

COMMUNITY & STAKEHOLDER UPDATE

20 September 2021

Last week New Zealand Red Cross was asked by Immigration New Zealand to provide additional essential items to help support evacuees. These items have been purchased through donations received from the public through our Afghanistan Humanitarian Crisis Appeal.

NZRC and Afghan Community Leaders met on 10 September 2021 to discuss the community's priorities and concerns. Updates were given by:

- Rachel O'Connor, New Zealand Red Cross General Manager of Migration
- Claire Speedy, Afghanistan Response Project Lead
- Raza Nayeel, Member of the New Zealand Red Cross Migration Advisory Group (MAG)
- Hassan, Member of New Zealand National Refugee Association (NZNRA)

Please contact Aklilu Habteghiorghis at aklilu.h@redcross.org.nz if you would like to attend a future meeting.

We will be hosting another Facebook Live session on Wednesday 22 September from 5.30pm - 6.30pm. This session will focus on **tips for managing stress and staying emotionally well in a crisis**. There will be speakers from New Zealand Red Cross and from Refugees as Survivors New Zealand (RASNZ). Dari interpretation will be provided.

Topics:

- Understanding and recognising stress
- Tips and techniques for reducing stress and improving wellbeing
- Maintaining and restoring emotional wellbeing in times of crisis

For anyone who missed either of the previous Facebook Live events – you can find the video recording or links on our webpage:

redcross.org.nz/stories/overseas/afghanistan-humanitarian-crisis/

RASNZ will also be hosting a mental health support webinar for Afghan families on Saturday 25 September from 12:00-1:00pm. You can register in advance using this

link: [RASNZ: A trauma and culturally informed approach to supporting Afghan families at this time of crisis](#)

Latest News Update

- On Monday 13 September, the UN noted there had been US\$1b committed to support Afghan civilians in the coming months. This was described as a success by the UN and went beyond what they had been expecting - [Al Jazeera](#).
- The Immigration Minister stated last week that the New Zealand government would look at the possibility of an additional humanitarian refugee intake. There is no guarantee they will take more people, however they are still considering it - [NZ Parliament](#).

Wellbeing, Counselling and Support Services

We know this is a distressing time for our Afghan communities here in Aotearoa New Zealand. The Ministry for Ethnic Communities has compiled a list of community resources where individuals and families can seek professional support: <https://www.ethniccommunities.govt.nz/news/counselling-and-other-support-services-for-afghan-communities-in-aotearoa/>

If you are feeling stressed, worried, or anxious you will find some additional resources and tips to help everyone look after themselves and others here:

- Mental Health Tips & Breathing Exercises: rasnz.co.nz/mental-health-tips-2/
- Wellbeing tips: mentalhealth.org.nz/getting-through-together/wellbeing-tips
- Five ways to wellbeing: mentalhealth.org.nz/five-ways-to-wellbeing

If contact has been lost with family members in Afghanistan

Contact the **Restoring Family Links** team via the online form or by email at familylinks@redcross.org.nz and we will respond as soon as possible.

Please note: We are unable to assist with visa applications or to advocate directly to Immigration New Zealand for permission to bring family members to New Zealand.



AFGHANISTAN HUMANITARIAN CRISIS

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Please do not send us sensitive personal information and documentation unless advised.