year's Mental Health Awareness Week is about reconnection. The past couple of years have been tough and it's easy to feel disconnected from the people and places that are most important to us.

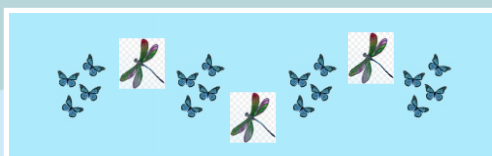
Whether it's reaching out to someone you have lost contact with, visiting a place that's special to you or getting outside in nature, we hope you will join us in celebrating MHAW by reconnecting with people and places that lift you up to enhance your wellbeing- hei pikinga waiora.

**Mental Health Foundation of New Zealand**





# September 2022



Sun Mon Tue Wed Thur Fri Sat

						
4	5	6	7	8	1 Happy Hobbit Day 2	3
					9 Whiti meeting Community Facilitator will advise as to possibility of group meetings or alternative support	10 World Suicide Prevention Day #bethelight
11	12	13	14 Whanga meeting Community Facilitator will advise as to possibility of group meetings or alternative support	15 Make a crazy hat day	16	17
18	19 Talk like a Pirate Day 	20 Thames meeting Community Facilitator will advise as to possibility of group meetings or alternative support	21 Coro meeting Community Facilitator will advise as to possibility of group meetings or alternative support	22 Paeroa meeting Community Facilitator will advise as to possibility of group meetings or alternative support	23	24 International Rabbit Day 
25	26	27 Ask & Stupid Question Day 	28 Waihi meeting Community Facilitator will advise as to possibility of group meetings or alternative support	29 Te Aroha mtg Community Facilitator will advise as to possibility of group meetings or alternative support	30	31

Tairua visits on the afternoon of Whanga meeting. Community Facilitator will advise as to possibility of group meetings or alternative support

**Mental Health Awareness Week: September 26 - October 2**

**Reconnect with the people and places that lift you up**



## Useful Links

### Melon

Self-care and support for New Zealanders during Covid-19. Melon is a safe space to connect and support each other through this difficult time with self-care resources for our emotional wellbeing. The Melon community is made up of people like you as well as support workers, gathered in one place to walk alongside you and get through this together. Join up for free online support at [www.melonhealth.com](http://www.melonhealth.com)

### Allright

Tough times affect each of us differently. For practical ideas on looking after yourself and your whanau, check out the Getting Through Together campaign at [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 Resources and look for "A Guide for Maintaining Health & Wellbeing" and "Mental Health Pocketbook".

Talk to a  
counsellor,  
any time.

NEED TO TALK?  
**1737**  
free call or text  
any time

NEED TO TALK?  
[1737.ORG.NZ](http://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)

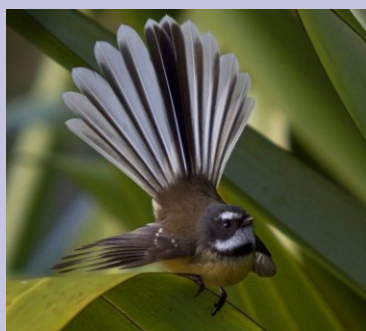
Quitline 0800 778 778 or text 4006 or [www.quit.org.nz](http://www.quit.org.nz) for free online support

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

Kidsline 0800 54 37 54 (0800 KIDSLINE) - Advice & counselling support for up to 14y olds



### People Relying On People

503 Queen St, Thames 3500  
P O Box 330, Thames 3540  
Phone 07 868 9673  
Email: [info@prop.org.nz](mailto:info@prop.org.nz)  
Website: [www.prop.org.nz](http://www.prop.org.nz)