



## **Programme Information**

### **For 'Te Ha O Ngā Rangatahi', Rangatahi Suicide Prevention Programme**

#### **CONTACT:**

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#### **Background Information**

'Te Ha O Ngā Rangatahi' was born from the need to find a solution to the high youth suicide rate in Te Tau Ihu o Te waka o Maui. It has been given life through the partnership of Te Hauora O Ngāti Rārua and Te Pūtahitanga o Te Waipounamu.

In the past there have been various initiatives and programmes created that have been established without the input of whānau and rangatahi and have often missed the mark in terms of supporting whānau and rangatahi to seek the support and help they need when they need it.

It is time a new approach was taken to developing these programmes and how they are delivered so that whānau and rangatahi are empowered to reclaim their Mana and push away the feelings of whakamā and replace them with pride, manaakitanga, whānaungatanga and aroha.

'Te Ha O Ngā Rangatahi' is the waka to do this.

#### **Aim**

The aim is to:

- Gather as much information, thoughts, feelings and ideas around Rangatahi whakamomori from as many whānau and rangatahi from all walks of life and perspectives (views), who have been affected by this issue in some way and put it all together to find the possible solutions to this 'Take' (issue).
- To gather this information through holding Focus group hui.
- Putting together an advisory/consultation group of whānau and rangatahi, from the focus group participants, to develop an education program and strategies for whānau and rangatahi to share, the insights and solutions from these hui, to the wider whānau, rangatahi and community.

## **Voluntary Participation**

Te Hauora O Ngāti Rārua wishes to seek informed and voluntary consent to participate in the Focus group hui. The focus group hui will involve participating in discussions and completing questionnaires around Rangatahi and whanau wellbeing.

Every participant has the right not to participate and to withdraw their consent at any stage and will have access to the information that they have provided for the focus group hui. No undue pressure will be used to persuade people to participate in the focus group hui.

## **Participant Rights**

- Taking part in this programme is up to you and if you agree to take part you have the right to withdraw at any time,
- All information gathered in the questionnaires/survey's and during the focus group hui will remain strictly private and confidential to Te Hauora o Ngāti Rārua and Te Ha O Ngā Rangatahi Facilitators and Coordinator, unless your consent is given to release to other parties,
- Your name and any other personal information or details that may identify you will **not** be used in any reports written about this project – only group (summary) information will be used,
- All information given will be treated with respect and dignity.

**Please feel free to contact the Coordinator (contact details above) if you have any questions, concerns or enquires about participating in this program.**

### **Support in Marlborough.**

Witherlea Community Team- 24-hour crisis and mental health service – 03 520 9907 or a/h 03 5209999 and ask for the on-call crisis team.

Te Piki Oranga – community mental health services for Maori – 03 543 7016

Older persons' Mental health community team – 03 520 999

Child and Adolescent Mental Health Service (CAMHS) – for serious mental health disorders up to age 18 -03 520 9905 or the crisis service – 03 520 999 and ask for on-call CAMHS staff.

### **Other support:**

Lifeline: 0800 543 354

Suicide Crisis Helpline: 0508 828 865 / 0508 TAUTOKO (24/7). This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.

Depression Helpline: 0800 111 757 (24/7)

Samaritans: 0800 726 666 (24/7)

Youthline: 0800 376 633 (24/7) or free text 234 (8am-12am), or email talk@youthline.co.nz

What's Up: online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (1pm-10pm weekdays, 3pm-10pm weekends)

Kidsline (ages 5-18): 0800 543 754 (24/7)

Rural Support Trust Helpline: 0800 787 254

Healthline: 0800 611 116

Rainbow Youth: (09) 376 4155

### **Websites**

The Lowdown (for young people) [www.thelowdown.org.nz](http://www.thelowdown.org.nz) or freetext 5626

The Depression website [www.depression.org.nz](http://www.depression.org.nz) which provides information about depression and an online depression self-management programme

Samaritans [www.samaritans.org](http://www.samaritans.org).

If it is an emergency and you feel like you or someone else is at risk, call 111.

**“YOU !!!! are your greatest resource”**