

Tautūaga ma nā fehoahoaniga



Unite
against
COVID-19

E lelei to hakili fehoahoani kāfai e manakomia. Ei ei nā tino ma nā ofiha o gāluega e mafai ke fehoahoani atu. Kāfai koe e hē mālamalama i te gagana Igilihi, e iei nā fakamatala-kupu i te gagana Tokelau e āvanoa i te lahiga o nā matāeke o gāluega kehekehe kāfai e manakomia he tino ke fakamālamalama.

I nā fakalavelave fakafuaheki	Telefoni te 111 ki te Ofiha Afi-mū ma nā Fakalavelave fakafuaheki, Leoleo, Tavale a te falemai pe ko te Ofiha mō te Haogalēmū o Tagata Lautele.	111 (Telefoni Fakalavelave Fakafuaheki)
Fautuaga mō te ola mālōlō <i>E tāua lahi lele i taimi uma ke maua ni fehoanoaniga kāfai koe e tauale. Koe nahe fakatali.</i>	Telefoni ki tō fomaini kāiga, pe fehokotaki te Healthline mō ni fautuaga pe ni fakamatalaga mai te kaufaigāluega kua iei te iloa, e aunoa ma he totogi.	0800 611 116 (Healthline) www.healthpoint.co.nz
Fautuaga mō te ola mālōlō o nā pepe ma nā tamaiti	Telefoni te Plunket ke talanoa koe ki he fomaini fakapitoa mō nā pepe ma tamaiti. Ko te PlunketLine e maua ai ni fehoahoaniga ma ni fautuaga mō mātua e heai he totogi, e āvanoa foki ki kāiga, kaukāiga ma nā tino e taukikilagia ni fānau.	0800 933 922 (PlunketLine)
Fehoahoaniga mō te ola mālōlō o te māfaufau pe ko nā āfainaga i nā tūlaga tau fuālākau fakahā <i>Pe vēhea lava ni ō lagona, e iei lava te tino e mafai ke talanoa koe ki ei kāfai e manakomia e koe.</i>	Telefoni pe lafo hau fekau ki te numela 1737 ke talanoa koe ki he tino kua iei te iloa fakapitoa mō he fehoahoani. Mō ni fehoahoaniga fakapatino ki nā fakafitāuli tau te māfaufau, telefoni te Depression Helpline , telefoni te Alcohol Drug Helpline mo ni fakafitāuli ona ko te inu lahi ki te pia ma nā fuālākau fakahā.	1737 (1737 Helpline) 1737.org.nz 0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)
Fehoahoaniga mō ni mihāga kino i te kāiga pe ni meakino faka-feuhuākiga <i>He mea lelei ma tatau koe ke fano kehe mai i tō liko mō tō haogalēmū pe mō he tahi tino. Kāfai koe e fano kehe, koe e hē popole e pā atu te fehoahoani.</i>	Telefoni te 111 kāfai ko koe pe ko he tahi tino e ōno pā ki he tūlaga fakapokepoke ona ko nā ola e lamatia, pe ko he tino e tau pule ki tona ola. Telefoni ki te Family Service 211 helpline ki nā fehoahoaniga ma nā tautuāga mō kāiga e maua i nā kogā fenua e nofo ai koe. Telefoni te Hulufakiga mō Fafine – Women's Refuge mō ni fautuaga, fehoahoaniga pe he fale haogalēmū ke nofo ai koe kāfai koe e fetaiaki ma ni fakafitauli ona ai ni mihāga kino i tō kāiga. Vili te telefoni Elder Abuse Helpline e he iei he totogi, mō he fehoahoani kāfai ko koe he mātua/tamana matua kae e iei he tino pe ni tino e faikino atu, pe kāfai foki e kē iloa he tahi mātua/tamana matua e fai kino ki ei ni tino pe he tino.	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)
Kāfai koe e popole ki te ola lelei ma te haogalēmū o fanau	Telefoni te Oranga Tamariki kāfai he pepe pe he tamaiti ei hē tūlaga e hē haogalēmū tona ola lelei, e hē kikilagia fakalelei pe, kua māvetevete ma nā mātua pe ko nā tino e kikilāgia.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
Na fale e nonofo ai mō he taimi pukupuku	Fakafehokotaki te Temporary Accommodation Service kāfai e manakomia he fale ke nofo ai koe mō he taimi pukupuku.	0508 754 163 (Temporary Accommodation Service) https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/
Fautuaga ki nā fale o ni tino e nofo totogi ai koe	Fakafehokotaki te Tenancy Services mō ni fakamatalaga āgai ki ō aiā tatau.	0800 836 262 (Tenancy Services) www.tenancy.govt.nz

E maua vĕhea ni meakai pe ko nā tahi mea aogā ma tāua ki te ola lelei

Ko tatou uma e manakomia ni mea ke kai ma nā tahi mea aogā vĕia ko nā vailakau, ko tona uiga, fakamolemole ko koe nā he ola aunoa e he iei ni au meakai pe ni tahi mea venā. E lahi lele nā auala e mafai ke maua atu ai he fehoahoani.

Talanoa ki nā tino e lagolago atu koe ma maua atu ai ni ō fehoahoaniga, vĕia ko **tō kāiga, kaukāiga, au uō, ma nā tino e nofo tafapili atu ki tō fale**, pe mafai e he tino ke kaumaia nā mea e fofou koe ki ei mai te falekoloa pe ko te fale talavai.

Kāfai la e hē iei ni tino lagolago mō koe, pe ona foki e hē avanoa pe e hē mafai ke fehoahoani atu, e mafai ke ota au meakai pe ko au fakatau i te initaneti.

Kāfai la e hē iei hau initaneti ke ota ai au meakai pe ko nā mea e fofou koe ki ei, oi telefoni ai la ki te Ofiha mō te Haogalēmū o Tagata Lautele **Civil Defence Emergency Management Group**. E mafai e ki lātou oi kavatu nā mea iēinei:

- > Meakai
- > Vai inu
- > Mea valevale mai te falekoloa
- > Meakai ma nā manu tauhi
- > Vailakau/fuālakau
- > Mea tunu meakai
- > Lakau tafu afi (fafie)
- > Kie/kofu
- > Kie tatao famālū

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**

Fehoahoaniga mo nā kogā fenua i tua ma nā pihinihi manu fafaga

Fakafehokotaki te **Rural Support Trust**. E fakahino atu te mea e maua ai na tautuaga e talafeagai mā ō manakoga.

0800 787 254 (Rural Support Trust)

Fehoahoaniga mo nā manu fafaga

Telefoni te Ofiha o nā mea tau Meakai, Faigāfaiva, Lakau tōtō, ma nā Manu Fafaga – **Ministry for Primary Industries** – kafai eiei ni ō popolega pe ni fakamalalamalama agai kini manu fafaga.

0800 00 83 33 (MPI)

Fehoahoaniga ma nā fautūaga ki ni mea tau galuega

Mātau ma iloa ō aiā tatau faka tino faigaluega ma kikila lelei tō haogalēmū.

Fakafehokotaki te Ofiha o nā Gāluega mā Tupemaua (Penefiti) – **Work and Income** – kāfai koe e fia hakili hau gāluega pe iei foki he āvanoa faigāluega i tau gāluega.

Fakafehokotaki te Ofiha o Gāluega a Niuhihila – **Employment NZ** – pe kikila ki te lātou kupega mō ni fakamatalaga āgai ki nā aiā tatau o nā tino faigāluega.

Fakafehokotaki te Ofiha o te haogalēmū ō Gāluega – **Worksafe** – mō ni fakamatalaga ki te puipuiga ma te haogalēmū ō nā gāluega.

0800 779 009
(Numela hakili galuega)
www.workandincome.govt.nz

0800 20 90 20
(Employment New Zealand)
www.employment.govt.nz

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

Fehoahoaniga tau tupe

Kāfai kua hē lava tau fakahoa i nā mea tau tupe, e lelei tō hakili fehoahoani.

Kikila ki te kupega a te Ofiha ō nā Gāluega mā Tupemaua (Penefiti) – **Work and Income** – mō ni fehoahoaniga tau tupe kāfai e manakomia vave pe ni manakoga tumau.

E mafai ke fai hau fakatālohaga i te initaneti mō hau penefiti, ma hiaki ai foki pe mafai ke maua hau tupe meakai.

www.workandincome.govt.nz
<https://my.msd.govt.nz/>
(Tupe meakai & fakatālohaga penefiti)
0800 559 009 (MSD Telefoni mautū)
0800 552 002 (Tino 65+ tauhaga te matua)
0800 88 99 00 (Tamaiti āoga)

Mō iētahi fakamatalaga āgai ki iētahi fehoahoaniga

E iei i iētahi fakalapotopotoga e gālulue ke mautinoa ko tagata uma e lelei.

Kikila ki te kupega a te Mālō **Unite Against COVID-19** pe telefoni te numela fehoahoani a te Mālō ō **New Zealand Government Helpline**.

0800 779 997
(New Zealand Government Helpline)
www.Covid19.govt.nz
www.govt.nz/about/about-us/contact-us/