

❖ Tōe fakaloloha mo fakaloloto ange 'a e taimi feohi 'a e fāmili – ko e ki 'eni 'e taha  
"Ko e 'i ai 'a e fāmili mo e kaungāme'a ko e tokoni lahi ia, 'a e a'u ange 'a e kakai ko e vakai pe 'oku mau fēfē."

❖ 'Oku mahufinga 'aupito ke ma'u 'a e faingamālie ke talanoa koe'uhi ke lava 'o tukuange atu ai ha ngaahi fakamamafa pea lava 'o talanoa 'a e ngaahi 'isiu kehekehe  
"Oku sai pē ke te tengihia 'a hoto mamahi, ko e me'a fakanatula ia, ko e nōmolo pe ia pea 'oku sai 'aupito pe ia. 'Oku sai pe ke te kumi tokoni, 'oku 'ikai ko ha me'a fakamā ia. 'Oku sai pe ke te talanoa ki ha taha kehe tatau ai pē pe ko ha fāmili, sola, pe ko ha palofesinale."

❖ 'Oku mahufinga 'aupito 'a hono faka'ai'ai 'o e ngaahi tala pe talanoa 'oku nau fakalotolahi ki he to'utupu  
"Oku sai ange ke ke tukutaimi ke fanongo ki he le'o 'o ho'o fanau 'i ha'anau fakalavea' pe 'enautolu kinautolu."

❖ Ko e ngaahi mafasia fakafāmili 'oku fiema'u ia ke talanoa' fakafāmili  
"Oku ou tui ko e vaivai'anga 'o e ngaahi fāmili lahi 'oku 'i he 'ēlia 'o e fetu'utaki, tautautefito ki he fetu'utaki 'i he vā 'o e mātu'a mo e fānau... 'oku totonu pē ke 'i ai ha ngaahi founga 'e ala lava ai ke talanoa 'a e to'utupu."

❖ Fakafaingamālie' koe ke ke lava 'o tali 'a e ngaahi tōnounou pea tali mo e ngaahi fakalotolahi  
"Ko e fakakaukau 'o e fāmili, kiate au, ko e lava ke te tali na'e 'ikai ke fu'u sai 'ete fo'i ngāue koe, pea mo e lava 'a e fāmili 'o tu'u fakataha mo fakalotolahi ki he tokotaha ko ia."

❖ Ko e kau he lau mo e fekau'aki 'a e to'utupu  
"Kuo mau fanongo talanoa 'i he faikava fekau'aki mo e ngaahi talanoa lelei, talanoa fakaoli, mo e hisitōlia 'o Tonga. Ko e taimi pē 'oku ke fanongo ai ha ki'i talanoa ki ai kuo fakalahilahi hake 'a e fietalanoa ki ai, pea hokohoko atu ai pē 'a e talanoa 'i he faikava hoko... mo e lea faka-Tonga foki."

#### NGAAHI MA'UNGA TOKONI & NGAHI FIKA TELEFONI MAHU'INGA

Kapau 'oku ke 'ilo ha taha 'oku loto mamahi, ongo'i taumu'avalea, ongo'i li'ekina pe talanoa fekau'aki mo e taonakita, fetu'utaki leva ki he 'u telefoni 'oku ha atu 'i lalo:

- ❖ Tautoko Suicide Crisis Helpline: 0508 828 865 (0508 tautoko)
- ❖ Lifeline: 0800 543 354 (available 24/7)
- ❖ Depression Helpline: 0800 111 757 - txt 4202
- ❖ Youthline: 0800 376 633 - free txt 234
- ❖ Kidslines: 0800 543 754 - available from 4pm to 6pm workdays
- ❖ What's up: 0800 942 8787 (1pm to 11pm)

- ❖ Outline NZ: 0800 688 5463
- ❖ Samaritans: 0800 726 666
- ❖ LeVa: 09 261 3490 | www.leva.co.nz

#### FAKAMĀLŌ

Ko e ma'unga tokoni ko 'eni na'e fa'u ia mo teuteu 'e 'Aulola Fuka-Lino mo Dr Jemaima Tiatia-Seath, pea fakapa'anga 'e he Kosilio Fekumi ki he Mo'ui Lelei 'a Nu'usila.

'Oku'oatu heni 'a e fakamālō koe'uhi ko e ngaahi tokoni kotoa pē mei he ngaahi fāmili na'a nau fe'ao mo e mamahi 'o e taonakita, pea nau loto tō'a ke vahevahe 'enau ngaahi a'usia. 'Oku'oatu foki mo e fakamālō ki he Kulupu Fale'i pea pehē foki ki a Tānaki Tatafu ki ho'o poupu mo e tokoni ki he ngāue ni.

#### KULUPU FALE'I:

Katoi e tala 'o Tonga Vaivaifolau Kailahi, Cultural Advisor  
Reverend Ifalame Teisi, Social Worker  
Edmond Fehoko, Youth Advisor  
Natalie Leger, Manager Faleola Mental Health Service  
Afu Pifeleti, Psychiatric Registered Nurse  
Dr Hamdi Mubarak, Psychiatrist  
Haniteli Kanongata'a, Mental Health Community Worker  
Valenisia Sinisa, School Counsellor  
Selu Ma'asi, Social Worker in Schools  
Seini Pifeleti, Youth representative

LILIU KI HE LEA FAKATONGA 'Ofa Palu Toki | TISAINI Henele Tautalanoa Tuita

#### NGAAHI TOHI MA'UNGA TOKONI:

Compton, B.R., Galaway, B. & Gournoyer, B. (2005). *Social work processes*. Pacific Grove, CA: Brooks/ Cole Publishing.

Fuka-Lino, A. (2015). *Fofola e fala ka e alea e kainga: Exploring the issue of communication amongst Tongan youth in Aotearoa, New Zealand* (Unpublished Master's thesis). Auckland University of Technology, Auckland, New Zealand.

Sinisa, V. (2013). *The reflections by Tongan parents or caregivers on various factors that may have contributed to the suicide of their child* (Unpublished Master's dissertation). University of Auckland, Auckland, New Zealand.

Tiatia-Seath, J. (2015). *Suicide prevention for Tongan youth in New Zealand: Report to the Health Research Council of New Zealand and Ministry of Health for the Pacific Partnership Programme*. Wellington, New Zealand.

# Koe HALA MALU MEI HE TAONAKITA MA'AE TO'UTUPU TONGA 'I 'AOTEALOA, NU'USILA



KO E MA'UNGA TOKONI KO 'ENI 'OKU FAKATEFITO IA 'I HE FEKUMI NA 'E FAKAHOKO 'I HE 2015 PEA FAKAHINGOA 'KO E HALA MALU 'O E TAONAKITA KI HE TO'UTUPU TONGA 'I LOTO 'AOTEALOA, NU'USILA. NA'E FAKAPA'ANGA 'A E FEKUMI NI 'E HE KOSILIO FEKUMI KI HE MO'UI 'A NU'USILA (HEALTH RESEARCH COUNCIL) 'I HE TAUMU'A KE HOKO 'A E NGAHI 'ILO MO E MAHINO FEKAU'AKI MO E TA'OTA'OFI 'O E TAONAKITA KO E POUPOU KI HE NGAHI KOMIUNITI TONGA 'I 'AOTEALOA.