



Pāpōuri

He āhuatanga māori te rongō i te pōuri, te tāmitanga, te riri, te whakapōuri, ina hoki kua tāmia e ngā raruraru. Ko te māwehe pea tērā, ngā raruraru ki ngā hoa, ki te whānau rānei, te whai kura hou, te wā whakamātautau rānei.

He kaha atu te Pāpōuri i tēnei. I te Pāpōuri ka pokea wā roa e ngā kare ā-roto nei, ā, kāore e rata ana ki ngā mahi i pārekareka ai i mua. Ka pokea koe e tēnei āhuatanga, ka pāngia te āhua o tō whai whakaaro, o ō kare ā-roto, o āu mahi. Ka puta pea ētahi anō tohu māuiui, ā, ka uaua te moe, ka tau i ō tātou whānau, hoa hoki, ā, ka heke te kiritau, ka memeha te tūmanako hoki. Ka tae ki tēnei tūāhua, ka kīia tēnei huinga tohu māuiui he pāpōuri, inā hoki ka roa atu i ngā wiki e rua te pānga o ngā kare ā-roto.

Kāore hoki he whakautu māmā he aha e puta ai te pāpōuri. Ki ētahi tāngata, he ngātahitanga tūponotanga, he take rānei ka whakapā atu ki ngā kare ā-roto, ki ngā whakaaro, ki ngā mahi anō hoki. Engari i ētahi atu wā, kāore he take mahea. Kei te pai noa iho tērā.



He aha ngā tohu me ngā tohu māuiui?

Ka huri ngā kare ā-roto:

- ✦ ka pōuri, he matakerekere, wairua kore, haumaruru, pukukino, ngau riri hoki mō te wā roa atu i te rua wiki
- ✦ ka heke te rata atu ki ngā mea pārekareka o mua
- ✦ ka rongō i te whakatakē, i te kaniawhea i te nuinga o te wā

- ✘ ka whakaaro he 'uaua rawa' ngā mea katoa.

He huri ā-tinana:

- ✘ ka ngenge i te nuinga o te wā
- ✘ ka heke te ngoi me te hihiko
- ✘ ka uaua te moe, ka pāngia e te huringa o te ritenga moe, ka kore whakangā ahakoa te roa o te moe
- ✘ ka rerekē te matekai, ka heke te hiakai, ka nui rawa te mahi kai rānei – nā, ka heke haere, ka nui haere rānei te taumaha o te tinana
- ✘ he māioio, he mamae kore whai mārāma.

Ka huri ngā whakaaro:

- ✘ he whakaaro whakatakē mōu ake, mō te ao me te āpōpō
- ✘ he uaua te arotahi, te whakatau whakaaro, te maumahara hoki
- ✘ ka puta he whakaaro whakamamae i a koe anō
- ✘ ka huri ngā mahara ki te mate, ki te whakamomori rānei.

Ka rerekē te whanonga:

- ✘ ko te tau i ngā hoa, i te whānau hoki
- ✘ tē tutuki ngā mahi
- ✘ he uaua te arotahi ki te kura, ki te whare wānanga, ki te mahi hoki
- ✘ te whakarahi i te kai waipiro me ētahi atu whakapōauau
- ✘ te uru ki te raruraru, te whawhai.

Ko te kōrero pai ka āhei ngā tāngata e tāmia ana e te pāpōuri te puta ki te ora mā te āwhina tika. Ki te tau ēnei momo āhuatanga kia roa atu i te rua wiki, me rapu tautoko.

I ētahi wā ka pāngia te tangata kua pāngia e te pāpōuri ki ētahi atu anō māuiui hinengaro hoki – pērā ki te manawapā, te māuiui maurirere, te māuiui kai whakapōauau rānei.

Ka raweke ētahi rangatahi ki te waipiro me ētahi atu whakapōauau kia pai ai ngā piropiro mō te wā poto, engari ka whakakino atu pea i te rerenga o te wā roa.



He aha ngā mahi ka taea e au?

He maha ngā mahi hei mahi māu ka whakapiki pea i tō wairua, ka hiki i tō whakahaere i ngā kare ā-roto taumaha. Kua rārangihia e mātou ētahi ki raro nei.

Ka uaua pea te whai ngoi, whai hihiko rānei ki te mahi i ēnei mea. I ētahi wā ka whakaaro pea kāore kau he āwhina. Me tīmata ki te mea kotahi e mōhio nei koe ka āhei koe, tēnā, āta tāpirihia tētahi anō mea, tētahi anō mea. Mā tēnei koe e āwhina ai te rongo kei te ahu whakamua koe.

Tiakina koe tonu

Ka āwhina pea te tiaki i ō tātou hinengaro, tinana hoki i tō tātou hauora hinengaro whānui, toiora hoki. Ka taea e koe te:

- ✘ kai tika kia hīkina ai ō kare ā-roto, tō kaha, tō hauora whānui, toiora hoki
- ✘ whakapai i te moe kia pai ai te whakangā o tō roro, o tō tinana hoki
- ✘ kori tinana kia pai ake ai tō moe, tō whakamāmā tāmitanga, te hiki hoki i tō wairua
- ✘ parepare, te tepe rānei i tō kai waipiro, whakapōauau atu anō hoki.

Me aro ki te rere o ōu whakaaro

Ko te whai whakaaro ki te rere o ō tātou whakaaro he hipanga hiranga hei hiki i te wairua. Ina pāngia te tangata e te pāpōuri, ka putuputu pea te kino haere o te huringa whakaaro. Mā te tuhi i ō whakaaro pea koe e āwhina ai kia whai mārama ki ngā whakaaro ka hiki, ka pēhi rānei i te wairua.

Kei te pae tukutuku o The Journal www.depression.org.nz ētahi taputapu ka āwhina pea i a koe ki te whai māramatanga, te whakatika hoki i ngā huringa whakaaro.

Kōrero ki tētahi tangata

He mea pai te kōrero ki tētahi tangata e pono ana koe mō ō whakaaro, kare ā-roto hoki. Mā te kōrero ki tangata kē koe e āwhina ai pea kia rongu i te manaaki, ā, ka āwhina hoki i a koe kia whai tirohanga kē ki tētahi tūāhuatanga. Māu pea e:

- ✧ kōrero ki tō whānau, ki ō hoa rānei, ki tētahi kaiako, kaiwhakamahereora, kaiārahi hāhi, pouako hākinakina, kaumātua rānei
- ✧ rapu tautoko i ngā hapori ā-lpurangi, i ngā rauemi ā-lpurangi rānei, pērā ki:
 - www.auntydee.co.nz - kia ako i te whakaoti raru
 - www.mentalwealth.co.nz - mō ngā ara whakamahuru
 - www.sparx.org.nz - mō te i-haumanu
 - www.thelowdown.co.nz - mō ētahi anō rauemi e pai ana mā te rangatahi rānei
- ✧ hono atu ki tangata kē, whai uru ki tētahi rōpū pērā ki tētahi karapu hākinakina, tētahi rōpū whakapono rānei, kia whakamahuru ai i te rongu i te mokemoke.

Whakapā atu ki ō hoa, ki tō whānau rānei

I ētahi wā e pōuri ana te tangata, ka māunu atu i ngā hoa, i te whānau rānei – engari ko tēnei kē te wā ki te kaha whakatata atu ki a rātou. Mā te whai wāhi, mā te noho ki ō rātou taha mō tētahi wā, mā te mahi i ētahi mahi mā rātou hoki te whakaaro e whakatō ai i roto i a koe kua whai take, kua whai oranga hoki koe.

He pai hoki te puta i te whare – mehemea kāore koe i te hiahia, me poto tō toro atu, ā, ehara i te mea me whakaputa kōrero koe mō ō kare ā-roto.

Whakamātauria ētahi rautaki whakangā

Ko te whakangā tētahi ara hei whakamāmā i te tāmitanga, ā, ka āwhina pea te whakamahuru i ngā kare ā-roto taumaha. Whakamātauria ētahi ngohe kapo hau, hei āwhina i tō whakangā.

Āhea me rapu āwhina au?

Mō ētahi tāngata, ka pai noa te whakamahi i ēnei tohutohu kia whakahaere i ō rātou tohu māuiui o te pāpōuri. Engari mehemea he roa rawa te pāngia me te kore mahuru haere, he mea waiwai te rapu āwhina ngaio.

Ko te kōrero pai rawa atu ka āhei te nuinga o te hunga rangatahi kua pāngia e te pāpōuri te piki ake mā te tautoko tika.

Te rapu i te āwhina e tika ana mōu

Ko tētahi āhukatanga hiranga o te tautoko ngaio ko te haumanu kōrero (hauora hinengaro). Ka āwhina pea tēnei i a koe kia ako tonu ka pēhea te haere o te pāpōuri, ka pēhea koe e whakahuri i ō kare ā-roto. Arā he ngaio e wātea ana ki te āwhina:

- ✧ Ka āhei koe te pātuhi, te waea koreutu rānei ki 1737, ki te ratonga tautoko utu kore o Aotearoa Niu Tīreni. Kei reira he kaiwhakamahereora whai tohu, tikanga noho matatapu hoki. Whakamōhio atu ki a rātou ngā āhukatanga o tō ao, o tō te tangata e māharahara nei koe, ā, mā rātou koe e tautoko, e tohu atu rānei ki tautoko kē atu.
- ✧ Whakapā atu ki Youthline – Pato tuhi utu kore 234, waea utu kore **0800 376 633**, īmēra rānei: talk@youthline.co.nz.
- ✧ Mehemea kei te kura, te whare wānanga rānei koe, ka taea pea e koe te whakauru ki tētahi ratonga whakamahereora, ratonga toiora ākongā rānei.
- ✧ Ka āhei tō tākuta, tō tākuta whānau rānei te marohi he aronga māu, ā, ka marohitia pea he rongoā whakamahuru tāmitanga hoki.

Ko te pāpōuri me te hononga o te whakamomori me te whakamamae whaiaro

Ka pā atu te whakamamae whaiaro pāpōuri, ka puta ngā whakaaro whakamomori rānei i ētahi rangatahi. He maha ngā wā ko te whakamamae whaiaro me te whakaaro whakamomori he ngana ki te whakamahuru kare ā-roto taumaha.

Mehemea ka puta he whakaaro whakamomori, whakamamae i a koe anō rānei, he mea waiwai tonu kia kōrero koe ki tētahi tangata e pono ana koe, pērā ki tētahi o tō whānau, tētahi hoa, kaiako rānei.

Ka taea e koe te whanake i tētahi mahere haumaruru hoki hei whakamāmā i te tāmitanga, i ngā whakaaro whakamomori mā te whakamahi i te mahere haumaruru whaiaro kei tēnei hono: www.mentalhealth.org.nz/assets/OurWork/Downloads/Personal-safety-plan.pdf

Ki te whakaaro koe ka whakamahia ētahi mahara, ka whakamamae rānei koe i a koe anō, Waea atu ki 111.

Ngā wāhi kia rapu āwhina

Ka āhei tō tākuta, tō tākuta whānau rānei te marohi he aronga māu, ā, ka marohitia pea he rongoā whakamahuru tāmitanga hoki.

Mehemea kei te kura, te whare wānanga rānei koe, ka taea pea e koe te whakauru ki tētahi ratonga whakamāherehere, tētahi ratonga toiora ākongā rānei.

Ka āhei hoki koe te pato tuhi, te waea koreutu rānei ki 1737, ki te ratonga tautoko utu kore o Aotearoa Niu Tīreni. Kei reira he kaiwhakamahereora whai tohu, tikanga noho matatapu hoki. Whakamōhio atu ki a rātou ngā āhuatanga o tō oranga, o tō te tangata e māharahara nei koe, ā, mā rātou koe e tautoko.

NEED TO TALK?



**free call or text
any time**

Youthline 0800 376 633, pātuhi koreutu 234, īmēra talk@youthline.co.nz kōrerorero tukutuku rānei ki www.youthline.co.nz (ka wātea te kōrerorero tukutuku i te 7 i te pō – 11 i te pō)

Samaritans 0800 726 666

Healthline 0800 611 116

He utauta, he mōhiohio tuihono, utukore hoki

www.mentalwealth.co.nz - he mōhiohio pai mō te rangatahi kia piki te wairua, kia tūhono atu hoki

www.auntydee.co.nz - mō tētahi utauta utukore tuihono āwhina whaiaro mō te tangata e kimi āwhina i te whakaoti raru

www.sparx.org.nz - he utauta pāhekoheko kia tautoko i te hunga rangatahi kua pāngia e te pāpōuri, e te manawapā rānei

www.thelowdown.co.nz - he tautoko mō te hunga rangatahi kua pāngia e te pāpōuri, te manawapā rānei

www.depression.org.nz – he mōhiohio, he puka pitopito kōrero whai take hoki kia whakamāmā i ngā tohu māuiui o te pāpōuri, te manawapā rānei

www.mentalhealth.org.nz - ētahi mōhiohio, rauemi hoki mō te hauora hinengaro whānui

www.netsafe.org.nz - kia ako mō te haumarua tuihono

www.leva.co.nz - ka tautoko i te hauora hinengaro me te oranga o ngā iwi o Te Moana-nui-a-Kiwa

I whakaritea ngātahitia tēnei puka mōhiohio i te taha o Headspace Australia (National Youth Mental Health Foundation led). Mō te mōhiohio whānui noa iho ngā puka mōhiohio. Kāua e whakamahi i ēnei hei whakakapi mō te tohutohu rongoā, hauora motuhake rānei. Ka whakapau kaha kia ū ai he tika, nō tēnei wā hoki ēnei mōhiohio kāore a Le Va i te kī e tika ana, nō tēnei wā, rānei e tika ana rānei mō tētahi kaupapa. Ka whakahē mātou i te kawenga me te taumahatanga katoa mō te ngarohanga tōtika, kore tōtika rānei, te pakaru, te nama, te utu aha atu i te whakamahinga, te whai rānei i ēnei mōhiohio. © 2019 Pacific Inc Limited, Kua rāhuitia ngā mōtika katoa.

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