MO MATUA MA TAUSITAMA

Fesoasoani mo le maloloina lelei o tamaiti a'oga i aso malolō o a'oga

O lenei ta'iala manatu aogā ma puna o faamatalaga mo matua, tausitama ma aiga ina ia fesoasoani i le maloloina lelei o le mafaufau ma tagata talavou o latou tausia i le vaitaimi o aso malolō o a'oga. Ua aofia ai tautua e mafai ona aapa atu iai pe afai e mana'omia atili le fesoasoani.

# Gaoioiga e faapea ona fesoasoani i le mautinoa o le maloloina lelei o le mafaufau

Faalaeia'u ou tagata talavou e:

* Faamalositino ma taumafa mea'ai maloloina lelei e faaleleia ai o latou uiga
* Ave le faamuamua i le moe e fesoasoani i lou mafaufu ma le maloloina lelei o ou faalogona ootia
* Sailiili i gaoioiga e to'afilemu ai ma faiga e maua ai le onosa'i
* Ia tumau ona fesoota'i atu ma talanoa e le aunoa i uo ma ē pele iā te oe
* Ia faaavanoa se taimi e faia ai mea latou te fiafia iai
* Faata'ita'i ona talanoa mautinoa iā te oe lava ia – ma faamanatu iā latou e lē o tuuna na o latou
* Saili le fesoasoani faapitoa pe a manaomia.1

Ua fausia e le Matagaluega gaoioiga mo le maloloina lelei ma faatomuga mo talanoaga mo matua ma tausitama o [tamaiti o i tausaga a'oga mo a'oga tulagalua](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf) ma [tamaiti o i tausaga a'oga tulagalua](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf).

[**Lagonaina lea mea:** puna o faamatalaga mo le mafaufau ma gaoioiga fai](https://www.coronavirus.vic.gov.au/students) [mo tamaiti a'oga o i vasega sinia (senior) i a'oga tulagalua](https://www.coronavirus.vic.gov.au/students). O le Mafaufau 'Ata'ata e faaoo atu ai aogā o le tausia e le tagata lava o ia, malamalama ma pulea faalogona ootia, magafagafa, ia agalelei iā te oe lava, faatautaia o tulaga le mautinoa ma sauniuni ai mo se suiga.

# Faailoilo atonu o loo manaomia e se tamaitiiti poo se tagata talavou le fesoasoani i le maloloina lelei o le mafaufau

I nisi tualaga, o nei gaoioiga e lē lava e fesoasoani ai mo le mauaina o le mautinoa o le maloloina lelei o le mafaufau.

Ia mata'itu lelei ma saili se fesoasoani faapitoa mo suiga e oo atu le umi i le lua vaiaso pe sili atu foi o iai pea e pei o le:

* Lē toe naunau pe aafia i goioiga sa masani ona fiafia iai
* 'Lē lelei' faalogona, lē fiafia pe popole sa lē masani ai
* Ua amata ona faigata tele mea e masani ai
* Faigofie ona tigā le loto pe ita
* Faia ni gaoioiga e tele ina lamatia ai, e pei o le tagofia o le 'avamalosi poo fualaau faasaina
* Vavaeese pe ua lagona pei ua mamafa tele le 'avega
* Faigata ona ua'itoto'a atu ma iai se faanaunauga
* Faatumulia i le tele o mafaufauga lē mautinoa
* Sui le moe ma le taumafa.2 3

# Tagata talavou fesoasoani le tasi i le isi

O tagata talavou**atonu o le a liliu atu le tasi i le isi mo le fesoasoani**a'o le'i saili atu mo se tagata matua poo se tasi o saunia maia le fesoasoani.

O tagata talavou e mafai ona fesoasoani le tasi i le isi e ala i le:

* faafesoota'ia o le 000 pe afai ua manaomia vave e se uo le fesoasoani pe ua iai i se tulaga lamatia e afaina ai i latou lava poo isi
* a'apa atu i se uo, ofo atu iai le fesoasoani ma faailoa atu iai e te manatu atu iā i latou
* ia faailoa atu iā latou uo atonu latou te manaomia ona e ta'u atu i se tagata matua maufaatuatuaina e tusa ai ma o latou popolega.

O le faia o nei ituiaga talanoaga e mafai ona faigata mo tagata talavou. O loo maua faamatalaga i auala e mafai ona fesoasoani ai tagata talavou i se uo i le uepesite a le headspace: [Auala e fesoasoani ai](https://headspace.org.au/young-people/how-to-help-a-friend/) [i se uo o feagai ai ma faigata](https://headspace.org.au/young-people/how-to-help-a-friend/)

* 1. headspace – o se ta'iala mo matua i lu'itau ma popolega i le a'oga [https://headspace.org.au/friends-and-family/parents-guide-](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/) [manatu aogā mo le pulea o popolega ma faafitauli i le a'oga/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)



* 1. pepa faaali a le headspace o le ‘maloloina lelei o le mafaufau ma oe’ https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf
  2. headspace – auala e talanoa ai lau fanau e tusa ai ma le maloloina lelei o le mafaufau <https://headspace.org.au/dads/>

# Fesoasoani i le maloloina o le mafaufau

## GP i lou vaipanoa

* [**headspace Fautuaga**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)**:** tamaiti a'oga o le a'oga tulagalua o le Malo o Victoria, aofia ai ma latou faato'ā uma a'oga, e mafai ona maua auaunaga faufautua mai le headspace. I le vaitaimi o aso malolō, e mafai e tamaiti a'oga ona ō latou lava ia e ala i lo latou telefoni[i le nofoaga o le headspace i lou vaipanoa](https://headspace.org.au/headspace-centres/).
* [**eheadspace**](https://headspace.org.au/eheadspace/)**:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.a](http://www.kidshelpline.com.au/)u
* Lifeline**: 13 11 14** [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au/)
* **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au/)
* **Suicide Call Back Service**: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au/)
* [Faamatalaga i sauaga i le aiga ma tautua fesoasoani](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)
* **Faafesootai le 000** mo le fesoasoani faanatinati.

# Fesoasoani i sauaga i le aiga ma puna o faamatalaga

* **Laasaga Saogalemu (Safe Steps)**: 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au/)
* **1800RESPECT:** 1800 737 732

[www.1800respect.org.au](http://www.1800respect.org.au/)

## Mea e lelei i le aiga:

[www.woah.org.au](http://www.woah.org.au/)

* [Fesoasoani i sauaga i le aiga](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)

# Puna o faamatalaga mo le puipuia o le‑faamanu'alia e le tagata o ia lava ma le pule i le ola

* [Mauaina o se peleni o le tausia o le maloloina o le mafaufau](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan) (ReachOut)
* [Mea e manaomia ona e iloa e tusa ai ma le faamanu'alia e le tagata o ia lava](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/) (headspace)
* [Auala e fesoasoani ai pe afai ua fia pule se tasi i lona ola](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal) (SANE Australia)

# Puna o faamatalaga i le maloloina lelei o le mafaufau

* [**Mental Health Toolkit**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)**:** o loo iai puna o faamatalaga mo tamaiti a'oga, matua ma tausitama ina ia fesoasoani i le maloloina lelei o le mafaufau ma le sologa lelei o tamaiti ma tagata talavou o latou tausia:
  + [Raising Learners Podcast Series:](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts) o loo saunia mai ai fautuaga/faamatalaga mo matua/tausitama i mataupu e aofia ai le auala e tausia ai le saogalemu o lou alo i ala faasalalau i komupiuta
  + [Pepa o mea moni-malamalama i le maloloina lelei o le mafaufau](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext)t (Okesene)
  + [A'oa'o auala e taulima ai taimi faigata](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
  + [Ia faaauau i le olaga (ina ia tausia ai le maloloina lelei o lou mafaufau)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)
* [Fesoasoani i lau tagata talavou i le vaitaimi o aso malolō](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) (headspace)



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