

Ngā ratonga me ngā tautoko



Unite
against
COVID-19

He pai noa iho te tono āwhina. I a tātau ka anga whakamua ana, he tāngata, he rōpū anō kei reira hei tautoko i a koe. Anei ngā tūmomo tohutohu, āwhina, tautoko hoki mēnā e hiahiatia ana e koe. Mēnā kāore koe e mātau ana ki te reo Ingarihi, ka āhei koe ki te tono mō tētahi kaiwhakamāori ina waea atu ki te nuinga o ngā tari kāwanatanga.

I tētahi ohotata	Waea atu ki 111 mō Te Whakararanga Iwi, Ngā Pirihimana, Waka Tūroro, Te Rākau Whakamarumaruru Rānei.	111 (Waea Ohotata)
Mō ngā tohutohu hauora <i>He mea nui tonu kia whiwhi tautoko hauora koe mēnā kei te māuiui koe. Kaua e tatari.</i>	Waea atu ki tō Rata, whakapā atu rānei ki Healthline mō ngā tohutohu me ngā mōhiohio koreutu e tukuna ana e ngā mātanga matatau.	0800 611 116 (Healthline) www.healthpoint.co.nz
Mō ngā tohutohu hauora mō ngā pēpi, ngā tamariki rānei	Waea atu ki Plunket ki te kōrero ki tētahi nēhi o Plunket. He ratonga waea āwhina me te tohutohu koreutu a PlunketLine mā ngā whānau me ngā kaitiaki.	0800 933 922 (PlunketLine)
Mō ngā tautoko hauora hinengaro, waranga rānei <i>Ahakoā pēhea tō āhua, he tangata kei reira ki te kōrero ki a koe.</i>	Waea, patowaea atu rānei ki 1737 ki te kōrero ki tētahi mātanga kia āwhinatia koe. Mō ngā āwhina tauwhāiti, whakapā atu ki Depression Helpline , ki Alcohol Drug Helpline rānei.	1737 (1737 Helpline) 1737.org.nz 0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)
Mō ngā tautoko me te whakarekerekere whānau, taitōkai rānei <i>He pai noa iho te wehe i tō rāhui kia noho haumaruru ai koe, tētahi atu rānei. Mēnā me wehe koe, kei reira ngā āwhina.</i>	Waea atu ki 111 mēnā kei te noho tūpono koe, tētahi atu rānei ki te wharanga, kei te whakamamae rānei i a ia anō. Rapua ngā ratonga tautoko i tō rohe, waea atu ki Family Services 211 . Waea atu ki Women's Refuge mō ngā tohutohu, ngā tautoko me tētahi wāhi noho haumaruru i a koe e pokea ana e te whakarekerekere. Waea atu ki Elder Abuse Helpline , he ratonga koreutu tēnei hei whakapā atu mā ngā kaumātua, mā tētahi rānei e mōhio ana kei te tūkinotia he kaumātua.	111 (Waea Ohotata) 0800 211 211 (Family Services 211 Helpline) www.familyservices.govt.nz/directory/ 0800 733 843 (Women's Refuge) 0800 32 668 65 (Elder Abuse Hotline)
Mō ngā māharahara e pā ana ki te oranga, te haumaruru rānei o te tamaiti	Waea atu ki Oranga Tamariki mēnā kāore i te noho haumaruru tētahi tamaiti, taiohi rānei, kāore i te tiakina, kua wehe rānei ia mai i ōna mātua, kaitiaki rānei.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
Mō ngā whare noho wā poto	Whakapā atu ki Temporary Accommodation Service mēnā kei te hiahia koe i tētahi wāhi noho i tēnei wā tonu.	0508 754 163 (Temporary Accommodation Service) https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/
Mō ngā tohutohu mō te reti whare me te retihanga	Whakapā atu ki Tenancy Services mō ngā mōhiohio mō ō motika ture.	0800 836 262 (Tenancy Services) www.tenancy.govt.nz

Mō te toro atu ki ngā kai, ki ngā mea waiwai rānei

Kei te hiahia kai tātāu katoa me ngā mea waiwai pērā i te rongoā, nō reira kaua e whakatiki i a koe ki ēnei mea. He maha ngā ara e tae atu ai ēnei ki a koe.

Me kōrero atu ki ō taura here tautoko pērā i tō **whānau, ngā hoa, iwi, kiritata hoki** kia kite ai mēnā ka taea e rātau te kawea atu ngā mea waiwai ki a koe.

Mēnā kāore ō taura here tautoko, kāore rānei e taea e rātau koe te tautoko, ka taea te ota tuihono ngā kai mai i ētahi toa.

Mēnā kāore e tika ngā ara i runga ake ki a koe, kāore rānei koe i te āhei atu ki te ipurangi, me whakapā atu ki tō **Rōpū Whakamarumaruru** kia kawea atu ngā mea waiwai ki a koe, pērā i ēnei mea:

- > Kai
- > Wai
- > Ngā Kai o te Toa
- > Ngā Kai a Ngā Kararehe
- > Rongoā
- > Tunu Kai
- > Penehīni
- > Kākahu
- > Pūeru Moe

shop.countdown.co.nz/shop/content/priority-assistance (Countdown)
ishopnewworld.co.nz (New World)
shop.sva.org.nz (Student Volunteer Army)
www.civildefence.govt.nz

Ngā Rōpū o Te Rākau Whakamarumaruru

Te Tai Tokerau – **0800 790 791**

Tāmaki Makaurau – **0800 222 296**

Waikato – **0800 800 405**

Toi Moana – **0800 884 222**

Te Tai Rāwhiti – **0800 653 800**

Taranaki – **0800 900 077**

Manawatū-Whanganui – **0800 725 678**

Te Matau-a-Māui – **0800 422 923**

Te Whanganui-a-Tara – **0800 141 967**

Whakatū-Te Tai-o-Aorere – **0800 50 50 75**

Wairau – **03 520 7400**

Te Tai Poutini – **03 900 9329**

Waitaha – **0800 24 24 11**

Ōtākou – **0800 322 4000**

Murihiku – **0800 890 127**

Wharekauri – **03 305 0033** hono **715**

Mō ngā tautoko tuawhenua, ahuhenua hoki

Whakapā atu ki tō **Rural Support Trust** paetata. Mā rātau koe e tohutohu ki te wāhi tika mō ngā tautoko e hiahia ana koe.

0800 787 254 (Rural Support Trust)

Mō ngā take oranga kararehe

Waea atu ki te Manatū Ahu Matua mō ngā māharahara mō te oranga o ngā kararehe me ngā uiui me te pūrongo i te tūkinu kararehe.

0800 00 83 33 (MPI)

Mō ngā tohutohu me ngā tautoko whai mahi

Me mōhio ki ō motika hei kaimahi, ā, kia haumaruru i a koe anō.

Whakapā atu ki **Te Hiranga Tangata** mēnā kei te rapu mahi koe, he tūranga wātea rānei tōu me whakakī.

Whakapā atu ki **Employment NZ**, haere rānei ki tā rātau paetukutuku mō ngā mōhiohio e pā ana ki ō motika hei kaimahi.

Whakapā atu ki **Worksafe** mō ngā mōhiohio mō te mahi haumaruru.

0800 779 009

(waea Rapu Mahi a Te Hiranga Tangata)
www.workandincome.govt.nz

0800 20 90 20

(Employment New Zealand)
www.employment.govt.nz

0800 030 040 (Worksafe)
www.worksafe.govt.nz

Mō ngā tautoko ā-pūtea

Mēnā kua tau mai ngā uauatangā ā-pūtea ki a koe, hei pai noa iho te tono tautoko.

Visit the **Work and Income** website for financial support for emergency and ongoing needs.

Ka āhei koe ki te tono tuihono mō tētahi takuhe matua me te tiroiro i tō āhei atu ki ngā āwhina e pā ana ki te kai.

www.workandincome.govt.nz

<https://my.msd.govt.nz/>

(Koha kai me te tono takuhe)

0800 559 009 (Waea a MSD)

0800 552 002 (Kaumātua 65+)

0800 88 99 00 (Ngā Ākongā)

He mōhiohio atu anō mō ētahi atu tautoko

He maha ngā whakahaere e whakapau kaha ana ki te tiaki i te tangata.

Tirohia te paetukutuku **Unite Against COVID-19**, whakapā atu rānei ki te **Waea Āwhina a te Kāwanatanga o Aotearoa**.

0800 779 997 (Waea Āwhina a te Kāwanatanga o Aotearoa)

www.Covid19.govt.nz

www.govt.nz/about/about-us/contact-us/