

Yellow
Brick
Road

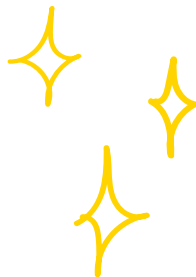
Te noho
ki te
wā

He urunga ki te āta mahara mō ngā whānau o ngā
tāngata e pāngia ana e ngā wero hauora hinengaro

Mēnā e tautoko ana koe i tētahi taupuhi e pāngia ana e ngā wero ā-hinengaro, ka hikitia ō taumata hēmanawa ki ngā taumata tūkinu, otirā kāore koe i te tino mōhio e pērā ana.

Ka āwhina pea te āta mahara i a koe ki te whakawhanake i ō ake pūkenga e whakamana ai i a koe ki te whakahaere i ngā āwangawanga me te hēmanawa (ngā whakaaro me ngā aurongo)

Kei a koe kē ēnei pūkenga, ā, e tatari ana kia tūhuruatia. Mā te ako ki te whakamahi i aua pūkenga he nui ake te wā me te māramatanga i tō te wā i mua, e āwhina ana i a koe kia pahure ngā wā wero me te whakahaere nui ake me te hēmanawa iti.



He aha i hira ai te whakahaere-whaiaro?

Ko te tikanga o te āta mahara ko te whakawhirinaki ki te wā e puta atu koe i ō whakaaro ki nāiane. Ko te tikanga ko te aroā he aha ngā mahi ināiane tonu... ā, ināiane... ā, ināiane.

- Ko te tikanga ko te aroā... me te kore whakawāwā.
- Ko te tikanga ko te tiro i ō whakaaro me ō aurongo me te kore mau i aua mea.
- Ko te tikanga me whakawhetai ki tō tauoranga, e whakaae ana ki te āhuatanga me te tuku.

Me haratau mō te āta mahara:

- E arotahi ana ki ia wā
- Kia aroā ki ngā whakaaro me ngā whīra
- Ko te aronui ki ngā pōtatu
- Ka āhukahuka he aha te mea i reira
- Ka arotahi anō i tō hinengaro

EHARA te āta mahara i te aha?

Pōtatu

Ehara te āta mahara i te pōtatu. Engari, mō te mataara, te puakaha me te aroā. He pērā ki te kawhene mō te wairua!

Whakangā

Ehara te āta mahara i te whakangā. Heoi anō, he whakaaweawe kē ina whakatinanahia te haratau āta mahara, nā te mea he pai ake tō āhei ki te noho me ō whakaaro me ō whīra. Nā tēnei ka tukuna koe ki te āta whakangā, kaua ko te haria atu, te takaoraora rānei.

Te whakawātea i ngā whakaaro me ngā whīra kāore i te hiahia.

Kāore te āta mahara e whakawātea i ngā whakaaro me ngā whīra. Engari, ka āwhina te āta mahara i a koe ki te tiro ki ēnei whakaaro me ēnei whīra me te tuku kia haere.

He aha i hira ai te āta mahara?

Ka āwhina te āta mahara i a koe ki te whakawhanake i tō āheinga ki te arotahi me te wehe i te whakaarohanga tūraru. Mā te whaimōhio ki ō whakaaro me ō whīra, ka taea e koe te whakatau i runga i te māramatanga.

Ina aronui ki ngā pōtatu ka āwhinatia koe kia noho ki te wā me tō whānau, ō hoa me ō hoamahi.

Mā te whāki he aha i konei, ka taea e koe te noho pūmau me te urupare ki tō taiao i te āhua āio, whaihua hoki.

Ka āwhina te āta mahara i a koe ki te:

- Rongo me te whakamaioha ki ia wā.
- Whakatipu i te aroha whaiaro
- Tino whakauru ki te tauoranga
- Kōwhiri i ō urupare aurongo
- Whakaharatau i te whakaaetanga
- Whakanoho, whakapokapū me te whakamutu i te takaoraora

Ka auaha te katoa o ēnei i te oranga hinengaro pai ake.





Me pēhea koe e āta mahara ai?

Kia tino rongō i ngā painga o te āta mahara, me whakaharatau me te whai whakaaro ki ō wheako. Ina tae atu koe ki te akoranga āta mahara ka āwhinatia koe ki te ako i ngā nuka, te tūtaki ki ētahi atu me te tuari i ō wheako.

Me pēhea a Yellow Brick Road e āwhina ai i a koe

Ia te rā ka tīmata mātou ki te whakatūturu ka whakaaro ngā whānau e whakarongohia ana, e tautokohia ana, e whai taputapu ana, ā, e tino māia ana ki te karo i ngā wero kei mua i te aroaro.

Ka taea e mātou te whakaheke i ō taumata hēmanawa me te tautoko tonu i ō taupuhi mā te whakarato i ngā tauira o ngā nuka āta whakaaro pai, tae atu ki ngā hōtaka āta mahara, i roto i tō ake rohe rānei.

Whakapā mai kia mōhio ki ētahi atu kōrero.

Mā tātou takitahi e whakamahi ai i te rerekētanga mō tātou katoa.

Ko te whānau ora, ā, koia te tūāpapa e whakaohoho ana i ngā āhuatanga katoa o ā mātou mahi.

Ko Yellow Brick Road te rōpū ā-motu e matatau ana ki te whakarato i te tautoko mō ngā whānau e whai ana i tētahi taupuhi e wheako ana i ngā wero hauora hinengaro.

I muri iho i te wheako e mahi ana i ngā tāngata huri noa i Aotearoa, e mōhio ana mātou mēnā ko te whānau o te taupuhi e wheako ana i te tūraru hinengaro e tika ana te tautokohia me te whakamanahia, he nui ake te tūponotanga kia ārahi i te oranga whakarauora.

Ko te panoni pai tā mātou arotahi matua. Mā te mahi tahi, ka āwhina mātou i a koe kia taurikura.



Supporting families
towards mental wellbeing

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