

Tau puhala lagomatai



Unite
against
COVID-19

Mitaki ke kumi lagomatai. Loga e tau tagata mo e tau matakau ne maeke ke lagomatai a koe. Hanai falu a tau fakailoaaga, mo e falu a tau puhala ke lagomataiaki a koe kaeke kua manako. Ha i ai foki e tau tagata fakahokohoko poke fakaliliu kupu he laulahi he tau faahi gahua fakatufono.

Kaeke kua fai lekua tupu fakaofu	Vilo e numela 111 ma e Faahi Tamate Afi, Leoleo, Emepulene poke Faahi Gahua Leveki Lekua Tupu Fakaofu.	111 (Laini he Tau Lekua Tupu Fakaofu)
Tau hatakiaga faahi malolō tino <i>Mahuiga lahi ke kumi lagomatai kaeke kua nakai malolō mitaki haau a tino. Ua fakatali.</i>	Vilo atu haau a Ekekafo magafaoa poke matutaki ke he Healthline ke kumi lagomatai nakai fai totogi mai ia lautolu e tau pulotu ia.	0800 611 116 (Healthline) www.healthpoint.co.nz
Ka manako lagomatai ke lata mo e tau fanau ikiiki mo e tau mukemuke <i>Kaeke kua kehe e manatu haau, ha ha i ai e tau tagata lagomatai ke tutala ki ai ka manako a koe.</i>	Vilo atu a Plunket ke tutala mo e taha nosi Plunket. Ha i ai e PlunketLine ko e puhala lagomatai he telefoni nakai fai totogi, mai he tau pulotu ke lagomatai aki a koe mo e haau a magafaoa.	0800 933 922 (PlunketLine)
Ka manako lagomatai ma e tau manamanatuaga lololele poke ma e tau tatalu manako (addiction)	Vilo atu poke text kehe numela 1737 ke fakatutala mo e taha tagata pulotu ke lagomatai. Ke moua taha lagomataiaga kua tonu, vilo atu kehe Depression Helpline poke Alcohol Drug Helpline .	1737 (1737 Helpline) 1737.org.nz 0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)
Tau lagomatai ma e tau ekefakakelea magafaoa poke mahani kolokolovao <i>Maeke ia koe ke fano kehe mai he puipuiaga fufua haau ka nakai haohao mitaki e moui haau poke taha foki. Ka lata ia koe ke fano kehe, ha i ai e tau lagomatai.</i>	Vilo e numela 111 kaeke ko koe poke taha tagata kehe kua nakai hagahaga mitaki e puipuiaga he tau momoui poke fakapakia ni a lautolu. Haia e tau lagomatai he maaga poke matakavi tata kia koe, vilo ke he Family Services 211 helpline . Vilo e Women's Refuge ka manako lagomatai, poke manako mafiti taha kaina ke nofo ai, kaeke kua lauia haau a moui ke he tau ekefakakelea. Vilo ke he Elder Abuse Helpline koe laini telefoni nakai fai totogi, ka manako lagomatai a koe poke iloa e koe taha tupuna kua manako lagomatai ha kua fai ekefakakelea kua lauia ke he tau momoui.	111 (Emergency Line) 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)
Ka fai manatu ke lata ma e moui malolō mo e puipuiaga ke he tama	Vilo ke he Oranga Tamariki kaeke ko e tama poke tama fuata kua kitia neke haofia ai, moe logona kua nakai mitaki e levekiaga kia ia, poke, kaeke kua nofo kehe mai he tau mamatua poke tau tagata leveki haana.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
Ka manako he kaina ke nofo fakaku ai	Vilo atu ke he Temporary Accommodation Service ka manako mafiti a koe he taha kaina ke nofo ai.	0508 754 163 (Temporary Accommodation Service) https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/
Tau hatakiaga ma e tau fale nofo totogi	Matutaki atu ke he Tenancy Services ke moua e tau fakamaamaaga ke lata moe tau lagomataiaga kua tonuhia a koe ki ai.	0800 836 262 (Tenancy Services) www.tenancy.govt.nz

Ka manako puhala ke moua e tau mena kai mo e tau koloa mahuiga

Mahuiga lahi ke moua e tautolu e tau mena kai mo e tau koloa kua mahuiga tuga e tau vai/tegavai, ti fakamolemole ua fakateaga. Loga e tau puhala ke moua aki e koe e tau lagomatai nai.

Tutala ke he tau kupega lagomatai haau tuga e tau **magafaoa, tau kapitiga, iwi mo e tau kalakala kaina** ke huhū ko e maeke nakai a lautolu ke lagomatai ke oatu ke tamai e tau koloa kai mo e tau koloa mahuiga haau.

Kaeke kua nakai fai puhala lagomatai a koe ke oatu ke tamai haau a tau koloa mahuiga, maeke ia koe ke ota haau a tau kai he kupega hila ke he falu a tau maukoloa fakafua kai.

Kaeke kua nakai fai initanete a koe mo e nakai fai puhala ke lagomatai ke tamai e tau fakatau kai haau, maeke ia koe ke matutaki atu ke he **Civil Defence Emergency Management Group**, ke taatu e tau koloa kua mahuiga ke he moui haau tuga ia e:

- > Tau mena kai
- > Vai
- > Tau koloa mahuiga ke lata ma e kaina
- > Kai he tau manu fao
- > Tau vai/tegavai
- > Tau koloa tunu poke tao kai
- > Penesini
- > Tau koloa tui
- > Tau koloa kafu

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

Civil Defence Emergency Management Groups

Northland – **0800 790 791**

Auckland – **0800 222 296**

Waikato – **0800 800 405**

Bay of Plenty – **0800 884 222**

Tairāwhiti – **0800 653 800**

Taranaki – **0800 900 077**

Manawatū-Whanganui – **0800 725 678**

Hawke's Bay – **0800 422 923**

Wellington – **0800 141 967**

Nelson - Tasman – **0800 50 50 75**

Marlborough – **03 520 7400**

West Coast – **03 900 9329**

Canterbury – **0800 24 24 11**

Otago – **0800 322 4000**

Southland – **0800 890 127**

Chatham Islands – **03 305 0033 ex 715**

Tau lagomatai ma e tau tagata he tau faama mo lautolu ne nonofo he tau maaga mamao ki tua

Matutaki atu kehe **Rural Support Trust** ne tata atu kia koe. Maeke ia lautolu ke puhala atu falu a tau lagomatai ne kua lata tonu a koe ki ai.

0800 787 254 (Rural Support Trust)

Ka manako lagomatai mae tau levekiaga moe puipuiaga he tau manu

Vilo atu ke he **Ministry for Primary Industries** ka manako lagomatai ke lata ma e tau malolō tino he tau manu poke ke ta e hokotaki ke lata mo e tau manu kua eke fakakelea.

0800 00 83 33 (MPI)

Tau lagomatai ke mae tau puhala gahua tupe

Mailoga haau a tonuhia ko e tagata gahua tupe ti muihua ke he tau hatakiaga ke leveki mo e puipui haau a moui gahua.

Matutaki atu ke he Faahi Gahua **Work and Income** kaeke kua kumi gahua a koe poke fai pu gahua a koe kua kumi tagata ke fakagahua.

Matutaki atu kehe **Employment NZ** poke kumikumi atu ke he kupega hila ha lautolu ka moua e fakamaamaaga hagaa ko he haau a tonuhia ko e tagata gahua tupe.

Matutaki atu kehe faahi gahua **Worksafe** ke lata moe tau fakailoaga ke puipui moe leveki e tau tino he tau tagata gahua tupe.

0800 779 009

(Work and Income's Job Search line)
www.workandincome.govt.nz

0800 20 90 20

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

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

Ka manako lagomatai tupe

Kaeke kua pehia a koe he loga e tau kaitalofa mo e nakai fahia ke muihua ke he tau totogiaga, mitaki ke kumi lagomatai.

Kumikumi atu ke he kupega hila **Work and Income** ke moua taha lagomatai tupe ke lata mae tau magahala matematekelea nai.

Maeke ia koe ke fakapuke e tau tohi ole ke kumi tupe lagomatai penifiti he kupega hila mo e kumikumi atu foki ko e tonuhia nakai a koe ke moua taha lagomatai kai.

www.workandincome.govt.nz

<https://my.msd.govt.nz/>
(Food grant & benefit app)

0800 559 009 (MSD General Line)

0800 552 002 (Seniors 65+)

0800 88 99 00 (Students)

Ka manako fakailoaga ke lata mo e falu a tau puhala lagomatai

Ha i ai foki e tau matakau kua gahua ai ke puhala e tau lagomataiaga leveki mae tau tagata oti.

Kumikumi atu ke he kupega hila **Unite Against COVID-19** poke vilo kehe telefoni he **New Zealand Government Helpline**.

0800 779 997

(New Zealand Government Helpline)

www.Covid19.govt.nz

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