

## Whakaora Matihiko

*Digital mental wellbeing*



Kotahitanga created by Māori for Māori



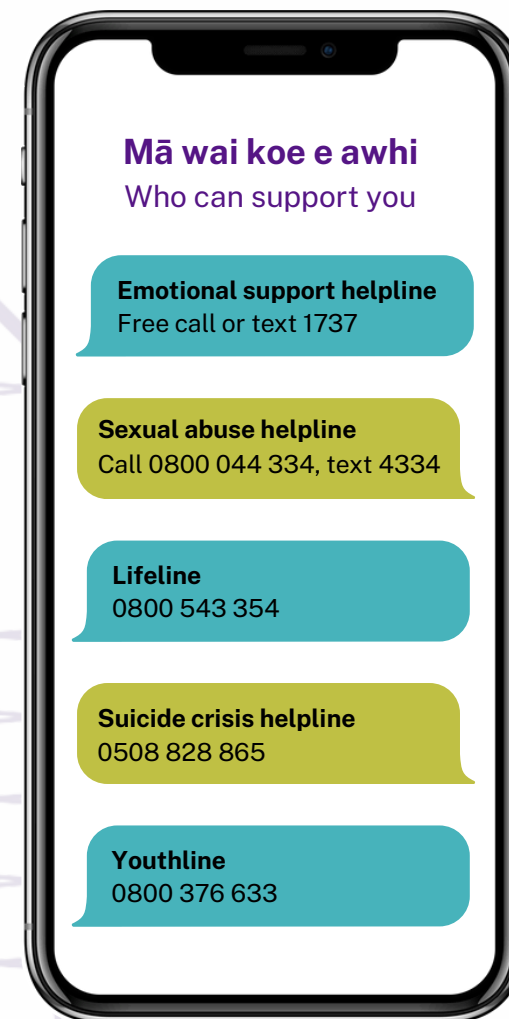
Whānau support tools



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*