



He aha te mahi kēmu ā-Ipurangi whai oranga?

He wāhanga māori noa, whai oranga hoki te mahi kēmu i ō tātou oranga, ā, he pānga papai tōna. Heoi anō, mō tētahi hunga rangatahi iti, mā te mahi kēmu e tīmata ai pea tētahi pānga kino ki ngā āhuetanga o ia rā.

Mehemea kei te āwangawanga koe ka taea te whai i tētahi huarahi kia mimiti iho ai ngā pānga kino o te mahi kēmu. Ki ō whakaaro, mehemea kei te puta mai ētahi tūraru i tāu mahi kēmu, mā te kōrerorero pea ki tangata kē e āwhina.

He Mahi Kēmu Whai Oranga

I ētahi wā he runaruna pai, he mea pārekareka hoki te mahi kēmu. Mā tērā e tūhono ai tātou ki tangata kē atu, te noho ā-pāpori hoki, e poipoi ake hoki i ō tātou kiritau. Mā te mahi kēmu whai oranga e āwhina ai tātau kia pārekareka te wā runaruna, kia whakangā hoki, kia whakangahau ai hoki.

Kia huri te mahi kēmu hei raru

Pērā ki ngā whanonga katoa, ka puta ētahi raru i te mahi kēmu mehemea ka kawea ki tētahi taumata hārukiruki.

- ✘ Mō tētahi hunga rangatahi iti noa, ka tino pā kino mai pea te mahi kēmu ki ngā āhuetanga o ō rātau oranga o ia rā.
- ✘ Ka kitea whānuitia ēnei raru i ngā taitama i waenganui i ngā pakeke o te 12 me te 20 tau.

Mehemea e whakaaro ana koe kei te tīmata tō whakamahinga Ipurangi, tāu mahi kēmu rānei ki te whakararu i tō oranga, he maha ngā mahi ka taea e koe hei whakahoki mai anō i tō rangatiratanga ki a koe.



Ngā tohu pea o ngā tūraru i te mahi kēmu

Ka tino whakapau wā ētahi tāngata ki te mahi kēmu, engari kāore he tūraru. Heoi anō, ki te whakapau wā nui rawa kia kore ai koe e āhei te whai atu i ngā kaupapa hei oranga mōu, hei tiora mōu hoki, tērā pea he raru kei te haere. Hei tauira, ki te kite koe kei te mimiti iho te wā ka noho ngātahi koe ki ngā tāngata e whai take ana ki a koe, kei te mimiti iho rānei āu mahi kori tinana, kei te moe turituri rānei koe, kei te raru rānei koe ki te tae atu ki te kura, ki te mahi rānei i runga i te nui rawa o te wā ka pau i a koe ki te mahi kēmu, tērā pea he raru kei te haere. Tērā pea kei te āwangawanga koe, kei te heke haere rānei tō māia.

Ko ētahi mea ka kite pea koe:

- ✘ ka pouri, ka hīrawerawe, ka hūneinei, ka hēmanawa, ka pukuriri rānei i te wā kāore koe e āhei te tākaro i ngā kēmu
- ✘ ka whakatuma, ka kairiri ki tangata kē mō te mahi kēmu



- ✘ ka whakapuaki māharahara a tangata kē mō te roa o tāu mahi kēmu, mahi ā-tuihono rānei
- ✘ kei te mimiti haere te wā ka noho tahi me te whānau, ngā hoa hoki i waho atu i te mahi kēmu
- ✘ ka pōkia ngā whakaaro ki te mahi kēmu i te whakaaro mō te wā mahi kēmu e haere mai ana, o mua rānei
- ✘ ka ngaro te aronga ki te wā, ka noho te paunga o te wā ki te mahi kēmu hei rangatira mōu
- ✘ ka rongu te tinana i te mamae, i te hīrawerawe rānei, hei tauira, he mamae te kakī, te kawititanga o te ringaringa rānei, te tuara rānei, he maroke rānei ngā whatu, he whero rānei
- ✘ ka kai i te wā mahi kēmu, te noho puku rānei
- ✘ ka whakapau pūtea nui ake i tāu e āhei ai ki ngā kēmu hou, ki ngā utu i rō-kēmu rānei
- ✘ ka whakamahi i te mahi kēmu hei ārai atu i te ao tūturu
- ✘ ka rerekē te moe, ka uaua te moe, pērā ki te oho moata, te oho tonu i te pō i te mahi kēmu.

Ka kite hoki pea koe i ētahi rerekētanga ki tō oranga kāore e kitea noatia he hononga ki tāu mahi kēmu. Hei tauira, tērā pērā:

- ✘ ka aro kore koe ki te kura me mahi kē atu i ngākaunui ai koe i mua
- ✘ ka heke haere tō kiritau, tō māia rānei
- ✘ ka ngoikore koe ki te kai tika
- ✘ ka ānini, ka paopao rānei te mähunga
- ✘ kāore i te auau te uwhiuwhi tinana, kāore koe i te tiaki i a koe anō rānei
- ✘ kāore i te haere pai te mahi ki te kura, ki te wāhi mahi rānei.

Ngā tūraru whai pānga

Mō ngā tāngata ka pāngia e ngā take mahi kēmu, ka pāngia hoki pea ō rātou hauora hinengaro e te mate ka ahū mai i ētahi atu āhuetanga, hei tauira, ka rongu pea rātou i te wairua taumaha, i te hūneinei rānei, ka raru pea ō rātou kare ā-roto i ētahi atu āhuetanga.



Ka aha au?

He wā pai tēnei kia tū noa, kia whakaaroaro mō tāu mahi kēmu, mō tāu whakamahi i te Ipurangi. He mahi runaruna whakangahau tēnei e āwhina ana i a koe kia harikoa ai? He pēhea te whakataurite ki mahi kē atu e noho hauora ai koe, e pai ai hoki tō toiora? Ki ō whakaaro kei te rongu koe he kaha ake te hononga – kāore rānei?

He maha ngā tīwhiri hei āwhina i a koe kia noho taurite ai tō wā mahi kēmu ki ērā atu wāhanga o tō oranga. Anei ētahi mea hei whakaarotanga māu:

- ✦ waiho tō wā Ipurangi me te mahi kēmu kia oti rawa āu mahi. Whakaarotia ānō nei he momoho
- ✦ i mua i tāu mahi kēmu whakatauria te roa o te wā kei te pīrangi koe ki te whakapau ki te Ipurangi. Whakaritea tētahi mea ine wā
- ✦ whakatauria ngā wā kia noho “tuihono kore”, whakamātauria rānei kia noho matihiko-kore.
- ✦ whakaritea kia noho mata-kore i te wā kai
- ✦ whāia ētahi mahi runaruna kē atu, aronga kē atu rānei, e whai wā auau ai koe, pērā ki te kite i ngā hoa, ki te tākaro hākinakina rānei
- ✦ whāngaia ō pūrere i waho atu i tō rūma, kua rānei pea e waiho i ngā pūrere ki roto i tō rūma moe. Mā tērā e heke iho ai te whakawai kia whakamahi i te Ipurangi i te wā moe
- ✦ korikori tinana i a koe e mahi kēmu ana. E tū, neke haere ai. He tino āwhina tā ētahi mahi torotoro
- ✦ me aro atu ki te roa o tō moe. E hia te roa? Ka oho ake koe me te wairua tāmata? He mea tuatahi te moe, nā te mea he mea nui mō tō tātou hauora ā-tinana, ā-hinengaro hoki. Tirohia ētahi atu pārongo mō te moe pai i te pō.

Kōrerorero ki tangata kē

Ki te kite atu koe kei te haere tonu, kei te kaha ake rānei tāu mahi kēmu, ahakoa kei te pāngia kinotia tō oranga, ka whai painga pea koe ki te kōrero mō tāu mahi kēmu ki tētahi tangata e pono ana ki a koe.

E āhei ana koe te kōrero pea ki tētahi matua, kaiako rānei, kaitohutohu umanga ā-kura rānei, whanaunga rānei, hoa rānei. He wāhi pai hoki te tākuta (GP) hei tīmatanga.

E āhei ana hoki koe te patotuhi atu, te waea utu kore atu rānei ki 1737, arā, ko te ratonga tautoko utu kore o Aotearoa – Niu Tirenī, me ōna kaiwhakamahereora whai tohu, whai tikanga noho muna hoki. Whakamōhiohia atu rātou mōu, mō tāu mahi kēmu, ā, mā rātou koe e āwhina.

Mā te tautoko tika e āhei ai te nuinga o ngā tāngata ki te hoki atu ki tētahi āhuetanga e pārekareka ai rātou i ngā painga o te mahi kēmu me te whakamahi i te Ipurangi hei painga mō ō rātou oranga.

NEED TO TALK?

1737

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any time

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

www.mentalwealth.co.nz – he mōhiohio hāpai taiohi hei āwhina kia mauritau ai, kia whai hononga hoki.

www.auntydee.co.nz – mō tētahi rauemi āwhina whaiaro mā te hunga kei te hia āwhina mō ngā tūraru.

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 – ka tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

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 – mō te mōhiohio, mō ngā rauemi hoki e pā ana ki te whānuitanga o te hauora ā-hinengaro.

www.netsafe.org.nz – hei ako mō te noho haumaruru ki te ao tuihono.

www.leva.co.nz – e tautoko ana i te hauora ā-hinengaro, i te toiora hoki o ngāi Pasifika.

I waihangatia ngātahitia tēnei puka meka 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.

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