MA'A E NGAAHI MĀTU'A MO E KAU TAUHI FĀNAÚ

Ngaahi tokoni ki he mo'ui lelei fakalūkufua 'a e fānau akó 'i he lolotonga ‘a e tutuku e akó

Ko e fakahinohino ko 'ení 'oku 'oatu ai ha ngaahi tokoni nounou mo ha ngaahi naunau ma'u'anga tokoni ma'a e ngaahi mātu'á, kau tauhi fānaú pea mo e ngaahi fāmilí ke poupou'i e mo'ui faka'atamai mo e mo'ui lelei fakalūkufua 'a e fānau mo to'utupu 'a ia 'oku nau tauhi 'i he lolotonga ‘a e tutuku e akó. 'Oku kau heni mo ha ngaahi tokoni ke ma’u 'o kapau 'oku fiema'u ha tokoni lahi angé.

# Ngaahi ngāue 'oku ne poupou'i hono langa hake 'a e mo'ui lelei faka'atamai

Fakalotolahi'i ho'o tokotaha kei talavou ke:

* Fakamālohisino pea kai mo ha me'akai mo'ui lelei ke tokoni ki he langa hake 'enau ongo
* Fakamahu'inga'i e taimi mohé ke tokoni ki he lelei 'o e 'atamai mo e mo'ui lelei 'a e ongo fakaelotó
* Vakai'i ha ngaahi founga 'oku fakanonga mo ha ngaahi palani 'oku lava matu'uaki 'aki ha me'a
* Fetu'utaki mo toutou felōngoaki mo e ngaahi kaungāme'a mo kinautolu 'oku ke 'ofa ai
* Tuku taimi ke fai 'a e ngaaahi me'a 'oku nau fiefia aí
* Akoako fakahoko ha lea langa hake kiate kita - pea manatu'i 'oku 'ikai ke ke tuenoa
* Fekumi ki ha tokoni fakapalōfesiniale 'o kapau 'oku fiema'u.1

Kuo fa'ufa'u 'e he Potungāué ha ngaahi ngāue ki he mo'ui lelei fakalūkufua pea mo e ngaahi lea ke kamata 'aki ha fepōtalanoa'aki 'a e ngaahi mātu'a mo kau tauhi fānau 'a e [fānau ako 'i he lautohi si'i](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf) mo e [fānau ako 'i he ngaahi kolisi](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf).

[**Ongo'i ia:** ngaahi naunau ma'u'anga tokoni kau ki he 'aā 'o tokanga mo ha fanga ki'i ngāue](https://www.coronavirus.vic.gov.au/students) [ma'a e fānau ako 'i he ngaahi kolisi](https://www.coronavirus.vic.gov.au/students). 'Oku tuku atu 'e he Smiling Mind ha ngaahi fakahinohino nounou kau ki hono tokanga'i kita, fakamahino'i mo mapule'i e ngaahi ongo fakaelotó, tokanga, anga'ofa kiate koe, fakahaohao he ta'eta'epaú pea mo mateuteu ki he liliú.

# Ko e ngaahi faka'ilonga 'oku hā mai 'i ha fānau pe talavou 'a ia 'oku malava ke 'ilo ai 'oku nau fiema'u ha tokoni ki he 'enau mo'ui faka'atamaí

'I he ngaahi keisi 'e ni'ihi, ko e ngaahi ngāue ko 'eni 'e 'ikai fe'unga ia ke tokoni'i hono langa hake 'o e mo'ui faka'atamai.

Tukutaha ho'o tokangá pea kumi ki ha tokoni fakapalōfisinale ki ha ngaahi liliu 'a ia 'oku lōloa ange he uike 'e ua pe lahi hake 'o hangē ko e:

* Mole e tokangá pea mo e 'ikai fie kau ki ha ngaahi ngāue 'oku fa'a fiefia hono faí
* Ongo'i ‘tō lalo’, mafasia lahi pe hoha'a
* Ngaahi me'a angamaheni kuo 'alu 'o faingata'a ange
* Faka'ita'i ngofua pe 'ita
* Fai ha ngaahi me'a 'oku toe fakatu'utamaki ange, hangē ko e ma'u kavamalohi pe faito'o konatapu
* Holomui pe ongo'i lōmekina
* Ngaahi faingata'a ki he tokanga tāfatahá pea mo hono fiefiefai ha me'a
* Ma'u ha ngaahi fakakaukau holoki lahi
* Liliu 'i he mohe mo e kai.2 3

# Poupou'i 'e he kau talavoú 'a kinautolu taki taha

Ko e kau talavoú 'oku **nau ngalingali tafoki pē 'o kumi tokoni fakaekinautolu** kimu'a hono kumi ha tokoni 'a ha taha lahi pe ko ha kautaha tokoni.

'E lava 'e he kau talavoú 'o tokoni'i kinautolu 'aki e:

* fetu'utaki ki he 000 kapau 'oku fiema'u 'e ho kaungāme'a ha tokoni fakavavevave pē 'oku tu'u laveangofua ke fakalavea'i ia pe ko ha ni'ihi kehe
* ala atu 'o tokoni ki ha kaungāme'a, fai ha poupou pea 'ai ke nau 'ilo'i 'oku ke tokanga ange kiate kinautolu
* tala ke 'ilo 'e hono kaungāme'á 'oku fiema'u ke ne fakahā ki ha taha lahi falala'anga felāve'i mo 'ene ngaahi hoha'á.

'Oku lava pe ke faingata'a hono fakahoko 'a e ngaahi fepōtalanoa pehē ni. Ko e fakamatala ma'a e kau talavou kau ki ha founga ke tokoni'i 'aki ha kaungāme'a 'oku ma'u atu ia 'i he uepisaiti 'a e headspace: [Founga ke tokoni'i 'aki ha kaungāme'a 'oku fononga](https://headspace.org.au/young-people/how-to-help-a-friend/) ['i ha taimi faingata'a](https://headspace.org.au/young-people/how-to-help-a-friend/)

* 1. headspace – ko ha fakahinohino ki he ngaahi matu'a kau ki he ngaahi palopalema fakaako mo e loto mafasia [https://headspace.org.au/ngaahi kaungame'a mo e famili/ngaahi matu'a-ko e fakahinohino-](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/) [ngaahi tokoni nounou ki hono mapule'i e loto mafasia mo e ngaahi palopalema 'i 'apiako/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)



* 1. headspace ‘ko e mo'ui faka'atamai pea mo koe’ ko e fakatata <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>
  2. headspace – founga ke ke potalanoa ai mo ho'o fanau kau ki he mo'ui faka'atamai <https://headspace.org.au/dads/>

# Tokoni ki he mo'ui lelei faka'atamai

## Ko ho'o toketā fakafāmili

* **h**[**eadspace Counselling**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)**:** Ko e fānau ako 'i he ngaahi ako ma'olunga 'a e pule'anga Vikatōlia, 'o kau ai mo kinautolu toki 'osi mei he akó, te nau lava ke ma'u atu ha ngaahi fale'i mei he headspace. Lolotonga e tutuku 'a e akó, 'e lava 'e he fānau ako ke nau tā hangatonu pe ki he'enau [senitā fakakolo 'a e headspace](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.au](http://www.kidshelpline.com.au/)
* [**Lifeline**](http://Lifeline/)**:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.a](http://www.beyondblue.org.au/)u
* **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/)
* [Fakamatala mo e tokoni kau ki he fetā'aki 'i he fāmilí](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)
* **Fetu'utaki ki he 000** ki ha tokoni fakavavevave

# Ngaahi naunau ma'u'anga tokoni felāve'i mo e fetā'aki 'i he fāmilí

* **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/)

## Ko e ha 'oku sai pe 'i 'api:

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

* [Tokoni ki he feta'aki 'i he famili](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)

# Ngaahi naunau ma'u'anga tokoni ki hono ta'ota'ofi 'o e fakalavea‘i kitá mo e taonakitá

* ['Ai ha palani ki hono tokanga'i 'a e mo'ui lelei faka'atamai](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan) (ReachOut)
* [Ko e hā e me'a 'oku fiema'u ke ke 'ilo'i kau ki he fakalavea'i kita](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/) (headspace)
* [Founga ke tokoni'i 'aki taha 'oku fakakaukau taonakita](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal) (SANE Australia)

# Ngaahi naunau ma'u'anga tokoni ki he mo'ui faka'atamaí

* [**Mental Health Toolkit**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)**:** 'i ai ha ngaahi naunau ma'u'anga tokoni ma'a e fānau ako, ngaahi mātu'a pea mo e kau tauhi fānaú ke poupou'i 'a e mo'ui lelei faka'atamaí mo e mo'ui fakalūkufua 'a e fānau 'oku nau tauhí 'o kau ai:
  + [Raising Learners Podcast Series:](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts) 'oatu ai 'a e fale'i mataotao/fakamatala ki he ngaahi mātu'a/kau tauhi 'i ha ngaahi tōpiki kau ai mo e founga hono malu'i e fānau 'i he 'enau ngāue'aki ‘a e 'initanetí
  + [Ma'u ha mahino felāve'i mo e mo'ui faka'atamai– lau'itohi 'o e mo'oni'i me'a](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext) (Orygen)
  + [Ako e founga ke matatali 'aki e ngaahi taimi faingata'a](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
  + [Hoko atu e mo'ui (ke tauhi ho'o headspace ke mo'ui lelei)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)
* [Tokoni'i ho'o fānau kei iiki lolotonga 'a e tutuku 'a e akó](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) (headspace)



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