**FESOASOANI MO LE MALOLOINA O LE MAFAUFAU I VAITAIMI O ASO MALOLŌ O A’OGA**

O lenei ta'iala ua saunia ai ni manatu aogā ina ia faaauau ona tausia ai le maloloina o lou mafaufau ma lou maloloina lelei i taimi o aso malolō o a'oga ma tautua e mafai ona a'apa atu iai pe a e manaomia le lagolagosua.

# **Gaoioiga e fesoasoani ai i le maloloina o le mafaufau i le vaitaimi o aso malolō o a'oga**

* O le faamalositino e faaleleia ai uiga faaalia ma le maloloina o le mafaufau

– fai ma mea e fiafia ai!

* Fafaga lou fai'ai e ala i taumafa o mea'ai e maua ai le maloloina lelei – e faapena foi ona faaleleia ai ou uiga faaalia
* 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 e te fiafia iai
* Faata'ita'i ona talanoa mautinoa iā te oe lava ia – ma manatua e le o tuuna na o oe
* Saili le fesoasoani a tagata e iai tomai faapitoa pe a manaomia

**Ua Lagonaina:** [puna o faamatalaga ma gaoioigafai mo tamaiti a’oga](https://www.coronavirus.vic.gov.au/students). E avatu e le Smiling Mind iā te oe manatu aogā i le tausia o oe lava ia, malamalama ma le faafoeina o faalogona ootia, faautauta, fai lelei oe lava, tautaia o tulaga lē mautinoa ma sauniuni mo se suiga.

Atonu o le a e mauaina o nei gaoioiga e le lava mo le tausia o le maloloina lelei o lou mafaufau. O nisi nei o faailoiloa atonu o le a e manaomia ai ni fesoasoani.

# **Faailoilo atonu o le a e manaomia ai poo sau uo foi le feosoasoani mo 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 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

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/)
2. 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>



1. headspace – auala e talanoa ai lau fanau e tusa ai ma le maloloina lelei o le mafaufau<https://headspace.org.au/dads/>



# **Fesoasoani i au uo**

O oe ma au uo **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 oe ma au uo 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 i lou uo atonu o le a manaomia ona e ta'u atu i se tagata matua maufaatuatuaina e tusa ai ma ou popolega.

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

# **Fesoasoani i le maloloina o le mafaufau**

* **E mafai e lau GP i le vaipanoa** ona avatu iā oe le fesoasoani faaopoopo
* **h[eadspace 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 ona e alu atu iai oe lava ia e ala i lou 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**](http://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/)
* **Faafesootai le 000** pe afai e te manaomia le fesoasoani faanatinati.

# **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)

# **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 i le maloloina lelei o le mafaufau**

* [Tolkit (Meafaigaluega) i le Maloloina lelei o le Mafaufau](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [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 le avanoa o lou mafaufau)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)



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