

Mo matua ma tagata o tausia

Lagolago mo le Soifuamanuia mo tamaitia'oga i aso malolo a a'oga

O lenei ta'iala o loo tuuina atu ai fautuaga ma punaoa mo matua, tagata o tausia, ma aiga e lagolago ai le soifua maloloina o le mafaufau ma le soifuamanuia o tamaiti ma tupulaga talavou o loo latou tausia i aso malolo a a'oga, E aofia ai auaunaga e aapa atu iai pe a manaomia nisi fesoasoani.

Gaioiga e lagolago ai le soifua maloloina lelei o le mafaufau (Actions that support positive mental health)

Fa'amalosia lau tama poo tagata talavou e:

- Fa'amalositino ma tausami fa'alesoifua maloloina e faaleleia ai o latou lagona
- Faamuamua le moe e lagolago ai le soifua manuia faalemafaufau ma lagona
- Su'esu'e auala e faamalie ai ma taiala e faafetaui ai
- Faafesootai ma maua uo ma e pele
- Fa'aalu se taimi e fai ai mea latou te fiafia iai
- Faataitai le tautala lelei a le tagata lava ia, ma faamanatu atu ia i latou e le o tuua na o i latou.
- Auai i le soifua maloloina masani i luga o le laina
- Saili fesoasoani faapolofesa pe a manaomia.¹

Ua fausia e le matagaluega gaioiga mo le soifua manuia ma amata talanoaga mo matua ma tagata o tausia [tamaitia'oga tulagalua](#) ma [tamaiti a'oga maua luga](#).

Feeling it: [punaoa mafaufau ma gaioiga mo tamaiti aoga maua luga](#). Smiling Mind tuuina atu fautuaga i le tausiga o le tagata lava ia malamalama ma pulea lagona, mafaufau, agalelei ia te oe lava, folau lē mautonu ma sauniuni mo suiga.

Fa'ailoga atonu e manaomia e se tamaitiiti poo se tagata talavou le lagolago i le soifua maloloina o le mafaufau

I nisi tulaga, o nei gaioiga o le a le lava e lagolago ai le soifua maloloina lelei ole mafaufau.

Vaavaai ma saili fesoasoani faapolofesa mo suiga e lua pe sili atu i le lua vaiaso e pei:

- Leiloa le fiafia poo le auai i gaioiga masani e fiafia i ai
- Lagona le 'maualalo', e le masani ai le atuatuvaale poo le popole
- O le faia o mea masani e sili atu lona faigata
- Itaitagofie poo le ita

¹ headspace – lagolagoina tagata talavou e iai atuatuvaalega <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/> <https://headspace.org.au/explore-topics/supporting-a-young-person/school-stress/>

- Le faia o ni tulaga lamatia e sili atu ona matautia, e pei o le faaaogaina o le ava malosia poo fualaau faasaina
- Aveesea poo lagona le lofituina
- Faigata i le faatonuga ma le faaosofia
- Le tele o mafaufauga le lelei
- Suia le moe ma le 'ai e pei ona masani ai.²

Tupulaga talavou lagolago le tasi i le tasi

O tupulaga talavou **e tele lava ina liliu atu le tasi i le isi mo se fesoasoani** ao lei sailia se tagata matua poo se tagata e tuuina atu auaunaga.

E mafai e tagata talavou ona felagolagomai e ala i le:

- **faafesootai le 000 pe a manaomia e se uo se fesoasoani faanatinati** pe o loo lamatia i le faaleagaina o ia lava poo isi.
- aapa atu i se uo, ofo atu le lagolago ma faailoa atu ia i latou lou tausii
- faailoa atu ia latou uo e tataua ona latou ta'u atu i se tagata matua faatuatuaaina o latou popolega.

O le faia o nei ituaiga o talanoaga e mafai ona faigata mo tupulaga talavou. Faamatalaga mo tupulaga talavou i le auala e lagolago ai se uo e maua i le:

- headspace: [Auala e fesoasoani ai i se uo o feagai ma se taimi faigata](#)
- o le Meafaigaluega Soifua Maloloina o le Mafaufau ma le Soifua Manuia (Mental Health and Wellbeing Toolkit): [Afai o oe poo lau uo e manaomia se fesoasoani i le soifua maloloina o le mafaufau](#)

Punaoa o le Soifua Maloloina o le mafaufau

- [Lagolago i lau tama talavou i aso malolo \(headspace\)](#)
- [Meafaigaluega Soifua Maloloina o le mafaufau male Soifua Manuia \(Matagaluega o A'oga\)](#)
 - [Fa'asologa o Podikasi a Raising Learners](#): tuuina atu fautuaga faapitoa ma faanatalaga i matua ma tagata o tausii i mataupu e aafia ai le faasaogalemu o lau tama i luga o laina
 - [Malamalama i le soifua maloloina o le mafaufau – pepa o mea moni \(Orygen\)](#)
 - [A'oa'o pe faapefea ona taulimaina taimi faigata \(headspace\)](#)
 - [Ulu atu i le olaga \(ia tausii lou avanoataiulu\) \(headspace\)](#)

Soifua manuia ma le saogalemu i luga o le laina

- [Safe Socials \(Matagaluega o A'oga\)](#)
 - [Pepa o mea moni – matua o tamaitiaoga tulagalua](#)
 - [Pepa o mea moni – matua o tamaitiaoga aoga maua luga](#)
- [ScrollSafe \(Orygen\)](#)
 - [Nofoaga o matua ma tagata o tausii](#)
- [Tausaga faatapula'a o Faasalalauga faaagafesootai \(eSafety Commissioner\)](#)

² headspace 'mental health and you' <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf> ma headspace – auala e talanoa ai i lau fanau e uiga i le soifua maloloina o le mafaufau <https://headspace.org.au/dads/>

Lagolago i le soifua maloloina o le mafaufau

- **Faafesootai 000** mo se fesoasoani faanatinati
- **o la outou GP** faalotoifale mo se fuafuaga faalesoifua maloloina o le mafaufau ma faasinoga
- **headspace Faufautua:** O tupulaga talavou 12-25 le matutua e mafai ona maua auunaga faufautua mai headspace. I taimi o aso malolo, e mafai e tamaitiaoga ona valaau latou [nofoaga autu headspace](#)
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Health:** 1800 595 212 www.medicarementalhealth.gov.au/head-to-health-clinics-victoria
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au

Alagāoa o le faaleagaina o le tagata lava ia ma mea e puipuia ai le ola

- [Maua se fuafuaga mo le soifua maloloina o le mafaufau](#) (**ReachOut**)
- [O mea e tatau ona e iloa e uiga i le faaleagaina o oe lava](#) (**headspace**)
- [E faapefea ona fesoasoani pe a pule se tasi i lona ola](#) (**SANE Australia**)

Lagolago ma punaoa o sauaga i totonu o aiga

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Punaoa e lagolago ai sauaga i totonu o aiga](#)