



## Te Manawapā

*He kaha atu te manawapā i te rongō i te tāmitanga, i te māharahara rānei. Ka whēuaua pea te ū tonu, heoi anō, mā te tautoko tika e pai ake ai te haere.*

### He aha te Manawapā?

Kei te mōhio tātou ki ngā āhuratanga o te āwangawanga. Anō nei he pūrerehua kei roto i te puku i mua i te tū ki te kōrero, ko te āmaimai rānei i mua i tētahi whakamātautau nui, ko taua whakataetae whiringa toa rānei i whakangungu ai koe i a koe anō. He wheako te rongō i te manawapā kia whakarite ai ō tātou tinana i a tātou anō kia whakamauru i aua āhuratanga uaua. I ētahi wā, ka hīkina tā tātou mahi mā te whakaara ake, mā te whakahihiko hoki.

Ka pari te tai, ka timu te tai o te manawapā – otirā, ka mau wā roa ki ētahi tāngata, ā, ka kaha pāngia te oranga ia rā, ia rā. Mehemea kua puta mai tēnei āhuratanga i ngā wiki e rua kua hipa, kua āwangawanga tonu koe, kua matakū tonu, kua māuiui koe i te whakairo mō ētahi āhuratanga ka pā mai pea, mō te take kore rānei – ka pāngia pea koe e te Manawapā.



### He aha ngā tohu me ōna āhuratanga?

Kotahi tangata o ia tokowhā tāngata i Aotearoa Niu Tireni ka pāngia e te manawapā . He rerekē te rongō a tēnā, a tēnā i te manawapā, otirā, arā ētahi āhuratanga, tohu māuiui hoki o te manawapā e kitea whānuitia ana tae atu ki:

#### Ngā taurangi ā-tinana ki te:

- ✘ manawa whētukituki tere
- ✘ tūngāngā
- ✘ āmaimai, te hīwiniwini (ki te kakī tonu, ki ngā pokohiwi, me te tuarā)
- ✘ heke o te werawera, te pōātinitini rānei
- ✘ ngāueue
- ✘ kanekane
- ✘ rongō māuiui o te puku
- ✘ ānini o te māhunga / upoko mamae
- ✘ ruakiu

### **Te huringa mahara ki te:**

- ✘ anipā i te nuinga o te wā
- ✘ kore āhei te whakararau i te mānukanuka
- ✘ kore ū o ngā whakaaro, o te arotahi hoki
- ✘ nui rawa o ngā māharahara
- ✘ whakaaro ka puta mai he hua tino kino rawa atu.

### **Ētahi anō huringa:**

- ✘ tē taea te okioki
- ✘ te parepare i te tangata, i ngā wāhi pērā ki te kura, te whare karakia, ngā kaupapa ā-whānau, ngā hākinakina, ngā ngahau rānei
- ✘ te parepare i ngā hoa, te whānau hoki
- ✘ te anipā, te whanowhanoā, te kārangirangi
- ✘ te moe hurihuri i te pō, te moe toropuku i te pō rānei.

## **He aha ngā momo māuiui manawapā e kitea whānuitia ana?**

Ko ngā māuiui manawapā ētahi o ngā māuiui hinengaro he whānui te pānga ki te hunga rangatahi. Ka pāngia te tangata e ngā momo māuiui manawapā, heoi anō, he mea hiranga te mārama ka āhei te whakaora i te katoa.

### **Te manawapā noa**

Ka māharahara ētahi tāngata i te nuinga o te wā, ka mahara pea kua pokea rātou e ngā raruraru. Ka rongu pea i te āwangawanga, i te mōniana i te nuinga o te wā, ā, he uaua te moe, te arotahi rānei.

### **Te manawapā pāpori**

Ka rongu pea ētahi tāngata i te kaha manawapā i ngā horopaki pāpori, nā te matakū ki te whakamā, ki te whakawāwā rānei. Mā tēnei e tīmata ai pea te tangata ki te parepare i ngā taiwhanga kei reira he tangata anō, pērā ki te noho i te taha o ngā hoa, te haere rānei ki te mahi, te kura, te whare wānanga rānei, me ngā kaupapa ā-porihanga, ā-whānau hoki.

## Te manawapā wehe

Ka rongō ētahi tāngata i te kaha matakū i te tau wehe i ngā tāngata aroha, pērā ki ngā mātua, ngā tuākana me ngā teina rānei, ka auau te whakawherere rānei, ka mamae pea rātou.

## Mae ahoaho

Ka rongō ētahi tāngata i te kaha manawapā i ētahi horopaki i waho i te kāinga. Tae atu tēnei ki ngā wāhi tūmatanui, ngā waka tūmatanui, ngā wāhi haupunu, te takitini, takimano tāngata rānei.

## Māuiui maurirere

Ka auau te pānga ki ētahi tāngata o te maurirere me te matakū wā roa mō te pānga anō o te māuiui maurirere.

## He mae whāiti

I ētahi wā ka rongō pea te tangata i te matakū ki tētahi tūāhua whāiti, mea whāiti rānei, pērā ki te wāhi pakupaku, ki te pūngāwerewere rānei. Ko te tikanga ka parepare ai te tangata i taua tūāhua, i taua mea rānei, ā, ka tino matakū, ka matakū pea rānei, i ngā wā ka ahu mai taua tūāhua, taua mea rānei.

**Tokomaha ngā tāngata ka karo i ngā mea ka whakamatakū i a rātou. Ina ka taupātia te oranga o ia rā, o ia rā, me tonu tautoko ka tika.**

## He aha te Māuiui Maurirere?

Ko te māuiui maurirere he manawapā kino, te tino matakū ohorere rānei me ngā mahara, ngā rongō ā-tinana whakamatakū hoki.

### Tae atu pea ngā mahara whakamatakū ki:

- ✧ 'Ka mate au.'
- ✧ 'Tē taea e au te kapo hau.'
- ✧ 'E kore tēnei e oti.'
- ✧ 'Kua hē tōku manawa.'

## Tae atu pea ngā rongo ā-tinana ki te:

- ✘ manawa whētukituki
- ✘ werawera
- ✘ hāhā
- ✘ ngāueue
- ✘ pōātinitini
- ✘ māruru.

Ka rongo pea ka pari te ihu, heoi anō ka auau he poto noa (tōna 10 meneti pea). He mea matua kia mōhio mai ka tāwhati, ka memeha ēnei.



## Me aha au?

He maha ngā ara hei whakamauru i te manawapā kia kore ai e taupātia tō oranga o ia rā, o ia rā.

## Tiakina koe tonu

Ka ahu mai te whakamauru i te manawapā i te opeope whaiaro. Kia kaha te kai i ngā kai pai, kia tika te roa o te moe, ā, kia kori tonu i te tinana hei taunaki i tō hauora hinengaro whānui, i tō toiora hoki. Mā tō tiaki i tō toiora e tautoko ai tō tū māia. Mā te waihanga i tētahi puka tiaki whaiaro, rātaka tiaki whaiaro rānei e tautoko ai i tō whakakaha ake i tō tiaki whaiaro mōu ake.

## Kōrerotia ngā kare ā-roto

He pai te whakatau kia kōrerotia ō kare ā-roto – ki tō whānau, ō hoa, tō kaiako, tō kaiako hākinakina, tō pouako hākinakina, tō minita hāhi, ō kaumātua rānei. He māori noa kia pāngia e te manawapā, ā, mā te āwhina a tangata kē atu koe e tautoko ai kia puta pai ai i taua wheako. Mā rātou koe e āwhina ai te whai mārama he aha te aha, te ū ki ō whāinga tautiaki whaiaro, ā, ki te matea ka whakaritea he āwhina anō.

## Kia aronui koe ki te ia o ō whakaaro

He mea hiranga ki te whakamauru i te manawapā ko te mōhio he aha ngā whakaaro ka whakaaweawe i te manawapā. Mā tērā e mārama ai koe ki ngā mea ka whāngai i te

manawapā, he aha hoki ōu take. Mā tēnei e āwhina ai koe ki te whai i ara kē, ki te ako rautaki hou kia pakari tonu te tū

Kei te paetukutuku o The Journal [www.depression.org](http://www.depression.org) ngā rauemi hei āwhina i a koe mō te taha ki ngā tauira whakaaro.

## **Kia aroā ki te pareparetanga**

He āhuetanga māori te hiahia ki te parepare i ngā tūāhua ka toko i te manawapā i roto i a koe. Ahakoa ka ea pea mō te wā poto, ka whakakino atu pea i te manawapā i te rerenga o te wā roa.

Ka puta tēnei āhuetanga nā te mea kāore koe e whai mōhio e kore pea e hua mai, e kore e kino te hua mai rānei o te mea whakamataku ki tāu e māharahara ana.

Ākona he pūkenga whakamauru manawapā pērā ki te whai whakaaro whaiaro āwhina, ki te okiokitanga hoki, tēnā, ā tōna wā tirohia ngā mea e whakamataku ana i a koe, ā, whakamahia ō pūkenga. Kia mārama koe ka taea e koe te whakamauru i ngā tūāhua manawapā, ka pakari haere koe, ā, ka hihiko te hiahia kia ū tonu, kia ū tonu.

## **Whakamātauria ētahi rautaki hou hei kapo hau**

He pūnaha rongo ā-tinana o ngā tohu māuiui maha. He rautaki pai te āta whakahaere i tō hēhē hei kokoti i taua pūnaha. He wāhi tīmatanga pai te hononga ki [ngā ngohe kapo hau kei te paetukutuku o The Mental Wealth](#).

## **Tepea tāu kai waipiro, kai whakapōauau atu anō hoki**

Ahakoa ka pai pea ngā piropiro mō te wā poto nā ēnei mea, engari ka whakakino atu pea i te rerenga o te wā roa. Arā noa atu ngā rautaki whakatepe i tō kai waipiro, whakapōauau atu anō hoki.

## **Ko te manawapā me te pāpōuri**

He maha noa atu ngā rangatahi e pāngia ana e te māuiui manawapā ka pāngia pea hoki ki ngā tohu māuiui o te pāpōuri. Mā tēnei te āhua pōkaikaha e whakapiki. Mehemea e whakaaro ana koe kua pā tēnei āhua ki a koe, he mea hiranga te kimi tautoko.

## Me rapu āwhina i hea

Mā tō GP, tākuta whānau rānei e āwhina ki te tautohu i tētahi huarahi māu, ā, ka tūtohu pea i ētahi rongoā whakapēhi pōuritanga.

Mehemea kei te kura, kei te whare wānanga rānei koe, ka āhei hoki koe te whakauru i tētahi ratonga whakamahereora, i tētahi ratonga toiora ākongā rānei.

Ka taea hoki e koe te patotuhi atu, te waea utu kore atu rānei ki 1737, ko te ratonga tautoko, utu kore hoki, o Aotearoa kei reira ōna kaiwhakamahereora whai tohu, whai tikanga noho muna hoki. Whakamōhiotia rātou mō ngā āhuatanga o tō ao, o te tangata rānei e āwangawanga ana koe mōna, ā, mā rātou koe e tautoko.

**NEED TO TALK?**



**free call or text  
any time**

**Youthline** 0800 376 633, patotuhi utu kore ki 234, imera ki [talk@youthline.co.nz](mailto:talk@youthline.co.nz), kōrero ā-lpurangi ki [www.youthline.co.nz](http://www.youthline.co.nz) (ka wātea te kōrero ā-lpurangi 7pm – 11pm)

**Samaritans** 0800 726 666

**Healthline** 0800 611 116

## He rauemi ā-tuihono, he mōhiohio ā-tuihono – utu kore

[www.mentalwealth.co.nz](http://www.mentalwealth.co.nz) – he mōhiohio hāpai taiohi hei āwhina kia mauritau ai, kia whai hononga hoki.

[www.auntydee.co.nz](http://www.auntydee.co.nz) – mō tētahi rauemi āwhina whaiaro mā te hunga kei te hia āwhina mō ngā tūraru.

[www.sparx.org.nz](http://www.sparx.org.nz) - he rauemi pāhekoheko hei tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

[www.thelowdown.co.nz](http://www.thelowdown.co.nz) - ka tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

[www.depression.org.nz](http://www.depression.org.nz) – he mōhiohio, he puka whaihua hoki hei āwhina e pā ana ki ngā āhuatanga o te hākerekere, o te manawapā hoki.

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) - mō te mōhiohio, mō ngā rauemi hoki e pā ana ki te whānuitanga o te hauora ā-hinengaro.

[www.netsafe.org.nz](http://www.netsafe.org.nz) - hei ako mō te noho haumaruru ki te ao tuihono.

[www.leva.co.nz](http://www.leva.co.nz) – e tautoko ana i te hauora ā-hinengaro, i te toiora hoki o ngā Pasifika.

I waihangaia ngātahitia tēnei puka me Headspace Australia (National Youth Mental Health Foundation Ltd).

Mō te mōhiohio whānui noa iho ngā puka meka. Me kua rawa e pōhēhētia he ōrite ēnei ki ngā tohutohu whakaora, ngā tohutohu hauora rānei. Ahakoa te whakapau kaha kia whakaū ai he pono, he tūturu hoki ngā mōhiohio, kāore a Le Va e tuku warati kei te tika, kei te hāngai tonu, kei te pai rānei mō tētahi kaupapa motuhake. Kei te kī noa ake mātou kāore ō mātou haepapa, taumahatanga rānei mō te ngarotanga atu nō mātou te hē, nō tētahi atu rānei te hē, te turakitanga, te utu, te whakapau pūtea rānei – ahakoa te aha – i te whakamahinga, i te taupuhipuhi rānei mai i ēnei mōhiohio. © 2019 Pacific Inc Limited, kua rāhuitia ngā mōtika katoa.

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