

FIVE WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

CONNECT

TALK & LISTEN,
BE THERE, FEEL CONNECTED

TAKE NOTICE

REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY

Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE

KEEP LEARNING

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

CHEVTRAIN 



SUPPORT INFORMATION

Support Agencies:

Lifeline

For counselling and support
Free phone: 0800 LIFELINE (0800 543 354) or,
Free text 4357

Depression Helpline

To talk to a trained counsellor about how you are
feeling or to ask any questions
Free phone: 0800 111 757 or,
Free text 4202

Shine

Provide help, guidance and information if you,
or someone you know is a victim of domestic
violence.
Helpline free phone 0508 744 633

Needing assistance, advice and guidance to
get other health support? Please visit: [https://
mentalhealth.org.nz/helplines](https://mentalhealth.org.nz/helplines)

Samaritans

Confidential support for anyone who is lonely or
in emotional distress.
Free phone: 0800 727 666

Healthline / Manatū Hauora

For help and advice from trained and registered
nurses
Free phone 0800 611 116

SUPPORT INFORMATION

Learning Support Organisations:

**Please note, not all the providers or learning support agencies listed below are free, but in a lot of cases, funding may be an option.



Pathways Awarua

Offer free online learning modules and short courses in literacy and numeracy including applied and/or contextualised learning modules e.g. for driver licencing, health and safety and money.



Visionwest Waka Whakakitenga

Offer free online learning modules and short courses in literacy and numeracy including applied and/or contextualised learning modules e.g. for driver licencing, health and safety and money.



Literacy Aotearoa
Choice Change Freedom

Literacy Aotearoa

Offer friendly tutor support or small group classes for literacy, numeracy, driver education, computer basics, money and more.

Free phone 0800 900 999



Skills Highway

Provides information and links to resources, support and providers of workplace literacy and can offer information and guidance about funding via the Workplace Literacy and Numeracy fund. (Skills Highway is not a provider themselves).



SUPPORT INFORMATION

Financial Advice & Support Services:

If you need financial assistance and are having trouble covering your basic expenses or need financial advice, please contact one of the support services listed below or visit:

Ministry of Social Development / Te Manatū Whakahiato Ora

- <https://check.msd.govt.nz/>
- <https://www.workandincome.govt.nz/>
- Free Phone 0800 559 009

Money Talks

Money Talks offers free, confidential budgeting advice and financial mentoring assistance.
Free phone 0800 345 123