

Covid 19 Mental Health & Wellbeing Resources

As of 15/04/20 Augmented by & through Manawatu Guidance Counsellor Network
original organised by Elizabeth Dempsey.

Covid-19.govt.nz

- Looking after others: [Link](#)
- Looking after your mental wellbeing: [Link](#)
- Welfare getting the help & support you need: [Link](#)

Mental Health Foundation

- Looking after mental health & wellbeing: [Link](#)
- Top tips to get through: [Link](#)
- FAQs: [Link](#)
- Further resources eg supporting children, for schools, looking after yourself: [Link](#)
- Helplines: [Link](#)

If you're supporting children through this uncertain time, below is a selection of mindfulness resources that may be helpful to you:

- Jase Te Patu, founder of M3 Mindfulness, is offering [a free series of videos for children, parents and teachers](#). The engaging resource uses Māori storytelling and simple movement tools, focusing on breathwork and visualisation to calm the mind.
- The Kiwi authors of the popular children's title, *Aroha's way: A children's guide through emotions* have produced a [free reading](#) for the general public, complete with a lovely soundtrack.
- A series of calming resources has been released by Jen Sievers, New Zealand children's author of *Just breathe: A mindfulness adventure*. These include [Mindful moments glitter storm](#), [Mindful moments high five breathing](#), [Mindful moments calming breath](#), [Mini mindful moments](#), and the [Dandelion breath](#).

Te Pou

- Wellbeing guide for working at home: [Link](#)
- Directory of resources: [Link](#)

Te Rōpū Whakakaupapa advice for Māori [Link](#)

MoH

- Taking care of your mental wellbeing: [Link](#)
- Funerals & Tangihanga: [Link](#)

KidsHealth

- Coping with worry & anxiety about Covid-19: [Link](#)

Psychology Tools

- Living with worry and anxiety amidst global uncertainty: [Link](#)

American Psychological Association

- Covid-19 articles: [Link](#)

All Right?

- Getting through together campaign: [Link](#), [Link 2](#)

Victim Support

- Covid 19 Information for Victims: [Link](#)

LeVa • #CatchYourself: Respect your bubble: [Link](#)

The Useful Psychologist – Dr Sarb Johal

- Wellbeing Videos: [YouTube Link](#)

Te Puni Kōkiri

- Protect our whakapapa: [Link](#)

Oranga Tamariki caregivers [Link](#)

Sparklers

- Wellbeing activities for whanau: [Link](#)

Aroha ChatBot

- Mental wellbeing chatbot for young people [Link](#)