Hey there,

The team at MYSPACE have missed not seeing you in person over the last 5 weeks.

We hope this wee care package finds you doing ok. We have included the wonderful “Peptalk” magazine, which was given to you by Nadine Hickman (the editor), please give her a thank you shout out on her Fb page or email her, she’d love to hear your feedback. We hope you enjoy reading and learning about your well being from this fantastic youth friendly magazine.

The team here have been trying to keep you and your friends busy and engaged via facebook, instragam and zooming with you all, for various virtual youth groups or activitvies. We are online everyday at 1pm on fb and instragram with 5 Ways to Well being, encouraging you to stay Connected with others, be Active each day, Give to others and to yourself, take Notice of the beautiful things of life and keep Learning. Have a look and enjoy our staff keeping you motivated. As we become aware of other awesome fun & motivating things to do, we will keep posting these onto our social media spaces. Sport Tasman has some great challenges for us to do as individuals and with those in your bubble.

Rueben, Soni and Sarah have been enjoying doing bootcamp and mediation with you during virtual youth group on Tuesday and Thursday at 4pm. Playing mafia and kahoot has been lots of fun- just jump on in the open ZOOMS to join in, be sure to keep inviting your friends to get invovled and don’t forget to be in touch with at least 3 people a day.
Keep an eye on our website www.myt.org.nz there are two youth survey’s on there for you to fill in- there is one from Ministry of Youth Development who wants to hear how you, your family and friends are going during lockdown each week. The other one, which is monkey survey is us checking in with you, if you and your family are needing support during this unusual season let us know. Ministry of Social Development has been very supportive and should you need support, please let our staff know and they can get the support you maybe needing.

Keep an eye out for what the team have on offer for NZ Youth week from the 9th May 2020 via Fb and instgram

If you need to chat with a youth worker please know we are here for you- give us a text, email or a call- we’d love to hear from you

Jo 0274 468649 info@myt.org.nz
Reuben 027 8426733 youthworker@myt.org.nz
Rebekah 027 5222245 events@myt.org.nz
Maxine 021 1614671 seddon@myt.org.nz
Russell 021 191 5569 russell.smith@police.govt.nz
Bee KIND during Covid19
check out if neighbours are able to get what they need, while in isolation -
could be a good chance to say hi over their fence – 2 metre distance!  https://covid19.govt.nz/

Bee kind to Whanau Family & SELF
All a lot to take in and work out how things will be in the next wee while, as we keep safe from Covid19
Keep smiling, keep laughing, and stay socially connected – but at a physical distance. Be kind. Be gracious to one
another – and we’ll get through this together
There is help/support out there!!  welfare@marlboroughcdem.co.nz or call 03 520 8405

If it starts getting too much and your family  www.mvip.co.nz
• www.areyouokay.org.nz  (Check out the relationships quiz) 0800 456 450
• Women’s Refuge Sexual Assault Resource Centre Marlborough Inc  or  Crisis 0800 REFUGE  Office phone 03 577 9939 or email marlb_refuge@xtra.co.nz

Make the most of positives from the situation
• more time with children, to read to them, play games, exercise with them
• more time to keep connected with friends and family
• enjoy cooking together, teaching someone how to mend their socks!
• Reading time  ~~  smell the roses ~~  do some jobs on the 101 job list to do!

BEE Safe - remember your sexual health!
• If male female sexual relationship - preventing unplanned pregnancy, Family Planning (FP)
  www.familyplanning.org.nz  or FP Facebook Use “ask for an appointment” & FP will call you back
• or  phone your family Doctor
• ECP (Emergency Contraception) free to NZ residents, available via FP Facebook page, your GPs, or
  Pharmacies.  ~~ Best within 72 hours of unprotected sex~~
• If you are due for Depo Provera injection during the lockdown, FP Facebook/ FP website or Dr/GP.
  Remember condoms or ECP if needed if your unsafe!
condoms available from: Supermarkets, Pharmacies
• AIDS foundation via post / www.nzaf.org.nz
• Protect against STIs (Sexual Transmitted Infections) you can get STIs by having unprotected sex, condoms
  available as above
• Sexual Health clinic is currently closed, check FP Facebook or contact your Dr/GP
• Sexual harm helpline 24/7, confidential, free 0800 044 334, free text 4334
• www.thelightproject.co.nz to start the conversation and help equip NZ youth their whanau and
  communities to navigate the new porn landscape
• Consent & Respect every time!

If Drinking - Know your limit!  Alcohol Helpline 0800787797 free text 8681
• Role model sensible consumption of any alcohol
• Remember it is best young people delay drinking until 18 years

Dentist:  if an emergency contact your dentist, they do have spaces for emergencies treatment and they will
advise you what to do.

Healthline number: 0800 611 116
Pathways to Access Mental Health Support
Mental Health acute services, will still be available, as above, during Covid19 lockdown

Useful Helplines:
- NEED TO TALK? - Freecall or text 1737 - www.1737.org.nz
- Lifeline - 0800 543 354 (0800 LIFELINE) or free text 4957 (HELP)
- Suicide Crisis Helpline - 0508 828 865 (0508 TALKTOYO)
- Healthline - 0800 611 116
- Youthline - 0800 376 633; free text 234 or email talk@youthline.co.nz or online chat
- Depression Helpline - 0800 111 757 or free text 4202
- Alcohol and Drug Helpline - 0800 787 797 or online chat
- Are You OK - 0800 456 650 family violence helpline
- Gambling Helpline - 0800 054 655
- Anxiety phone line - 0800 269 4389 (0800 ANXIETY)

Websites:
- www.farmstrong.co.nz
- www.sparx.co.nz
- www.thelowdown.co.nz or 0800 111757 free txt 5621
- www.depression.org.nz
- www.whatstup.co.nz
- www.alcoholdrughelp.org.nz or 0800 787 797 or txt 8681
- www.mentalhealths.org.nz

SF Supporting Families, for Families/Friends of someone with Mental health issues or Alcohol & Drug issues, 68 Seymour Street, Blenheim sfmarlb@xtra.co.nz Ph: 5775491

SF Marlborough Office: 03 577 5491
sfmarlb@xtra.co.nz
Lyn: 027 406 2615
Karina: 027 384 6743
Nikki: 027 4069 613

Resources:
www.mentalhealth.org.nz  Covid19 page
www.allright.org.nz
www.justathought.co.nz

Supporting someone www.commonground.co.nz

Whakatauki: Maori Proverb for the duration;

Hei aha te mea nui o te ao?
Maku I ki atu
He tangata, He tangata, He tangata.

What is the most important in the World?
Let me say
It is people, It is people, It is people.