










Mental health and wellbeing during COVID-19: Resources for social workers

Violence/relationship stress in the home

Source	Link
<p>Le Va - "Trouble in your bubble #CatchYourself" #CatchYourself is a suite of practical resources and information on how we can manage our frustration or anger and maintain respectful relationships, particularly while we stay at home in isolation due to Covid-19.</p>	<p>https://www.leva.co.nz/our-work/catchyourself/catchyourself-resources https://www.leva.co.nz/our-work/catchyourself/catchyourself-videos</p> 
<p>Youthline - Youthline have responded to COVID-19 by outlining what services they still provide as well as offering resources/ advice for teens on Conflict at home- during the lockdown and the <i>Family Dynamics Resource</i>: This resource is for parents and whānau and includes good information on managing disagreements, discussing differences, using communication skills and working on behavioural change. Youthline welcome contact from parents, grandparents, friends, whānau, teachers to their helpline. Being supported as the support person is incredibly important.</p>	<p>https://www.youthline.co.nz/conflict.html https://www.youthline.co.nz/store/p13/Family_Dynamics_-_A_Resource_for_Parents_.html</p> 

General Wellbeing (Referred to in OT website under support tab- mental health support)

Source	Link
<p>Mental Health Foundation -</p> <ol style="list-style-type: none"> info sheet to share re funerals impacted by Covid 19 (people cannot attend in person). Suicide prevention in self-isolation – support for people having suicidal thoughts. Suicide prevention in self-isolation – support for those who are worried about someone else. 	<p>https://www.mentalhealth.org.nz/get-help/covid-19/</p> 
<p>Mental Health Foundation & Canterbury All Right Team - 'Getting through together- Whāia te pae tawhiti'. National wellbeing campaign for Covid 19 with three key messages driving this campaign: Isolation not isolated; Distance not distant; Aroha from afar</p>	<p>Use Facebook / Instagram or Twitter https://www.facebook.com/mentalhealthfoundationNZ/ https://www.instagram.com/mhfnz/ https://twitter.com/mentalhealthnz</p> 

<p>Sky light - Free Covid-19 support information packs to help with anxiety and stress in both children/teens and adults.</p> <ol style="list-style-type: none"> “how to strengthen children and teens against anxiety after news of a world trauma”, “helping children cope with fears and worries” and “coping skills for managing emotions.” The adult packs include resources on "adjusting to change" and 'job loss" as well as general anxiety management strategies. <p>Skylight is offering Skype counselling to support Kiwis during this coronavirus crisis. Eleven of its 15 nationwide counsellors are now offering online sessions for children aged 12-years and adults. Parents with younger children have the option of counselling for parenting strategies/solutions.</p>	<p>www.skylight.org.nz or call 0800 299 100</p> 
<p>The Parenting Place - recipes or a guide for talking your kids through their disappointment over yet another cancellation, or ‘outside’ perspectives.</p>	<p>https://www.theparentingplace.com/lockdown-hub/</p> 
<p>Karen Tui Boyes - Parenting Advice- Looking after the wellbeing of children</p> <p>Karen Tui Boyes has compiled a list of practical advice to help parents attend to the holistic wellbeing of their children. Advice includes; creating routines, managing anxiety, advice for education during isolation and communication.</p>	<p>http://www.karentuiboyes.com/2020/03/parenting-coronokids/</p> 
<p>Orygen - Australian resource for youth about self-care tips during COVID-19 page 1 and 2 only</p>	<p>https://www.orygen.org.au/About/Responding-to-the-COVID-19-outbreak/For-young-people-and-families/Self-care-during-the-COVID-19-outbreak/orygen-covid19-self-care-tips.aspx</p> 
<p>Te Puni Kōkiri Resources - Download and share information sheets to help whānau stay safe during the Level 4 lockdown period. These resources can help save lives. Plans for wellbeing and how to support each other.</p>	<p>https://www.tpk.govt.nz/en/a-matou-mohiotanga/covid-19/protect-our-whakapapa</p>  <p>Te Puni Kōkiri MINISTRY OF MĀORI DEVELOPMENT</p>

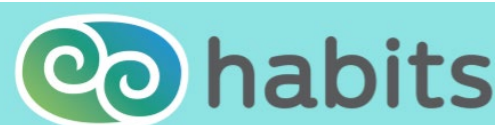
Aroha- Chatbot has been designed to assist young people with their mental wellbeing during the COVID pandemic.

Aroha provides practical evidence-based tools for managing stress as well as practical ideas to maintain social connection, and to stay active and well through youth-friendly digital activities.





The areas covered include; Stay Connected, Calming activities, Spirituality, Distract yourself, Practise gratitude, Get Active, Get expert help, and General tips. Aroha has been designed for young people aged 13 to 25

Young people can register to the Habits platform where they can download the app for free. Aroha appears in Facebook Messenger and people engage in conversation, just like how they would normally use messenger.

<http://tiny.cc/aroha>



Keeping occupied at home

Source	Link
<p>He Paki Taonga I A Maui - animated short films A collection of short films from Te Papa's collection. Aimed towards tamariki aged 7-11, these films tell the stories of Maori myths and legends. In Te Reo Maori-English subtitles are available.</p>	<p>https://www.tepapa.govt.nz/discover-collections/read-watch-play/maori/he-paki-taonga-i-maui</p> 
<p>Radio New Zealand - Free internet links to fun reading and educational material. A list guide to other links and resources</p>	<p>https://www.rnz.co.nz/news/national/412876/coronavirus-lockdown-at-home-a-guide-to-online-resources-for-kids?fbclid=IwAR3aWwUaISILWuNf8SfdHyODQ5IE0BzS6jEczw0zLRLojXE28dQCqefNbfY</p> 
<p>Sparklers - Provide parents and whānau with simple wellbeing tools they can use straight away, we've created a guide to using Sparklers At Home, a handy weekly planner, and some tips for making working and learning from home totally doable."</p>	<p>https://sparklers.org.nz/</p> 
<p>S.K.I.P activities - Tiny Adventures where you will discover simple and fun activities for whānau in tricky times, just like COVID-19. Tiny Adventures range from one minute up to an hour activities. They are simple, low-cost and designed to develop attachment and brain development of your Tamariki</p>	<p>https://whanau.skip.org.nz/having-fun/tiny-adventures/?utm_source=SKIPHomepage&utm_medium=website</p> 

Entertainment Ideas - 250 activities in categorised order for families to do together

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>



See also CASA specific resources and short videos on our website www.casa.org.nz under Resources and COVID-19.