

Connect to get more help.

Need to Talk: 1737

Depression Helpline:
0800 111 757

Healthline: 0800 611 116

Youthline: 0800 376 633

Age Concern NZ: 04 801 9338

Samaritans: 0800 726 666

What's Up: 0800 942 8787

OUTLine NZ: 0800 688 5463
(0800 OUTLINE)

Lifeline: 0800 543 354

Aunty Dee is a free online tool designed to help you solve your problems. Access the tool from any device. www.auntydee.co.nz

When life sux

I'll help you figure out your problems.



The **#mentalwealth** project equips people to look after their wellbeing
www.mentalwealth.nz



FLO Talanoa is a suicide prevention education workshop, it is free and designed for **Pasifika communities** and aligns with the values of love, respect and reciprocity
www.leva.co.nz/our-work/suicide-prevention



LifeKeepers is an evidence-based suicide prevention training programme, it is free and created especially for New Zealand communities. Working together to create communities of C.A.R.E.

www.LifeKeepers.nz

@LifeKeepersNZ



Engaging Pasifika cultural competency training that equips people with the knowledge and skills to effectively engage with Pasifika people and their families.
www.leva.co.nz



Preventing
Suicide for Pasifika

Top 5 Tactics



Igniting communities, creating change.

Supporting families to unleash their full potential.



1. Connect

Relationships based on love make us feel valued and develop our self-worth.

Connecting with nature, creativity, study or work can also engage your positive emotions.



2. Strong families

Family is where life begins and love never ends.

Family can give us a sense of self, and support during tough times.



3. Talk

Talking helps us process thoughts and feelings and reach out for help when we need it.

Good communication is key to nurturing healthy relationships with friends and family, at school or at work.



4. Cultural Identity

Culture gives us a sense of belonging, pride and identity. For young people, the stronger their cultural identity, the stronger their mental wellbeing.



5. Spirituality

Faith in God, or connecting with something bigger than ourselves can fuel positive emotions and support our sense of purpose and meaning in life.