

Whakaora Matihiko

Digital mental wellbeing



Kotahitanga created by Māori for Māori



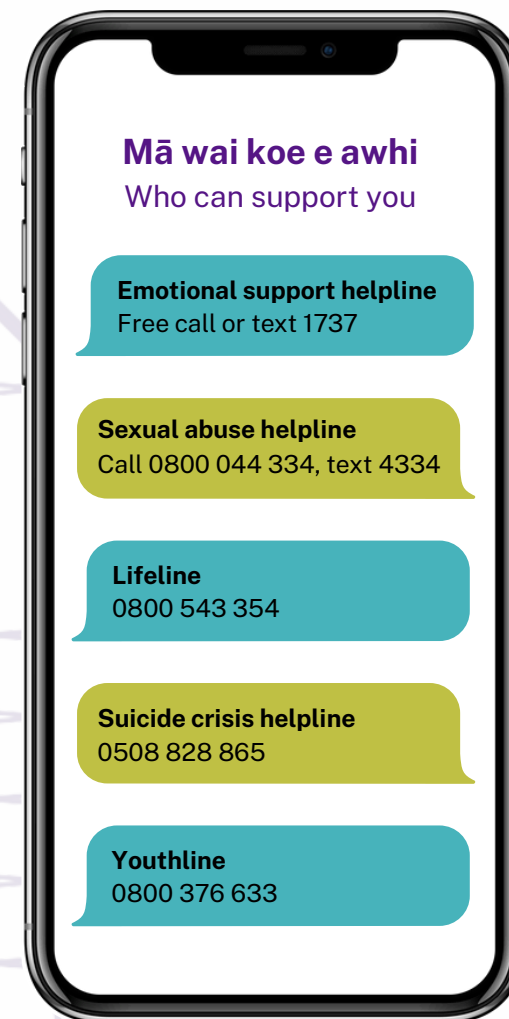
Whānau support tools



Helpful tips and resources



Scan to add to your personal kete



Ngā pou mo te hauora

Kiriata whānau

Whānau kōrero



Whakaora Matihiko videos

Watch personal whānau stories that share lived experiences of suicide, offering hope, connection and strength.



Māori mental health videos

Explore a range of videos that share personal stories and cultural insights to support mental wellbeing.

Rauemi whānau

Whānau resources



Are you worried someone is thinking of suicide?

How to recognise warning signs and support someone you're worried may be thinking about suicide.



Connecting through kōrero

A guide to starting meaningful kōrero to strengthen connections and support mental wellbeing.

Rauemi whaiaro

Personal resources



Are you having suicidal thoughts?

Offers hope, guidance and steps to cope with suicidal thoughts.



Personal safety plan

Guides you to recognise warning signs, use coping strategies, and connect with support.

Ngā taupānga

Mental wellbeing apps



Manawa

A suicide safety plan app co-designed with those who have experienced suicidal thoughts.



Mana Restore

Supports gamers with mental health resources on healthy gaming and digital detoxing.



Just a thought

Free programmes with guided education and skills to manage depression and anxiety.

Whāia te iti kahurangi ki te tūohu koe me he maunga teitei

Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain