

Supporting a young person?

The best thing you can do for a young person is to listen and take notice. You can help by starting the conversation with a young person if you notice changes in their mood or behaviour, or by creating a family culture where it is okay to talk about feelings. If your young person is attending mental health services, either through Southern DHB or a non-government organisation (NGO), don't be afraid to ask questions about what's going on, who the main people involved in their care are, and what resources might be out there for you and your whānau.

Below is a list of websites you may find useful in supporting your young person with mental health issues:

- **Able Southern Family Support** – Able are there to support families/whānau that care for someone with a mental illness or addiction. They provide support, information and resources to help both the person and their family/whānau. Able covers the region from four locations: Dunedin, Invercargill, Alexandra and Oamaru. For more information on Able, visit <https://able.org.nz/>
- **Health Navigator** – Health Navigator has a wealth of information on all conditions from A-Z. For specific information on mental health and young people, visit <https://www.healthnavigator.org.nz/healthy-living/m/mental-health-youth/>
- **Leva** – Leva has a lot of information and support for Pasifika families on mental health, addiction and suicide prevention. For more information on Leva, visit <https://leva.co.nz/>
- **Teen Mental Health** – Teen Mental Health has a wealth of resources, information and further links for young people, educators, and parents. For more information on parenting a teen when mental illness is part of the equation, visit <https://teenmentalhealth.org/parents/>
- **Mental Health Foundation** – The MHF is a charity that aims to work towards a New Zealand that is free of discrimination and where all people enjoy positive mental health and wellbeing. For more information on various projects, reports, or resources, visit <https://www.mentalhealth.org.nz/>

If you would like to speak to someone for support, you can try these helplines:

- **Supporting Families in Mental Illness 0800 876 682**
A helpline for families and whānau supporting a loved one who has a mental illness.
- **Skylight 0800 299 100**
From 9am-5pm on weekdays, for support through trauma, loss and grief.
- **Victim Support 0800 842 846**
24 hour support for people affected by crime, trauma, and suicide.

If you are looking for specific help for your young person, this website has pages of helplines, apps and websites they may find useful.