

Thrive Medical Centre Mental Wellbeing Resource Kit

By Dr Byrdie Johnston

Feeling stuck?

Here are tips and recommended resources to help you get through:

- **Talk to someone** – your GP, your friend, a family member. Everyone has been through rough times and you may be surprised how understanding they are.
- **Book in regular exercise** – a walk, a bike ride, dancing. Get those good endorphins going!
- **What did you used to love doing?** Have you stopped doing it? How can you restart, even in a small way? The things we love doing recharge our batteries and help keep us mentally well
- **Get outside into nature** – go for a short walk in the bush or along the beach can help lift your mood. The fresh air and beauty of nature is therapeutic.
- **You always have choices.** Often when we are stuck we feel we have no choice. Talking to someone can help you work through what all your options are.
- **Challenge your negative thoughts** – if you hear yourself say “I can’t...” or “I’m a failure” – is that really true? What would you say to your best friend if they were talking about themselves in the same way? Think back on the times you have done a great job, you’ve worked things out, and succeeded. If you have done it before, you can do it again. We are not born knowing everything; we have to be taught, or figure it out.
- **Keep a Gratitude Diary** – clinically proven to help you feel better! Write down 3 things each day that were good today – be specific! When you read them again you should be able to re-live that moment of Joy. Helps train your brain to look for and remember the positives and moments of Joy in your day
- **Slow, deep belly breathing is calming.** Breath slowly in for a count of 6; breathe out for a count of 6.
- **Things will work out in time**
- **[“Finish the Stress Response” Podcast](#)**

Phone:

Whakatane mental health crisis team (crisis/emergency): 0800 774 545

National helplines:

Need to talk? Free call or text **1737** any time for support from a trained counsellor.

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO).

Healthline – 0800 611 116

Samaritans – 0800 726 666

Depression Helpline – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).

OUTLine NZ – 0800 688 5463 (OUTLINE) provides confidential telephone support for gender identity/sexuality.

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz

EDANZ – improving outcomes for people with eating disorders and their families. Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or email info@ed.org.nz.

Parent Help – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

Family Services 211 Helpline – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

Skylight – 0800 299 100 for support through trauma, loss and grief; 9am–5pm weekdays.

Local counselling services:

DHB-funded counselling – see your GP for a referral

Te Puna Ora O Mataatua counselling – self-refer counselling@tpoom.co.nz or phone 0800 628 228 ext 4

Family Works Northern (eligible if you have children in your household) – ph 307 1133

ACC-funded psychology services – findsupport.co.nz

Alcoholics Anonymous - 0800 229 6757 www.aa.org.nz

DHB Community Alcohol and drug service – ask your GP for a referral

NASH (Ngati Awa Social Services) – includes Drug and Alcohol counselling; ask for a referral

Websites:

<https://psychwire.com/harris/resources> - check out the videos; really useful mindset information

Depression.org.nz

Justathought.co.nz – online CBT

calm.auckland.ac.nz

www.theschooloflife.com – UK-based website covering all life-skills like ‘how to argue’

Louisethompson.com – life coach with great website/advice

drughelp.org.nz

Family Works Northern – free counselling for family members - adults and children

Early pregnancy counsellor 0800 773 462

www.whakatane.info/business/support-groups - directory of different support groups in Whakatane Area

themarriagechallenge.com – re-connect with your partner with a ‘marriage meeting’; can work wonders!

Apps:

Headspace

Books:

Five Love Languages (book) – by Gary Chapman – relationship advice

The Happiness Trap – by Russ Harris