

COVID-19
we are united

New Zealand Red Cross is committed to supporting Kiwis to get through this time together.

New Zealand Red Cross has been looking after people in Aotearoa for over 100 years. We know that looking after the emotional and social wellbeing of our community during a crisis is key to recovering well.

GET THE SUPPORT YOU NEED

From New Zealand Red Cross:

- Turn the page for some wellbeing tips that you can refer to daily.
- Take the **Wellbeing Challenge**.
- Download the **New Zealand Red Cross First Aid & Emergency app**.
- Check out our Psychological First Aid and other psychosocial support resources at redcross.org.nz/covid19.

From other reliable sources:

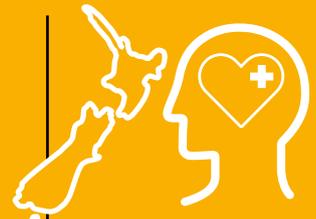
- For updates, visit the government website covid19.govt.nz.
- Call Healthline on **0800 358 5453** if you are concerned about COVID-19 symptoms.
- Text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.
- Visit allright.org.nz for more wellbeing tips on looking after yourself and others.
- Download Sir John Kirwan's app **Mentemia** - a mental wellbeing coach free to all New Zealanders.

HOW NEW ZEALAND RED CROSS IS HELPING



11,500
meals
delivered weekly

15 languages
translated
COVID-19
information



psychosocial
and practical
support
across
the
country

daily check-ins
with

358

refugee-background families



4,100+
volunteers



WANT TO HELP TOO?



Volunteer



Fundraise



Donate



Learn First Aid

redcross.org.nz | 0800 RED CROSS



TOP WAYS TO LOOK AFTER YOURSELF

- 1 Stay connected**
We can support each other to get through this. While we are limiting physical contact, it's still important we stay connected. Make a phone call, video call or send a text.
- 2 Acknowledge your feelings**
It's completely normal to feel worried, stressed, anxious, scared or overwhelmed in the current situation. Talk with people you trust about your concerns and how you're feeling.
- 3 Stick to routines where possible**
It helps to go to sleep and wake up at the same time, eat regularly and keep doing your chores. Try to have a regular time where you talk or have a virtual catch-up with friends, colleagues and whānau.
- 4 Seek accurate information from legitimate sources**
You may find it useful to limit your media intake. Seek information updates at specific times once or twice a day. Get the facts from [covid19.govt.nz](https://www.covid19.govt.nz).

TOP WAYS TO LOOK AFTER OTHERS

- 1 Keep giving**
Give compliments, think about a skill you could share with your whānau, flatmates, friends, share a favourite recipe. Let people know you're there to help and tell them what help you can offer.
- 2 Check-in on other people who might need help**
Reaching out to others will help them and you too.
- 3 Be kind to one another**
Showing you care with a simple text or call can make a big difference.
- 4 Work together**
Tough times affect each of us differently and we all work through them in our own way and at our own pace. Think about where you are at and remember that others may be at different stages. When we work together we can help everyone to get through.

Wellbeing challenge

Join the challenge by taking one wellbeing action a day!

MONDAY

How will you **CONNECT** with loved ones?



TUESDAY

Get **ACTIVE** within the alert level rules



WEDNESDAY

What can you do to **TAKE NOTICE**?



THURSDAY

Did you **LEARN** something new?



FRIDAY

Let's **GIVE** time or kind words



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 **NEW ZEALAND
RED CROSS**
RIPEKA WHERO AOTEAROA

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