

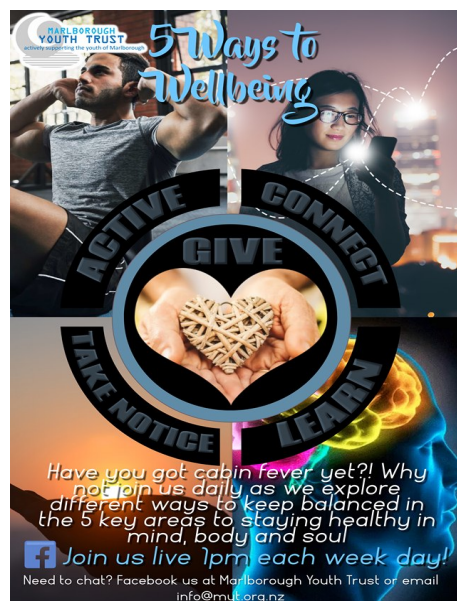


Hey there,

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.





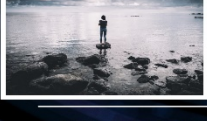
The team here have been trying to keep you and your friends busy and engaged via facebook, instagram and zooming with you all, for various virtual youth groups or activities. We are online everyday at 1pm on fb and instagram with **5 Ways to Well being**, encouraging you to stay **Connected** with others, 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 involved and don't forget to be in touch with at least 3 people a day

MARLBOROUGH YOUTH TRUST
actively supporting the youth of Marlborough

VIRTUAL YOUTH GROUPS

	MONDAY 1PM - GET ACTIVE WITH REUBEN 5PM - SPOKEN WORD WITH BEX, SHELDON & SONI 6-7PM - SEDDON SENIOR YOUTH GROUP WITH SONI & MAX	FACEBOOK & INSTAGRAM LIVE ZOOM CLOSED ZOOM CLOSED
	TUESDAY 1PM - GIVE WITH MAX 1:30PM - MYTAGs WITH BEX & REUBEN 4PM - VIRTUAL WELLBEING WITH SARAH & MAX	FACEBOOK & INSTAGRAM LIVE ZOOM CLOSED ZOOM OPEN https://us04web.zoom.us/j/74864823123
	WEDNESDAY 1PM - LEARN WITH JO 6-7PM SEDDON JUNIOR YOUTH GROUP WITH SONI & MAX	FACEBOOK & INSTAGRAM LIVE ZOOM CLOSED
	THURSDAY 12:30pm - MYTAGs WITH BEX & REUBEN 1PM - CONNECT WITH SONI 4-6PM - VIRTUAL CONNECT YOUTH GROUP WITH REUBEN & SONI	ZOOM CLOSED FACEBOOK & INSTAGRAM LIVE ZOOM OPEN https://us04web.zoom.us/j/7413889581
	FRIDAY 1PM - TAKE NOTICE WITH BEX	FACEBOOK & INSTAGRAM LIVE

CONNECT WITH US VIA FACEBOOK, INSTAGRAM, EMAIL [INFO@MYT.ORG.NZ](mailto:info@myt.org.nz) OR TEXT 0275222243

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 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUOKO)

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 456 450 family violence helpline

Gambling Helpline – 0800 654 655

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 5626




www.depression.org.nz

www.whatsup.co.nz

www.alcoholdrughelp.org.nz or 0800 787 797 or txt 8681

www.mentalhealth.org.nz

Pathways to Access Mental Health Support

Referral Pathways		
General Mental Health Concerns		If you are concerned about your (or someone else's) mental health, we encourage you to discuss your concerns with your GP. You can also look through the attached list of useful websites and apps.
Acute Mental Health Concerns		For urgent support call 0800 948 497 , your concerns will be triaged by trained mental health clinicians and advice, guidance will be provided, and intervention will be arranged if necessary.
Immediate Mental Health Concerns		If you have imminent concerns about your or someone else's safety, then you need to contact Emergency Services on 111 .



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



NEED TO TALK?

1737

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.

