

Looking after how you are feeling while staying at home

6 April 2020 factsheet



Everyone in New Zealand has been asked to stay at home for **4 weeks**.

It may be longer if we need to.



This is to stop **COVID-19** from spreading to more people.



COVID-19 is a virus that can make people sick

It is also called coronavirus.



It is important that during this time you look after how you are thinking and feeling.



Staying at home might mean you are:

- on your own more

or

- spending more time with the people you live with.



You might be feeling:

- worried

- scared



- angry.



Even if you are not sick you may be worried about COVID-19.



It is **okay** that you are feeling these things.



Lots of other people around New Zealand are feeling the same things too.



This factsheet has ideas about some **things you can do** to make you feel good.



Remember that things will get better.

We are going to get through this together.

1. Keep in touch with people



Keeping in touch with other people is a great way to help you feel better.

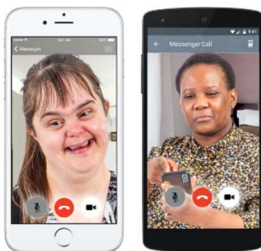


At the moment we cannot visit people or meet up with them in the community.



However there are still lots of ways that we can keep in touch with people.

You can stay in touch with people by:

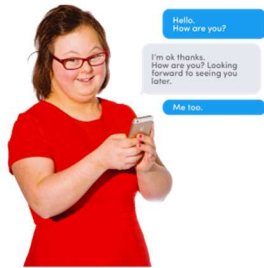


- talking to people on the phone
- making video calls using your mobile phone



- making video calls using your computer.

You can also stay in touch with people
by



- texting people using your mobile phone



- using social media like Facebook or Instagram.



If you are Deaf and use sign language you may want to use the **Video Interpreting Service**.

Video Interpreting Service is also called **VIS**.



You can find more information about VIS at this website:

<https://nzvis.co.nz/>



The **New Zealand Relay Service** is also still going for people who use this service.



You can find information about the New Zealand Relay Service at this website:

<https://www.nzrelay.co.nz/>



Talking to people about how you are feeling is important.

You could call someone who may be feeling lonely.

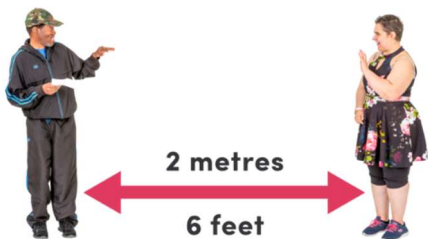


You can also talk to your neighbours:

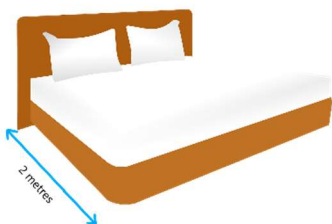
- over the fence

or

- from your driveway.



You must stay **2 metres** away from each other.



2 metres is about how long a bed is.

2. Ask for help if you need it



If you are having a hard time you can talk to a **trained counsellor** at **1737 - Need to Talk.**



A **trained counsellor** is someone who can help you to talk about your feelings.



1737 - Need to Talk is a helpline you can call or text.



You can:

- call 1737

or

- text 1737.





You can call or text 1737 Need to Talk any time day or night.

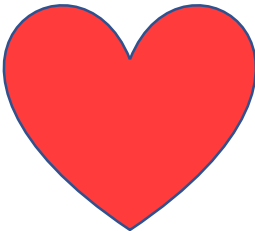


It does **not** cost any money to call or text 1737.



Remember that:

- is it okay to have the feelings you do
- changing how we do everyday things is hard
- things will get better.





If you are worried or have questions about your **health** call:

- your doctor

or



- Healthline 0800 611 116.



If you have any questions about COVID-19 you can call Healthline on:

0800 358 5453



It will not cost you any money to call these Healthline phone numbers.



Healthline is open all the time – day and night.



If you have an **emergency** and you need help straight away you can:

- call 111

or

- use the 111 text service if you are registered for it.



An **emergency** is when you do not feel safe.

3. Do things that make you feel good



Here are some ideas of things that might make you feel better:

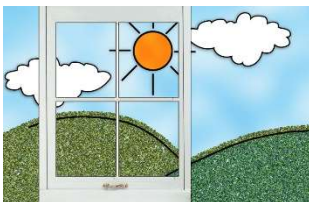
- Do some drawing or painting



- Talk to someone you care about



- Do some meditation



- Open a window to get fresh air

- Go outside into your garden.

4. Make a plan for your day



Make a plan of things to do each day.



Some things you could put in your plan are to:

- go to sleep and wake up at the same time every day



- eat at the same times every day



- go outside and get some fresh air

- do jobs around the house



- do some fun things like watch a movie or listen to music.



Exercising can also help you to feel better.



If you:

- smoke
- vape
- drink alcohol



try not to use them any more than you usually do.

5. Choose your news



Watching or reading the news a lot can make you feel bad.



There are also people sharing news that is **not** true.



1 thing you can do is to only check the news 1 time every day.

If the news is making you feel bad you can turn it off.



The best place you can get information about COVID-19 is from this website:

[covid19.govt.nz](https://www.covid19.govt.nz)

6. Keep doing any mental health treatment



Before we all had to stay home you may have been having treatment for a **mental health condition**.



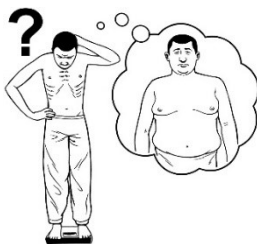
A **mental health condition** is something you and your doctor would have talked about.



Some example of mental health conditions are:



- depression
- anxiety
- bipolar disorder
- eating disorders.





Some treatments for mental health conditions are:

- taking medicine that your doctor has given to you
- talking to a counsellor.



If you think your mental health condition is getting worse you should phone your:

- doctor
- counsellor
- case worker
- mental health team.



They will be able to give you some advice.



You can ask them if you can have an appointment by:



- phone

- email



- text

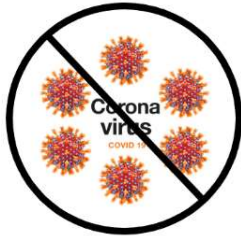
- video call.



They will also be able to tell you who to call if you need to talk to someone **straight away**.



Remember by staying at home you are already doing a **good thing**.



You are helping to stop the spread of COVID-19.

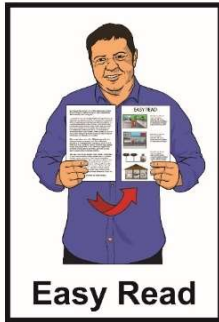


You are looking after:

- yourself
- your whānau / family
- your friends
- New Zealand.



Ngā mihi / thank you.



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