**MA'A E FĀNAU AKÓ**

**Ngaahi tokoni ki he mo'ui lelei fakalūkufuá lolotonga ‘a e tutuku e akó**

Ko e fakahinohino ko 'eni ko ha ngaahi tokoni ke hokohoko atu hono tokanga'i ho'o mo'ui lelei faka'atamai mo e mo'ui fakalūkufua 'i he lolotonga ‘a e tutuku e akó pea ke a'u atu e ngaahi ngāue tokoní kiate koe 'o kapau 'oku ke fiema'u.

# **Ngaahi ngāue ke poupou'i hono langa hake 'o e mo'ui lelei faka'atamai lolotonga e tutuku 'a e akó**

* Ko e fakamālohi sinó 'oku kau lelei ki hono hiki hake e tu'unga 'o e loto mo e mo'ui faka'atamai

– 'ai ke fakafiefia!

* Fafanga ho 'atamaí 'aki hono ma'u 'a e me'akai mo'ui lelei - 'e toe tokoni foki eni ke fakalakalaka e anga ho lotó
* Fakamahu'inga'i e taimi mohé ke tokoni ki he lelei 'o e 'atamai mo e mo'ui lelei ho '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 ngaahi me'a 'oku ke fiefia ai
* 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

[**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 akó](https://www.coronavirus.vic.gov.au/students). 'Oku 'oatu 'e he Smiling Mind 'a e fanga ki'i fakahinohino nounou kau ki ho'o tokanga'i koe, fakamahino'i mo mapule'i ho ngaahi ongo fakaelotó, tokanga, pea

anga'ofa kiate koe, fakahaohao he ta'eta'epaú pea teuteu ki ha liliu.

Te ke lava pe 'o 'ilo'i 'oku 'ikai fe'unga e ngaahi ngāue ko 'eni kenau tokanga'i ho'o mou'i faka'atamaí. Ko e ngaahi faka'ilonga 'eni te ke lava 'o fiema'u ai ha tokoni.

**Ngaahi faka'ilonga 'oku lava tala ai 'oku fiema'u ha poupou ki he mo'ui faka'atamai 'a koe mo ho kaungāme'a**

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 ke fa'a fiefia hono fai
* Ongo'i ‘tō lalo’, mafasia lahi pe hoha'a
* Ngaahi me'a angamahení kuo 'alu 'o faingata'a ange
* Faka'ita'i ngofua pē 'ita
* Fai ha ngaahi me'a 'oku toe fakatu'utāmaki ange, hangē ko e ma'u kavamalohi pe faito'o konatapu
* Holomui pe ongo'i lomekina
* Ngaahi faingata'a ki he tokanga tāfataha pea mo hono fiefiefai ha me'a
* Ma'u ha ngaahi fakakaukau holoki lahi
* Liliu 'i he mohe mo e kai.2 3

1. headspace – ko ha fakahinohino kau ki he ngaahi palopalema fakaakó mo e loto mafasiá [https://headspace.org.au/ngaahi kaungāme'a mo e fāmili/fakahinohino ma'a e ngaahi mātu'a-](https://headspace.org.au/ngaahi%20kaungāme'a%20mo%20e%20fāmili/fakahinohino%20ma'a%20e%20ngaahi%20mātu'a-) [ngaahi tokoni nounou ki hono mapule'i e loto mafasiá mo e ngaahi palopalema 'i 'apiako/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)
2. headspace ‘mental health and you’ poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>



1. headspace – founga ke ke pōtalanoa ai mo ho'o fānau kau ki he mo'ui faka'atamai <https://headspace.org.au/dads/>



# **Tokoni'i ho ngaahi kaungāme'a**

Ko koe mo ho ngaahi kaungāme'a 'oku **mou ala tafoki pe 'o kumi tokoni meiate kimoutolu** kimu'a hono kumi ha tokoni 'a ha taha lahi pe ko ha kautaha tokoni 'oku ngāue ai. Ko koe mo ho ngaahi kaungāme'a 'e lava ke mou fepoupouaki 'aki e:

* fetu'utaki ki he 000 kapau 'oku fiema'u 'e ho kaungāme'a ha tokoni fakavavevave pe '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 ki ho kaungāme'a 'oku malava ke ke fakahā ki ha taha lahi falala'anga 'a ho'o ngaahi hoha'á.

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

# **Tokoni ki he mo'ui lelei faka'atamai**

* **'E lava 'e ho'o toketā fakafāmilí** ke 'oatu mo ha toe tokoni
* **h[eadspace Counselling](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx):** Ko e fanau 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, te ke lava 'o tā hangatonu pe 'iate koe ki ho'o [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.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/)
* **Fetu'utaki ki he 000** kapau 'oku ke fiema'u ha tokoni fakavavevave.

# **Ngaahi naunau ma'u'anga tokoni felāve'i mo e ta'ota'ofi hono fakalavea'i kita pea 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 felāve'i mo e fetā'aki ‘i he fāmili**

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

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

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

* [Me'angāue (Toolkit) ki he Mo'ui Faka'atamai](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [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'uí (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)



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