

# Services and support



Unite  
against  
COVID-19

It's OK to ask for help. As we work through this together, there are people and agencies able to support you. Here's a range of advice, help, or support if you need it. If you don't speak English, you can ask for an interpreter when calling most government departments.

<p><b>In an emergency</b></p>	<p>Call <b>111</b> for Fire and Emergency, Police, Ambulance or Civil Defence.</p>	<p><b>111 (Emergency Line)</b></p>
<p><b>For health advice</b></p> <p><i>It's as important as always to get medical support if you're unwell. You don't need to wait.</i></p>	<p>Call your Doctor, or contact <b>Healthline</b> for free health advice and information provided by trained professionals.</p>	<p><b>0800 611 116 (Healthline)</b> www.healthpoint.co.nz</p>
<p><b>For health advice about babies or children</b></p>	<p>Call <b>Plunket</b> to speak to a Plunket nurse.</p> <p>PlunketLine is a free parent helpline and advice service available to all families, whānau and caregivers.</p>	<p><b>0800 933 922 (PlunketLine)</b></p>
<p><b>For mental health or addiction support</b></p> <p><i>However you feel, there's someone to talk to if you need it.</i></p>	<p>Call or text <b>1737</b> to talk to someone trained to help.</p> <p>For specific help, you can contact the <b>Depression Helpline</b> or <b>Alcohol Drug Helpline</b>.</p>	<p><b>1737 (1737 Helpline)</b> <b>1737.org.nz</b> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)</p>
<p><b>For support with family violence or sexual violence</b></p> <p><i>It's ok to leave your bubble to keep yourself or someone else safe. If you need to leave, help will be there.</i></p>	<p>Call <b>111</b> if you or someone else is in immediate danger of being harmed or may harm themselves.</p> <p>Find local social support services in your area, call the <b>Family Services 211 helpline</b>.</p> <p>Call <b>Women's Refuge</b> for advice, support and safe accommodation when you're dealing with violence in your life.</p> <p>Call the <b>Elder Abuse Helpline</b> is a free service that older people can contact if they or someone they know are experiencing elder abuse.</p>	<p><b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> www.familyservices.govt.nz/directory/ <b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b></p>
<p><b>For concerns about the wellbeing or safety of a child</b></p>	<p>Call <b>Oranga Tamariki</b> if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.</p>	<p><b>0508 326 459 (Oranga Tamariki)</b> www.orangatamariki.govt.nz</p>
<p><b>For temporary accommodation</b></p>	<p>Contact the <b>Temporary Accommodation Service</b> if you urgently need a place to stay.</p>	<p><b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a></p>
<p><b>For renting and tenancy advice</b></p>	<p>Contact <b>Tenancy Services</b> for information about your legal rights.</p>	<p><b>0800 836 262 (Tenancy Services)</b> www.tenancy.govt.nz</p>

# Matagaluega mo fesoasoani



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E 'LEI ma fakamolemole koe mo se fesoasoani. Koi galue fakatasi tatou ki te masaki tenei, e isi foki ne tino mo fakapotopotoga kola e mafai o fesoasoani ki a koe. Konei a vaega o fautuaga, mo fesoasoani, io me ko tulaga lagolago mafai e manakogina ne koe. Kafai koe se faipati ki te 'gana Peletania, e mafai koe o fakamolemole ki se tino fakamatala mafai e telefoni koe ki lasiga o matagaluega o te malo.

<b>I taimi o se fakalavelave i mea tupu fakafuasei</b>	Telefoni ki te 111 Matagaluega Ta Afi mo Fakalavelave mea tupu fakafuasei, Pulisimani, motokā fakaimasaiki io ko Matagaluega i Fakaatokaga mo Takitakiga o Fesoasoani ki te atufenua i taimi o Fakalavelave mea tupu Fakafuasei (Civil Defence).	<b>Telefoni ki te 111 (Fakalavelave o mea 'tupu fakafuasei)</b>
<b>Mo fautuaga o te ola'lei</b> <i>E tūua kī i taimi katoa ke maua ne koe a fesoasoani o te ola'lei mafai koe e fakamasakisaki. E se 'tau koe o fakatali.</i>	Telefoni ki tau tokita, io me fesokotaki ki te <b>Telefoni o te Ola'lei</b> ki fautuaga o te ola'lei tela se 'togi kae ko fakamatalaga e fakatokagina ne tino ne akoga i matagaluega o te ola'lei.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Mo fautuaga o te ola'lei mo pepe pela foki mo tamaliki foliki</b> <i>I so se tulaga o lagona e nofo mo koe, e iloa ne koe me isi se tino e mafai o faipati koe ki ei ma manako koe ki ei.</i>	Telefoni ki Matagaluega o te ola'lei mo fakamalosiga o foitino mo atiakega olaga o tamaliki ( <b>Plunket</b> ) faipati ki te nesi o tamaliki (Plunket nurse). Telefoni ki matagaluega o te ola'lei mo fakamalosiga o foitino mo atiakega olaga o tamaliki se telefoni fesoasoani ki matua tela e se 'togi kae mafai foki o maua a fautuaga ki kāiga katoa, pui kāiga pela foki mo tino tausi.	<b>0800 933 922 (PlunketLine)</b>
<b>Mo matagaluega o te ola lei o te mafaufau io me ko matagaluega fesoasoani ki tino kola e umiti ki vailakau mo mea inu malosi, sikaleti mo nisi mea aka</b>	Telefoni io me fai tau tusitusiga i te telefoni tau ave ki te napa <b>1737</b> o faipati ki se tino tela ne akoga o fesoasoani ki tino. Mo fesoasoani fakamautinoa, e mafai ne koe o fesokotaki ki te telefoni fesoasoani o <b>Matagaluega ki te Mafaufau</b> io me ki te telefoni o <b>Mea Inu mo Vailakau Malosi</b> .	<b>1737 (1737 Telefoni Fesoasoani)</b> <b>1737.org.nz</b> <b>0800 111 757</b> (Telefoni Fesoasoani ki matagaluega o te Mafaufau) <b>0800 787 797</b> (Telefoni Fesoasoani ki Mea Inu mo Vailakau Malosi)
<b>Ko auala fesoasoani ki amioga fakasauā i loto i kāiga io me ko te puke mālo</b> <i>E 'lei mafai e tiaki ne koe tou ufiga ko te mea ke puipuigina faka'lei koe io me se tino aka. Kafai e 'tau koe o fano, e mafai o maua ne koe se fesoasani.</i>	Telefoni ki te <b>111</b> mafai koe io me se tino aka tela ka tupu se fakalavelave kae fakamataku kae mafai foki o pakia io me mafai o fakapakia loa a latou. Salasala ki koga fesoasoani ki fakapotopotoga i tou fakai, telefoni ki te napa fesoasoani o te <b>Matagaluega mo Kāiga 211</b> . Telefoni ki te <b>Koga e lafi i ei Fafine</b> ki fautuaga, fesoasoani ke maua se koga nofo kae puipuigina faka'lei mafai a koe e fakafesagai mo amioga fakasauā i tou olaga. Telefoni ki te napa fesoasoani mo <b>Amioga Fakasauā o Tino Matua</b> se matagaluega tela se 'togi mo tino matua ke mafai o fesokotaki manafai latou io me se tino e iloa ne latou e puapuagātia i amioga fakasauā ki tino matua.	<b>111 (Fakalavelave o mea 'tupu fakafuasei)</b> <b>0800 211 211</b> (Matagaluega mo Kāiga Telefoni fesoasoani 211) <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843</b> (Koga e lafi i ei Fafine) <b>0800 32 668 65</b> (Amioga Fakasauā o Tino Matua)
<b>Mo manavasega i te ola malosi o te foitino io me ko te puipuiga faka'lei o te tamaliki</b>	Telefoni ki te <b>Olaga Tamaliki (Oranga Tamariki)</b> mafai a te tamaliki io me se talavou e se puipuigina faka'lei, io me se tausi faka'lei, io me ko nofo mavae mo ona matua io me ko tino tausi.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>Mo koga nofo sē tumau</b>	Fesokotaki ki te <b>Matagaluega mo Koga Nofo Se Tumau</b> mafai e manakogina ne koe fakavave se koga mo ou nofo.	<b>0508 754 163</b> (Matagaluega mo Koga Nofo Se Tumau) <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>Fautuaga mo 'togiga o fale pela foki mo tino e nofo i fale se tumau</b>	Fesokotaki ki <b>Matagaluega Mo Fale Se Tumau</b> mo nisi fakamatalaga ki tou saolotogo faka-te-tulafono.	<b>0800 836 262 (Matagaluega Mo Fale Se Tumau)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

## Mo auala ke maua ne koe meakai mo mea tāua totino

*E manakogina katoa ne tatou meakai mo mea tāua pela mo vailakau, fakamolemole sa taumafai o nofo pela seai ne ou vailakau. E uke vaega auala e mafai ei o fakaoko atu a mea konei kia koe.*

Faipati ki au fesokotakiga i fesoasoani pela mo ou kāiga, pui kāiga, taugasoa, tino mo ou tuakoi ke iloa me mafai ne latou o fakaoko atu a mea tauā konei kia koe.

Kafai e seai ne au fesokotakiga i fesoasoani, io me se mafai ne latou o fesoasoani atu, e mafai ne koe o fakatonu au mea 'togi i te initaneti i nai sitoa.

Kafai avanoaga kona mai luga e se galue mo koe, io me seai sau initaneti, e mafai ne koe o telefoni ki **Matagaluega i Fakaatokaga mo Takitakiga o Fesoasoani ki te atufenua i taimi o Fakalavelave i mea tupu Fakafuasei** ke fakaoko atu au mea tāua, e aofia i ei:

- > Meakai
- > Vai
- > Mea 'togi i te sitoa
- > Meakai a manu tausi
- > Vailakau
- > Meakai sunu
- > Penitini
- > Gatu
- > Mea moe

[shop.countdown.co.nz/shop/content/priority-assistance](https://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](https://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](https://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](https://www.civildefence.govt.nz)

## Matagaluega i Fakatokaga mo Takitakiga o Fesoasoani ki te atufenua i taimi o Fakalavelave i mea tupu Fakafuasei

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**

## Fesoasoani mo koga i fakai foliki mai tua atu i fakai lasi pela foki mo koga tausi manu fagai mo koga toki lakau

Fesokotaki ki te Fakapotopotoga i koga tausi manu fagai mo koga toki lakau i tou fakai. E mafai ne latou o fakaasi atu te auala tonu ke mafai o maua se fesoasoani e manakogina ne koe.

**0800 787 254 (Rural Support Trust)**

## Mo tulaga o te ola malosi o manu

Telefoni ki te **Minisituli o mea Tāua mo Faitega** o mea mo te ola malosi o manu ma isi ne manavasega io me ne fesili fia maina kae lipotigina foki amioga fakasauā.

**0800 00 83 33 (MPI)**

## Fautuaga mo fesoasoani ki mea tau galuega

*E 'tau o iloa ne koe ou saolotoga pela me se tino galue kae taufamai foki koe ke puipuigina faka'lei.*

Fesokotaki ki te **Matagaluega o Galuega mo Tupe (Work and Income)** mafai koe e salasala ki se galuega io me e isi se avanoaga e manakogina ke galue se tino i ei.

Fesokotaki ki **Matagaluega o Niu Sila (Employment NZ)** io me asiasi atu ki te itulau i fesokotakiga o fakamatalaga (website) ki ou saolotoga pela se tino galue.

Fesokotaki ki te **Worksafe** mo nisi fakamatalaga i tou puipuiga faka'lei i te galuega.

**0800 779 009**

(telefoni sala galuaega a te Matagaluega mo Galuega mo Tupe)

[www.workandincome.govt.nz](https://www.workandincome.govt.nz)

**0800 20 90 20**

(Matagaluega o Niu Sila)

[www.employment.govt.nz](https://www.employment.govt.nz)

**0800 030 040 (Worksafe)**

[www.worksafe.govt.nz](https://www.worksafe.govt.nz)

## Mo tupe fesoasoani

*Kafai koe ko tai faigata i tulaga i mea tau tupe, e 'lei ke fakamolemole koe ki se fesoasoani.*

Asiasi atu ki te **Matagaluega o Galuega mo Tupe** itulau i fesokotakiga o fakamatalaga mo tupe fesoasoani i taimi fakalavelave i mea tupu fakafuasei mo nisi manakoga kola e tumau.

E mafai ne koe o fai ke maua ne koe te penefiti tāua i te initaneti kae asiasi atu foki me e mafai ne koe o maua a tupe fesoasoani mo togi meakai.

[www.workandincome.govt.nz](https://www.workandincome.govt.nz)

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

**0800 559 009** (MSD Laina mo so se tino)

**0800 552 002** (Tino matua 65 tausaga ki luga)

**0800 88 99 00** (Tamaliki akoga)

## Mo nisi fakamatalaga ki nisi vaega o fesoasoani

*E isi ne nisi fakapotopotoga e galue fakatasi mo te fakamoemoega ko tino katoa e tausigina faka'lei.*

Asiasi ki te **Kau Fakatasi o 'Teke te COVID-19** itulau i fesotakiga o fakamatalaga, io me fesokotaki ki te **telefoni fesoasoani a te Malo Niu Sila**.

**0800 779 997**

**(New Zealand Government Helpline)**

[www.Covid19.govt.nz](https://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](https://www.govt.nz/about/about-us/contact-us/)

# Ngaahi sēvesí mo e tokoní



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‘Oku lelei pē ke kole ha tokoni. ‘I he ‘etau kau fakataha ‘i he ngāue ni, ‘oku ‘i ai ‘a e kakai mo e ngaahi va‘a ngāue ‘oku nau lava ke tokoni atu kiate koe. Ko ‘eni ha ngaahi fale‘i, tokoni, pe pou pou kehekehe kapau ‘okú ke fiema‘u ia. Kapau ‘oku ‘ikai ke ke lea faka-Pilitānia, ‘e lava ke ke kole ha tokotaha fakatonulea ‘i he taimi ‘okú ke telefoni atu ai ki ha ngaahi potungau fakapule‘anga.

<p><b>‘I ha hoko ‘a ha fakatamaki fakatu‘upakē</b></p>	<p>Telefoni ki he <b>111</b> ki he Tāmata Afí mo e Ngaahi Fakatamaki Fakatu‘upakeé, Kau Polisí, Me‘alele ‘a e Falemahakí ki he Ngaahi Me‘a Fakafaito‘o Fakavavevavé, pe ko e Va‘a Malu‘i Sivilé (Civil Defence).</p>	<p><b>111 (Laine Telefoni ki he Ngaahi Fakatamaki Fakatu‘upakeé)</b></p>
<p><b>Ki ha fale‘i ki he mo‘ui lelei</b></p> <p><i>‘Oku mahu‘inga ma‘u pē ke ke ma‘u atu ha tokoni fakafaito‘o kapau ‘okú ke ongo‘i puke. ‘Oku ‘ikai fiema‘u ia ke ke toe tatali.</i></p>	<p>Telefoni ki ho‘o Toketaá, pe fetu‘utaki ki he <b>Healthline</b> ke ma‘u atu ha fale‘i ta‘etotongi ki he mo‘ui lelei mo ha ngaahi fakamatala meí ha kau ngāue fakapolofesinale taukei.</p>	<p><b>0800 611 116 (Healthline)</b> www.healthpoint.co.nz</p>
<p><b>Ki ha fale‘i felāve‘i mo e mo‘ui lelei ‘a e fanga pēpē pe fānaú</b></p>	<p>Telefoni ki he <b>Plunket</b> ke ke lea atu ki ha neesi. Ko e PlunketLine ko ha laine telefoni tokoni ta‘etotongi ia ki he tauhifānaú ‘oku ma‘u mei ai ha sēvesi fale‘i ma‘á e ngaahi fāmili, kāinga mo e kau tauhifānau kotoa pē.</p>	<p><b>0800 933 922 (PlunketLine)</b></p>
<p><b>Ki ha tokoni ki he mo‘ui lelei ‘o e ‘atamai pe ma‘unimā ‘e he faito‘o konatapu pe kavamālohí</b></p> <p><i>Neongo pe ko e hā ho‘o ongo‘i, ‘oku ‘i ai ha tokotaha ke mo talanoa kapau te ke fiema‘u ia.</i></p>	<p>Telefoni pe text ki he <b>1737</b> ke ke talanoa mo ha tokotaha kuo ako‘i ke tokoni.</p> <p>Ki ha tokoni ki ha ‘uhinga pau, ‘e lava ke ke fetu‘utaki ki he <b>Depression Helpline</b> pe <b>Alcohol Drug Helpline</b>.</p>	<p><b>1737 (1737 Helpline)</b> <b>1737.org.nz</b> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)</p>
<p><b>Ki ha tokoni ki he tā mo e fakamamahi ‘i he loto‘i fāmili pe fakamamahi natula fakalielia</b></p> <p><i>‘Oku lelei pē ke ke mavahe meí ho nofo‘angá ke ke malu ai pe ko ha malu ai ‘a ha tokotaha kehe. Kapau ‘oku fiema‘u ke ke mavahe, ‘e ‘i ai pē ‘a e tokoni.</i></p>	<p>Telefoni ki he <b>111</b> kapau ‘oku ‘amanaki hoko atu ha fakatamaki kiate koe pe ko ha tokotaha kehe pe ko ha‘anau ala fakatupu ha fakatamaki kiate kinautolu pē.</p> <p>Kumi ha ngaahi sēvesi tokoni ki he ngaahi me‘a fakaenofó (social support services) ‘i homou feitu‘ú, telefoni ki he <b>laine telefoni tokoni Family Services ‘i he 211</b>.</p> <p><b>Telefoni ki he Women’s Refuge</b> ki ha fale‘i, tokoni mo ha nofo‘anga malu ‘i he taimi ‘okú ke fekuki ai mo ha tā mo ha fakamamahi ‘i ho‘o mo‘uí.</p> <p>Telefoni ki he laine telefoni <b>Elder Abuse Helpline</b> ko ha sēvesi ta‘etotongi ia ‘oku lava ke fetu‘utaki ki ai ‘a kinautolu ‘oku matu‘otu‘a angé kapau ‘oku hoko atu kiate ia pe ko ha tokotaha ‘okú ne ‘ilo ki ai, hano fakamamahia.</p>	<p><b>111 (Laine Telefoni ki he Ngaahi Me‘a Fakatu‘upakeé)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> www.familyservices.govt.nz/directory/ <b>0800 733 843 (Women’s Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b></p>
<p><b>Ki ha ngaahi ongo‘i hoha‘a fekau‘aki mo ha tu‘unga lelei pe malu ‘a e mo‘ui ‘a ha ki‘i leka</b></p>	<p>Telefoni ki he <b>Oranga Tamariki</b> kapau ‘oku ‘ikai malu, lí‘ekina, pe kuo fakamavahe‘i ha ki‘i leka pe ha to‘utupu kei sí‘i meí he‘ene mātu‘á pe kau tauhí.</p>	<p><b>0508 326 459 (Oranga Tamariki)</b> www.orangatamariki.govt.nz</p>
<p><b>Ki ha nofo‘anga fakataimi</b></p>	<p>Fetu‘utaki ki he <b>Temporary Accommodation Service</b> kapau ‘okú ke fiema‘u fakavavevave ha feitu‘u ke ke nofo ai.</p>	<p><b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a></p>
<p><b>Ki ha fale‘i ki he nofo totongi mo e founda nofo totongi</b></p>	<p>Fetu‘utaki ki he <b>Tenancy Services</b> ki ha fakamatala fekau‘aki mo ho‘o ngaahi totonu fakalaó.</p>	<p><b>0800 836 262 (Tenancy Services)</b> www.tenancy.govt.nz</p>

**Ki hano ma'u atu 'o ha me'atokoni pe ko ha ngaahi me'a 'oku mātu'aki fu'u fiema'u**

*'Oku tau fiema'u kotoa pē ha me'atokoni mo ha ngaahi me'a mātu'aki mahu'inga hangē ko ha faito'o, ko ia ai kātaki 'o 'oua na'á ke feinga ke ke nofo ta'ema'u atu 'a e ngaahi me'á ni. 'Oku lahi e ngaahi founga ke fakaa'u atu ai 'a e ngaahi me'á ni.*

Talanoa mo ho'o ngaahi kulupu tokoni fekau'aki 'o hangē ko ho **fāmili, kāingá, ngaahi mahení, iwi mo ho ngaahi kuangá'apí** ke vakai pe 'e lava ke nau tiliva atu 'a e ngaahi me'a 'okú ke mātu'aki fu'u fiema'u.

Kapau 'oku 'ikai ke 'i ai hao ngaahi kulupu tokoni fekau'aki, pe 'oku 'ikai ke nau lava 'o tokoni atu, 'e lava ke ke 'ota ho'o ngaahi fakatau 'oku fiema'u 'i he 'initaneti me'i ha ngaahi falekoloa 'e ni'ihí.

Kapau 'oku 'ikai 'aonga atu 'a e ngaahi fili 'i 'olungá, pe 'oku 'ikai 'i ai ha'o 'initaneti, 'e lava keke fetu'utaki ki ho'o **Kulupu Pule ki he Malu'i Sivilé (Civil Defence Emergency Management Group)** ke nau tiliva atu 'a e ngaahi me'a 'okú ke mātu'aki fiema'u, kau ki ai 'a e:

- > Me'atokoni
- > Vai
- > Koloa faka'ahó
- > Me'atokoni ma'á e Fanga Monumanu Tauhi
- > Faito'o
- > Feime'atokoni
- > Ma'u'anga lvi
- > Vala
- > Nāunau mohenga

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

**Ngaahi Kulupu Pule ki he Malu'i Sivilé (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**

**Ki ha tokoni ma'a kinautolu 'i he ngaahi feitu'u tuku'utá pea ki he ngaahi faamá**

Fetu'utaki ki ho'omou **Rural Support Trust** 'i homou feitu'u. Te nau lava 'o fakahinohino atu 'a e feitu'u tonu ki he tokoni 'okú ke fiema'u.

**0800 787 254 (Rural Support Trust)**

**Ki ha ngaahi me'a felāve'i mo e mo'ui lelei 'a e fanga monumanú**

Fetu'utaki ki he Ministry for Primary Industries (Potungāue ki he Ngaahi Ngāue'anga ki he Ngaahi Koloa Fakaenatulá) ki ha ngaahi hoha'a felāve'i mo e mo'ui lelei 'a e fanga monumanú pea mo līpooti atu ha ngaahi tō'onga fakamamahi 'oku fakahoko.

**0800 00 83 33 (MPI)**

**Ki ha fale'i mo ha pou pou ki he ma'u ngāue**

*'Ilo'i ho'o ngaahi totonú ko e tokotaha ngāue pea tauhi 'a ho'o nofo malú.*

Fetu'utaki ki he **Work and Income** kapau 'okú ke kumi ngāue pe 'oku 'i ai ha lakanga 'oku 'atā 'oku fiema'u ki ai ha taha.

Fetu'utaki ki he **Employment NZ** pe vakai ki he'enau uepisaiti ki ha fakamatala fekau'aki mo e ngaahi totonu ma'á u ko ha tokotaha ngāue.

Fetu'utaki ki he **Worksafe** ki ha fakamatala felāve'i mo e ngāue 'i ha founga 'oku malu mo haó.

**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

**Ki ha tokoni fakapa'anga**

*Kapau 'okú ke faingata'a'ia fakapa'anga, 'oku lelei pē ke ke kole ha tokoni.*

Vakai ki he uepisaiti 'a e **Work and Income** ki ha tokoni fakapa'anga ki he ngaahi fiema'u fakavavevavé mo ha ngaahi tokoni 'e kei fiema'u ke hokohoko atu.

'E lava ke ke tohi kole atu ki ha tefito'i vahe penefiti 'i he 'initaneti pea vakai 'i ai ha'o 'atā atu ki ha tokoni fakame'atokoni.

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)

**Ki ha fakamatala lahi ange kau ki he ngaahi tokoni kehé**

*'Oku lahi ha ngaahi kautaha 'oku nau ngāue ke fakapapau'i 'oku tokangaekina 'a e tokotaha kotoa pē.*

Vakai ki he uepisaiti **Unite Against COVID-19** pe fetu'utaki ki he **New Zealand Government Helpline.**

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

# 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.

<b>I nā fakalavelave fakafuaheki</b>	Telefoni te <b>111</b> ki te Ofiha Afi-mū ma nā Fakalavelave fakafuaheki, Leoleo, Tavale a te falemai pe ko te Ofiha mō te Haogalēmū o Tagata Lautele.	<b>111 (Telefoni Fakalavelave Fakafuaheki)</b>
<b>Fautuaga mō te ola mālōlō</b> <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 <b>Healthline</b> mō ni fautuaga pe ni fakamatalaga mai te kaufaigāluega kua iei te iloa, e aunoa ma he totogi.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Fautuaga mō te ola mālōlō o nā pepe ma nā tamaiti</b>	Telefoni te <b>Plunket</b> 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.	<b>0800 933 922 (PlunketLine)</b>
<b>Fehoahoaniga mō te ola mālōlō o te māfaufau pe ko nā āfainaga i nā tūlaga tau fuālākau fakahā</b> <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 <b>1737</b> 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 <b>Depression Helpline</b> , telefoni te <b>Alcohol Drug Helpline</b> mo ni fakafitāuli ona ko te inu lahi ki te pia ma nā fuālākau fakahā.	<b>1737 (1737 Helpline)</b> <b>1737.org.nz</b> <b>0800 111 757 (Depression Helpline)</b> <b>0800 787 797 (Alcohol Drug Helpline)</b>
<b>Fehoahoaniga mō ni mihāga kino i te kāiga pe ni meakino faka-feuhuākiga</b> <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 <b>111</b> 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 <b>Family Service 211 helpline</b> ki nā fehoahoaniga ma nā tautuāga mō kāiga e maua i nā kogā fenua e nofo ai koe. Telefoni te <b>Hulufakiga mō Fafine – Women’s Refuge</b> 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 <b>Elder Abuse Helpline</b> 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.	<b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women’s Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Kāfai koe e popole ki te ola lelei ma te haogalēmū o fanau</b>	Telefoni te <b>Oranga Tamariki</b> kāfai he pepe pe he tamaiti ei hē tūlaga e hē haogalēmū tona ola lelei, e hē kikilagia fakalelei pe, kua māvetevete ma ona mātua pe ko nā tino e kikilāgia.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>Na fale e nonofo ai mō he taimi pukupuku</b>	Fakafehokotaki te <b>Temporary Accommodation Service</b> kāfai e manakomia he fale ke nofo ai koe mō he taimi pukupuku.	<b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>Fautuaga ki nā fale o ni tino e nofo totogi ai koe</b>	Fakafehokotaki te <b>Tenancy Services</b> mō ni fakamatalaga āgai ki ō aiā tatau.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

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

**0800 20 90 20**  
(Employment New Zealand)  
[www.employment.govt.nz](https://www.employment.govt.nz)

**0800 030 040 (Worksafe)**  
[www.worksafe.govt.nz](https://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://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](https://www.Covid19.govt.nz)  
[www.govt.nz/about/about-us/contact-us/](https://www.govt.nz/about/about-us/contact-us/)

# Auaunaga ma fesoasoani



Unite  
against  
COVID-19

E leai se afaina o lou talosaga mo se fesoasoani. O loo iai tagata ma faalapotopotoga e mafai ona fesoasoani ia te oe, a’o tatou taumafai e lavātia faatasi lenei vaitaimi. O nisi nei o fautuaga, fesoasoani poo lagolagosua e fai iai lau filifiliga. O le tele o matagaluega a le malo e mafai ona e fesili mo se faamatalaupu, pe afai e lē o lau gagana tautala le Gagana Peretania.

<b>Mo se faalavelave faafuasei</b>	Vili <b>111</b> mo le Fire and Emergency, Police, Ambulance poo le Civil Defence.	<b>111 (Laina Telefoni mo Faalavelave Faafuasei)</b>
<b>Mo fautuaga tau soifua maloloina</b> <i>E tauā lou maua o fesoasoani mo lou soifua maloloina pe afai ua e ma’i. E lē moomia ona e faatali.</i>	Vili lau Fomai, pe faafesootai le <b>Healthline</b> mo se fautuaga tau soifua maloloina e leai se totogi, ma faamatalaga mai nisi ua iai tomai faapitoa.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Mo fautuaga tau soifua maloloina mo pepe poo tamaiti</b>	Vili le <b>Plunket</b> e te talanoa ai i se tausi soifua a le Plunket. E vili fua le PlunketLine ma o se auaunaga mo matua ma auaunaga e maua ai fautuaga mo aiga ma i latou o loo faia tausiga faapitoa.	<b>0800 933 922 (PlunketLine)</b>
<b>Mo fesoasoani tau soifua maloloina o le mafaufau poo tu’inauga</b> <i>Poo ā lava faalogona o loo feagai ma oe, o loo maua le fesoasoani mai se tasi e te talanoa iai pe a moomia.</i>	Vili pe text <b>1737</b> e te talanoa ai se tasi ua aoaoina faapitoa mo se fesoasoani. Mo fesoasoani patino lava i le tagata, e mafai ona faafesootai le <b>Depression Helpline</b> poo le <b>Alcohol Drug Helpline</b> .	<b>1737 (1737 Helpline)</b> <b>1737.org.nz</b> <b>0800 111 757 (Depression Helpline)</b> <b>0800 787 797 (Alcohol Drug Helpline)</b>
<b>Mo fesoasoani i sauāga i totonu o aiga poo sauāga i amioga matagā</b> <i>E leai se afaina o lou tuua o le fale e saili fesoasoani mo oe lava poo se tasi. O loo maua le fesoasoani, pe afai e moomia ona e alu ese mai le nofoaga o loo e iai.</i>	Vili le <b>111</b> pe afai ua lamatia lou ola poo se tasi o e iloa ua lamatia le ola, pe ono faaoo le tigā ia te i latou lava. Saili se auaunaga lata ane mo se fesoasoani, vili le telefoni a le <b>Family Services 211</b> . <b>Vili le Women’s Refuge</b> mo se fautuaga, fesoasoani ma apitaga e malupuipua ai pe a afaina lou soifua mai sauāga. Vili le <b>Elder Abuse Helpline</b> o se auaunaga e lē totogia e mafai e tagata matutua ona faafesootai pe afai ua afaina poo iloa nisi ua afaina i sauāga faasaga i tagata matutua.	<b>111 (Laina Telefoni mo Faalavelave Faafuasei)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women’s Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Mo atugaluga i le soifua manuia ma le malupuipua o se tamaitiiti</b>	Vili le <b>Oranga Tamariki</b> pe afai o iai se tamaitiiti poo se tamaitiiti talavou, o tuulafoaiina, pe lē o nonofo faatasi ma matua poo tagata sa tausā.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>Mo apitaga mo se vaitaimi lē tumau</b>	Faafesootai le <b>Temporary Accommodation Service</b> pe afai o loo e moomia vave se fale e te nofo ai.	<b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>Mo fautuaga i fale mautotogi ma maliega tau nofo mautotogi</b>	Faafesootai le <b>Tenancy Services</b> mo faamatalaga e uiga i au aiātatau faaletulafono.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>



## Mo le mauaina o meaai poo mea e sili ona moomia

*E moomia e tagata uma meaai ma oloa sili ona moomia e pei o fualaau, ma o le faamanatu, faamolemole aua e te matamuli e saili se fesoasoani. E tele lava auala e mafai ona faataunuu ai le fesoasoani o loo e moomia.*

Talanoa i au paaga masani e maua ai se fesoasoani e pei o **aiga, uo, iwi ma tuaoi** e te iloa ai pe mafai ona latou piki ma momoli atu mea o e moomia i lou fale.

Afai e leai ni au paaga masani e maua ai se fesoasoani, pe e lē o mafai ona latou fesoasoani atu, e mafai ona fai lau faatau mai isi faleoloa i luga o le initaneti.

Afai e te lē o maua se fesoasoani mai faalapotopotoga ua ta'ua i luga, pe e lē o maua sau fesoootaiga i luga o le initaneti, e mafai ona e faafesootai le vaega o le **Civil Defence Emergency Management Group** mo le nofoaga o loo e nofo ai, latou te momoliina atu oloa sili ona moomia, e aofia ai:

- > Meaai
- > Vai
- > Oloa
- > Meaai mo Fagafao
- > Talavai
- > Mea e kuka ai meaai
- > Penisini
- > Lavalava
- > le moega

[shop.countdown.co.nz/shop/content/priority-assistance](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://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**

## Mo fesoasoani tau lafumanu ma afioaga mamao mai le taulaga

Faafesootai le **Rural Support Trust** o lata ane. E mafai ona latou faasino oe i le vaega sa'o e maua ai le fesoasoani o loo e moomia.

**0800 787 254 (Rural Support Trust)**

## Mo le tausiga lelei o meaola

Vili le **Ministry for Primary Industries** mo atugaluga i le tausiga lelei o meaola ma mataupu o fia malamalama ai ma lipotia sauāga i meaola.

**0800 00 83 33 (MPI)**

## Mo fautuaga tau galuega ma fesoasoani

*Malamalama i au aiātatau mo tagata faigaluega ma ia maua lou saogalemu.*

Faafesootai le **Work and Income** pe afai o tau saili sau galuega poo se avanoa faigaluega e te fia talosaga iai.

Faafesootai le **Employment NZ** pe tagai i le upega tafailagi mo faamatalaga i aiātatau mo tagata faigaluega.

Faafesootai le **Worksafe** mo faamatalaga i tulaga tau puipuiga tau galuega.

**0800 779 009**

(Work and Income's Job Search line)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20**

(Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040 (Worksafe)**

[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## Mo fesoasoani tau tupe

*Afai ua lē gafatia tulaga tau tupe, e leai se afaina o lou talosaga mo se fesoasoani.*

Tagai i le upega tafailagi a le **Work and Income** mo fesoasoani tupe mo faalavelave faafuasei ma mea o moomia i taimi uma.

E mafai ona e talosaga mo se penefiti i luga o le initaneti ma faitau faamatalaga e te iloa ai pe e te agavaa mo se fesoasoani tau meaai.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

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

(Talosaga ai mo se tupe e faatau ai meaai & penefiti)

**0800 559 009 (MSD Laina Lautele)**

**0800 552 002 (Tagata Matutua 65+)**

**0800 88 99 00 (Tamaiti aoga)**

## Mo nisi faamatalaga i isi fesoasoani

*E tele faalapotopotoga o loo faatinoa galuega e faamautinoa ai ua maua e tagata uma le fesoasoani o loo moomia.*

Tagai i le upega tafailagi a le **Unite Against COVID-19** pe faafesootai le **New Zealand Government Helpline**.

**0800 779 997**

**(New Zealand Government Helpline)**

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)

# Hāiasoag fak garue



Unite  
against  
COVID-19

‘Eagke tē raksa‘at la ‘āe la far hāiasoag. Ma ‘on famör ma ut garueag la po la nā ‘oris hāiasoaga se ‘āe. Te‘is sal he his ne la po la hāiasoagan ‘āe. Nōnō ka ‘āe kat ‘inea ra la fāeag fakfifis ma ‘āe la pō la far‘āk la le‘et la hōl‘āk se ‘āe ‘e av ne ‘āe he‘ se te‘ ne maj ne matanitū ta.

<p><b>‘E av ne ta tēet sok a‘ferehit</b></p>	<p>He‘ se <b>111</b> se maj ne mōs‘āk rāh ta, ne pā ‘es hāiasoag miji, Pirismāne, motoka ne sal‘āk ‘af‘af sok a‘ferehiti ne maj ne jāujia.</p>	<p><b>111 (Emergency Line)</b></p>
<p><b>Hāiasoag se ‘ou mǎūr fak foro</b></p> <p><i>Te pumuet la ‘āe la far hāiasoag mij ‘e av ne ‘āe ‘af‘afa. ‘Āe kat a‘noa ra la tār.</i></p>	<p>He‘ se ‘ou tāk ta, ne <b>Healthline</b> la far hāiasoag ka kat tōg ra ‘e iris ne rak ma ‘es pot fak tāk ‘e maj te‘is.</p>	<p><b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a></p>
<p><b>Hāiasoag ma puer‘āk se mǎūr ‘on lǎ‘riri‘ susu ne lele‘a</b></p>	<p>He‘ se <b>Plunket</b> la hāifāegag ma nās ne Plunket. Nampa ne PlunketLine sāe ofrau se O‘o‘i ne kaunohoga ma famör ne matā‘ se lǎ‘riri‘i la hāifāegag ka kat tōg ‘e ra.</p>	<p><b>0800 933 922 (PlunketLine)</b></p>
<p><b>Hāiasoag se ‘af‘af ne ‘os laloag filo‘u ne iris ne noanoa la roua te se leleit ‘e ‘oris mǎuri</b></p> <p><i>Ma ‘on le‘et ‘e te‘ ne ava la pō la hāifāegag ma ‘āe nōnō ka ‘āe pā ‘es ta tēet.</i></p>	<p>He‘ ne fā‘ ta fāeag luket se <b>1737</b> la hāifāegag ma famorit ne rak ma majau ka ‘es pot se tekāe hete‘is. Nōnō ka ‘āe pā ‘es hāiasoag mijit ma he‘ se <b>Depression Helpline</b> ne <b>Alcohol Drug Helpline</b>.</p>	<p><b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)</p>
<p><b>Hāiasoag ‘e rēko hāipanauga ‘e laloag kaunohoga ne tē kok ne a‘sok se ta le‘et</b></p> <p><i>Kat ‘es tēet ra nōnō ka ‘āe kop la rou karau ‘ou kǎu‘qpiqg ta la pārea ‘āe. Hāiasoaga tāe la nā se ‘āe nōnō ka ‘āe kop la rou ‘ou kaunohoag ta.</i></p>	<p>He‘ se <b>111</b> nōnō ka ‘āe ne ta le‘ hoi‘ākit noh fea ne agtāu ma ta te mamārut ne raksa‘at ne pō la mane‘akia ‘āe ne mǎūr ‘on ta le‘ hoi‘ākit . Ao kǎugarueag ne la pō la hāiasoagan ‘āe ‘e ut ne ‘āe noho e ma he‘ se <b>Family Services 211 helpline</b>. He‘ tape‘ma se <b>Women’s Refuge</b> la iris la rak‘āk sal ne far hāiasoag la noh‘āk karaua ‘āe nōnō ka ‘āe agtāu ma tē mamarut se ‘ou mǎuri. Famör mamfua pō tape‘ ma la he‘ se <b>Elder Abuse Helpline</b> nōnō ka famorit rē kok iris ne ta le‘ mamfuet iris ‘inea.</p>	<p><b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women’s Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b></p>
<p><b>Hāiasoag se nōnō ka ‘āe kokon‘āk mǎūr lelei ‘on lǎ‘riri‘i</b></p>	<p>He‘ se <b>Oranga Tamariki</b> nōnō ka ta le‘ het ne le‘ haharāgit noh raksa‘, ne kat ‘es matā‘ a‘leleit ra; ne iris vāe vāh ‘e ‘oris o‘o‘i ne iris ne vāe la matā‘ua irisa.</p>	<p><b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a></p>
<p><b>Se ut ne la noh karau</b></p>	<p>Hāifāegag ma <b>Temporary Accommodation Service</b> nōnō ka ‘āe kop la ao mij ta utut la noh karau.</p>	<p><b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a></p>
<p><b>Hāiasoag se ut noh togi ne puer‘āk ne mou se ut noh togi</b></p>	<p>Hāifāegag ma <b>Tenancy Services</b> se te‘ ne foh fak matanitū ne hūn‘āk se ‘āe.</p>	<p><b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a></p>

**Hājasoag fak tēla'ā ne tē ne la hājasoag se nohnoh 'on kaunohoga**

*'Is 'atakoa kop la ma 'es tēla'ā se 'os kaunohoga ma tē la hājasoaga 'os nohnoho; fak se vāi ne 'af'afa, ka figalelei ma se mao'āk, ne 'āe kop la ma 'eu tela'a. Ma 'on sal ma'oi la pō la hājasoagan la a'hele'uof 'eu tēla'ā 'i se 'āea.*

Hāifāegag ma 'ou famōr ne 'elem se 'āe fak se 'ou **kaunohoga, pure'aga, kaumane'aga, ma 'ou hāi'eleag heta** ne iris pō la ho'af te ne tōg 'e koroa la 'es'ao se 'āe 'e 'ou hanue ta.

Nōnō ka kat 'es ta le'et 'āe pō la far hājasoag sin ma 'āe pō se'ma la a'es'ao'āk sal fo'ou 'e 'on 'ihete - online - la tōgia 'ou te ne koroa 'e 'ou hanue ta.

Nōnō ka sal 'i kat vavhiḡan ra se 'āe, ne 'āe kat 'es internet ra, ma figalelei ma he' se **Civil Defence Emergency Management Group** la iris la pō la iris la ho'af te'i se 'ou hanue ta fak se:

- > Tēla'ā
- > Tānu
- > Te ne tōg'āk 'e koroa
- > Tēla'ā 'on mānman hag a'rata/lalaog rī
- > Vāi ne 'af'afa
- > Tēla'ā la funu/Tēla'ā fun a'vāhi
- > Pensini
- > Hā'u
- > Hā' ne takaga

[shop.countdown.co.nz/shop/content/priority-assistance](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown )

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://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**

**Hājasoag se ut ne sousou 'e taono ma maj ne veko ma hag mānmanu**

He' se **Rural Support Trust** 'e utut ne 'āe noho e. Iris pō la rak'āk se 'āe ta ut hoia'āk ne la pō la hājasoag se 'āea.

**0800 787 254 (Rural Support Trust)**

**Hājasoag se maj ne māūr 'on mānmanu**

He' se maj ne matanitū ne matā' se pera ma sāsī (**Ministry for Primary Industries**) nōnō ka 'āe pā 'es hājasoag; ne pa sājio' ta tēet; ne rak'āk ta rogrogot 'e reko ta le'et ag mam'asa ne re kok se mānmanu.

**0800 00 83 33 (MPI)**

**Hājasoag fak garue ne puer'akisupport**

*'Āe kop la 'inea foh fak garue ne mou se 'āe ma pārea 'āea.*

Hāifāegag ma **Work and Income** nōnō ka 'āe ao 'ou garuet ne 'āe ao famōr garue.

Hāifāegag ma **Employment NZ** ne hat se 'oris website ta la 'inea ne foh tes ta 'es'ao se 'āe famōr garue ta.

Hāifāegag ma **Worksafe** la 'inea rogrog ne la matā'ua 'āe 'e av ne garue.

**0800 779 009** (Work and Income's Job Search line) [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20** (Employment New Zealand) [www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040** (Worksafe) [www.worksafe.govt.nz](http://www.worksafe.govt.nz)

**Hājasoag fak monē**

*Nōnō ka 'ae ökōk 'e hanhap fak selene ma figalelei ma se masrag 'e far hājasoaga.*

Hat se **Work and Income** website ne hājasoag tapene tā iris pō la nā se 'āe ma 'ou kaunohoag ta.

'Āe la pō la far hājasoag 'e online ne hat ma ās'āk ne 'āe aier'āk la pō hājasoag fak tēla'ā.

[www.workandincome.govt.nz](http://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)

**Se te' ne rogrog ma hājasoag hoi'āk**

*Ma 'on ut garueag ma'oi te'is garue ag'esea la hājasoag la matā'ua te' ne famōr tūtū 'atakoa.*

Hat ma sākior se **Unite Against COVID-19** website ne hāifāegag ma **New Zealand Government Helpline.**

**0800 779 997** (**New Zealand Government Helpline**)

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)  
[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)

# Tau puhala lagomatai



Unite  
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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.

<b>Kaeke kua fai lekua tupu fakaofu</b>	Vilo e numela <b>111</b> ma e Faahi Tamate Afi, Leoleo, Emepulene poke Faahi Gahua Leveki Lekua Tupu Fakaofu.	<b>111 (Laini he Tau Lekua Tupu Fakaofu)</b>
<b>Tau hatakiaga faahi malolō tino</b> <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 <b>Healthline</b> ke kumi lagomatai nakai fai totogi mai ia lautolu e tau pulotu ia.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Ka manako lagomatai ke lata mo e tau fanau ikiiki mo e tau mukemuke</b> <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 <b>Plunket</b> 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.	<b>0800 933 922 (PlunketLine)</b>
<b>Ka manako lagomatai ma e tau manamanatuaga lololele poke ma e tau tatalu manako (addiction)</b>	Vilo atu poke text kehe numela <b>1737</b> ke fakatutala mo e taha tagata pulotu ke lagomatai. Ke moua taha lagomataiaga kua tonu, vilo atu kehe <b>Depression Helpline</b> poke <b>Alcohol Drug Helpline</b> .	<b>1737 (1737 Helpline)</b> <b>1737.org.nz</b> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)
<b>Tau lagomatai ma e tau ekefakakelea magafaoa poke mahani kolokolovao</b> <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 <b>111</b> 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 <b>Family Services 211 helpline</b> . Vilo e <b>Women's Refuge</b> ka manako lagomatai, poke manako mafiti taha kaina ke nofo ai, kaeke kua lauia haau a moui ke he tau ekefakakelea. Vilo ke he <b>Elder Abuse Helpline</b> 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.	<b>111 (Emergency Line)</b> <b>0800 211 211</b> <b>(Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Ka fai manatu ke lata ma e moui malolō mo e puipuiaga ke he tama</b>	Vilo ke he <b>Oranga Tamariki</b> 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.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>Ka manako he kaina ke nofo fakaku ai</b>	Vilo atu ke he <b>Temporary Accommodation Service</b> ka manako mafiti a koe he taha kaina ke nofo ai.	<b>0508 754 163</b> <b>(Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>Tau hatakiaga ma e tau fale nofo totogi</b>	Matutaki atu ke he <b>Tenancy Services</b> ke moua e tau fakamaamaaga ke lata moe tau lagomataiaga kua tonuhia a koe ki ai.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

## 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 fakatai 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](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://www.civildefence.govt.nz)

## Civil Defence Emergency Management Groups

Northland – **0800 790 791**

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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](http://www.workandincome.govt.nz)

**0800 20 90 20**

(Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040 (Worksafe)**  
[www.worksafe.govt.nz](http://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](http://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](http://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)

# Buoka aika a bongana



Unite  
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Akea te kanganga ngkana ko bubuti buokam. Ngkai ti karekebai ni makuri n totokoa te aoraki aio iai aomata ao botaki ni makuri aika a kona ni buoka kainnanom. Ko kona naba ni bubuti buokam n te raitaeka n am tai n tarebon ma angia taabo ni makuri n te tautaeaka ngkana e uarereke otam n te taetae ni I-Matang.

<b>I bukin te buoka ae e katawe</b>	Tarebonia <b>111</b> i bukin Fire ao Emergency, Bureitiman, Amburanti ke Civil Defence.	<b>111 (Tarebon i bukin te buoka ae e katawe)</b>
<b>Taeka ni ibuobuoki i bukin maurim</b> <i>E rangi ni kakawaki bwa ko na kakaea buokam ngkana ko aoraki. Tai tatanninga.</i>	Tarebonia am taokita, <b>Healthline</b> i bukin buokam ae e aki kaboaki mai irouia tan rabwakau aika a bwebwa ao a rangi ni mwatai.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Buoka aika a bonganga i bukin marurungia merimeri ao ataei</b>	Tarebonia te <b>Plunket</b> ao taetae ma te nurse ikekei. Te tarebon aio e aki kaboaki ibukia karo ao e butimaia utu ni kabane/whānau ao tan tararua.	<b>0800 933 922 (PlunketLine)</b>
<b>Buoka i bukin aorakin te iango ao okiokiran karaon bwai tabeua aika aki raraoi</b> <i>Iai ae ko kona n taetae ma ngaia ngkana ko namakina kainnanon am iango.</i>	Tarebonia ke text nakon <b>1737</b> i bukin buokam ma irouia tan beku aika a mwatai ni buokiko. I bukin kainnanom ae e onoti ao reitaki ma <b>Depression Helpline, Alcohol Drug Helpline.</b>	<b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)
<b>Buokan te utu ni kaineti ma te kiriwe n te mwenga ke te tautau</b> <i>Akea te kanganga ngkana ko kitana am buroburo i bukin kawakinam ke kawakinan mauria tabeman. Ngkana ko riai ni kitana am buroburo ao e kona n nakoim buokam.</i>	Tarebonia <b>111</b> ngkana iai te kanganga nakoim ke e na reke te ikoaki nakon temanna ke ngkana e na boni kaikuakia te aomata i bon irouna. Kakaea te buoka n am kawa, tarebonia <b>211 i bukin buokaia utu (Family Services).</b> Tarebonia te tabo ni katantan ibukia aine ( <b>Women's Refuge</b> ) i bukin kaotam, buokam ke te tabo ae e tan ibukim ngkana ko kaitara ma te kiriwe i nanon maium. Tarebonia i bukin Bainikinaki Kara ( <b>Elder Abuse Helpline</b> ) e aki kaboaki. A kona kaara ni kabongana ngkana a bwainikinaki ke ngkana ataia bwa a bwainikinaki tabeman.	<b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Ngkana ko tabeaianga i bukin maurin ke mwengaraoin te tetei</b>	Tarebonia te <b>Oranga Tamariki</b> ngkana e mwebuaka te tei ke te roro n rikirake, e aki tau aron te tararua nakoina ke e maeanao ma ana karo ke te tia tararuaia.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>I bukin te tabo ni maeka ae aki maan</b>	Tarebonia te Tabo ni Kareke Maeka ( <b>Temporary Accomodation Service</b> ) ngkana ko kainanoa am tabo n tiku n te tai ae e waekoa.	<b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>I bukin kabongananao kainanoakin te auti</b>	Tarebonia <b>Tenancy Services</b> i bukin kaotam ni kaineti ma inaomatam ian te tua.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

## I bukin karekean kainnanom aika a riai ao amwarake

*Ti bane ni kainnanao te amwarake ao bwai aika a riai ibukira n aekan bwain aoraki, ngaia ae te bubuti bwa kam na aki kataia n tiku n akea bwai aikai inanon bwaim, ngkai a bon rangi mwaiti anga i bukin karekean bwai aikai nakomi.*

Taetae nakoia aomata aika a kona ni buoki ngkami n aekaia ami utu, **whānau, raoraomi, iwi ao kain rarikimi** n noria ngkana a kona n nikiri bwai aika kam kainnanoi.

Ngkana akea aika a kona ni buoki ngkami ao kam kona ni karaoa ami bobwai i aon te internet man titoa tabeua.

Ngkana arona naba bwa e aki makuri aio ibukimi ke kam aki toma nakon te internet kam kona n reitaki nakoia nake tabeia katanan te aomata ma aia bwai n tain te kanganga (**Civil Defence Emergency Management Group**) bwa a na rikiri bwai aikai nakoimi, n aron:

- > Amwarake
- > Te ran
- > Am bobwai
- > Kanaia maan
- > Bwain aoraki
- > Bai ni kuka
- > Te bwa (bwai te kaa)
- > Kunikai
- > Bwai ni matu

[shop.countdown.co.nz/shop/content/priority-assistance](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://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**

## I bukin tabo aika a raroa ma te kawa ao tan tararuai man/ununiki

Reitaki ma tan ibubuoki nakon tabo aika a raroa ma te kawa (**Rural Support Trust**). A kona ni kaota te tabo ae e na reke iai buokam.

**0800 787 254 (Rural Support Trust)**

## I bukin tararuakia maan

Tarebonia te botaki i bukin karikirake ao tararuai maan ngkana iai tabeaiangam i bukin tararuakia maan ao riboti ngkana iai tabeaiangam i bukin naba bwainikirinakia.

**0800 00 83 33 (MPI)**

## Buoka aika a bongana – i bukin am makuri

*Ata inaomatam ian te kammakuri ao kawakina maurim.*

Retiaki ma **Work and Income** ngkana ko tabe ni kakea am makuri ke ngkana iai te mwawa ae ko kainnanao iai te tia makuri.

Reitaki ma Botaki ni Kammakuri i Niutiran (**Employment NZ**) ke nakon aia website i bukin kamata ni kaineti ma inaomatam ian tuan te kamakuri.

Reitaki ma te tabo i bukin Kawakina maurim n te tabo ni makuri (**Worksafe**) i bukin kamata ni kaineti ma kamanoam ngkana ko makuri.

**0800 779 009**

(Work and Income's Job Search line)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20** (Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040** (Worksafe)  
[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## I bukin kainnanao te mwane ni buoka

*Akea te kanganga ngkana ko bubuti buokam te mwane ngkana ko namakinna bwa ko kainnanao.*

Nakon te **Work and Income** website i bukin kainnanao te mwane i bukin katawean karekean bwai aika ko kainnanoi ke bwai aika ko kainnanoi n tai nako.

Ko kona ni kanoa am beba ni bubuti i bukin buokam i aon te internet ao man noria naba bwa e kona n reke buokam i bukin te amwarake ke e aki.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

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

(Food grant & benefit app – buoka i bukin amwarake ao buoka tabeua)

**0800 559 009** (MSD General Line)

**0800 552 002** (Kara are 65 aia ririki ni waerake)

**0800 88 99 00** (Ataein te reirei)

## Rongorongo i bukin kaotam ao buoka riki tabeua

*Iai botaki aika a kakaokoro aika a makuri i bukin buokan ao tararuan te bota n aomata ni kabane.*

Nakon **Unite Against COVID-19** website ao reitaki ma **New Zealand Government Helpline**.

**0800 779 997 (New Zealand Government Helpline)**

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)

# Veiqaravi kei na veivuke



Unite  
against  
COVID-19

E sega ni cala meda kere veivuke. Nida lako curuma vata tiko na leqa eda sotava tiko qo, e tiko na veitaba ni veiqaravi kei ira era rawa ni veivuke. Qo eso na vanua o rawa ni gole kina mo qara ivakasala se veivuke. Kevaka o sega ni kila na vosa vakaperitania, mo kerea e dua me vakadewa vei iko ni o qirita na veitaba ni veiqaravi ni matanitu.

<b>Gauna ni leqa tubukoso</b>	Qirita na <b>111</b> ke yaco na Kama kei na Leqa Tubukoso, mo tarai ira kina na Ovisa, Lori ni Veiusa i Valenibula se Tabana ni Veitaqomaki.	<b>111 (Naba ni Veivuke ni Leqa Tubukoso)</b>
<b>iVakasala ni tabana ni bula</b> <i>E bibi tiko ga mo qara na veivuke ena tabana ni bula ke o tauvimate. E sega ni gadrevi mo wawa.</i>	Qirita nomu Vuniwai se veitaratara ena <b>Healthline</b> ena ivakasala soli wale mai vei ira na kenadau.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>iVakasala baleti ira na gonedramidrami kei ira na gone</b>	Qirita na <b>Plunket</b> mo vosa vua e dua na nasi ni Plunket. Na PlunketLine e sala ni veitaratara sega ni saumi mera vukei kina na itubutubu, e vakarautaki tale ga kina na ivakasala vei ira na vuvale, whanau kei ira na dauveiqaravi se dauniveisusu.	<b>0800 933 922 (PlunketLine)</b>
<b>Veivuke vei ira e vakaleqai nodra vakasama se bobula ena so na ivakarau</b> <i>Se mani vakacava na ituvaki o sotava, e tiko o ira o rawa ni vosa kina mo talaucaka kina na lomamu.</i>	Qirita se text ena <b>1737</b> mo veivosaki kei na dua e kenadau me veivuke. Ke o vinakata me wali e dua na ituvaki o sotava voli, o rawa ni qirita na <b>Depression Helpline</b> se <b>Alcohol Drug Helpline</b> .	<b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)
<b>Na veivuke vei ira na vakayacori vei ira na ivalavala kaukaua e vale se ivalavala kaukaua ni veiyacovi</b> <i>E vinaka cake mo biuti ratou e vale se o ira dou vakaitikotiko vata mo taqomaki kina se mo taqomaka e dua tale. E tiko na veivuke e vakarautaki ke o mani biubiu.</i>	Qirita na <b>111</b> ke o iko se dua tale e tu ena dua na ituvaki leqataki se rawa ni vakamavoataki. Mo kila na veivuke e vakarautaki ena vanua o vakaitikotiko kina, qirita na <b>Family Services 211 helpline</b> . <b>Qirita na Women's Refuge</b> ena ivakasala, veivuke, kei na vale ni drodro mo taqomaki kina ke vakayacori vei iko na ivalavala kaukaua. Na laini ni veitaratara na <b>Elder Abuse Helpline</b> oya na sala ni veiqaravi sega ni saumi e vakarautaki vei ira na itabaqase. Mera qirita gona na naba qori ke o ira se dua tale nodra itokani itabaqase era kila ni vakalolomataki.	<b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Leqataki ni nodra bula se nodra taqomaki na gone</b>	Qirita na <b>Oranga Tamariki</b> kevaka e dua na gone se itabagone e sega ni taqomaki vinaka, sega ni kauaitaki se tawasei mai vei nodra itubutubu se dauniveisusu.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>iTikotiko vakawawa</b>	Qirita na <b>Temporary Accommodation Service</b> ke oni gadreva vakatotolo e dua na vanua moni tiko kina.	<b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>iVakasala vei ira na rede se saumi vale</b>	Qirita na <b>Tenancy Services</b> mo kila kina nomu dodonu vakalawa.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>



## Kakana kei na veika e gadrevi vakalevu

Eda gadreva na kakana kei na veika e gadrevi vakalevu me vaka na wainimate. Me kua gona ni oti koso na veika bibi qo. E levu na gaunisala e rawa ni kau mai kina vei iko na veika qori.

Veivosaki kei ira era rawa ni veitokoni me vaka na nomu **matavuvale, whanau, itokani, iwi kei ira na volekati iko** qai raica ke rawa nira kauta yani na veika e gadrevi.

Kevaka e sega na gaunisala ni veivuke se sega ni dua e rawa ni veivuke, o rawa ni veivoli ena monalivaliva ena so na sitoa.

Kevaka e sega kece na veika qori, o rawa ni qirita na **Civil Defence Emergency Management Group** mera kauta mai na veika o gadreva me vaka na:

- > Kakana
- > Wai
- > iYaya ni volivoli o gadreva
- > Kedra na manumanu
- > Wainimate
- > iYaya ni vakasaqa
- > Waiwai ni lori
- > Sulu
- > iYaya ni moce

[shop.countdown.co.nz/shop/content/priority-assistance](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://www.civildefence.govt.nz)

## Civil Defence Emergency Management Groups

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Southland – **0800 890 127**

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

## Veivuke vei ira ena taudaku ni koro lelevu kei ira na dauteitei

Qirita na **Rural Support Trust** ena nomu yasayasa. Eratou na vakasalataki iko ena vanua mo gole kina mo vukei ena veika o gadreva.

**0800 787 254 (Rural Support Trust)**

## Veika e baleta nodra bula na manumanu

Qirita na **Ministry for Primary Industries** me baleta na vakatataro e vauci ira na manumanu kei na nodra qaravi, wili kina na ripotetaki ni nodra vakararawataki.

**0800 00 83 33 (MPI)**

## Na ivakasala kei na veivuke ena nomu cakacaka

Kila nomu dodonu ni o dua na tamata cakacaka qai taqomaki iko.

Veitaratara kei na **Work and Income** kevaka o vaqara cakacaka se o vaqara tololo tiko e dua me mai cakacaka vei iko.

Veitaratara kei na **Employment NZ** se raica na nodratou website me baleta na nomu dodonu vakatamata cakacaka.

Veitaratara kei na **Worksafe** me baleta na tataqomaki ena vanua ni cakacaka.

**0800 779 009**

(Work and Income's Job Search line)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20**

(Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040 (Worksafe)**

[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## Veivuke vakailavo

Kevaka o vakila na leqa vakailavo, e sega ni cala mo kerea na veivuke.

Raica na website ni **Work and Income** me baleta na veivuke ena gauna ni leqa kei na veika e gadrevi e veigauna.

O rawa ni vakalewena ena internet nomu kere veivuke qai raica tale ga kina ke o okati kei ira e rawa ni vukei ena veivuke ni kakana e vakarautaki.

[www.workandincome.govt.nz](http://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)**

## iKuri ni ivakamacala kei na veivuke

E cakacaka tiko e levu na isoqosoqo mera qaravi ira kece na lewenivanua.

Rai ena website **Unite Against COVID-19** se qirita na **New Zealand Government Helpline**.

**0800 779 997**

**(New Zealand Government Helpline)**

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)

# Au turanga anoano'ia no te iti tangata e te turu'anga



Unite  
against  
COVID-19

Auraka e akamā i te pati tauturu. Ia tatou e anga'anga taokotai nei na roto i teia, tena te aronga e te au turanga tauturu ia koe. Teia te au ravenga no te arataki, tauturu me kore ra no te turu ia koe me anoano'ia. Me kare koe e tuatua Papa'ā ana, pati'ia atu no tetai uri-reo me taniuniu atu koe i te ma'ata'anga o te au tipatimani o te kavamani.

<b>I roto i te tuātau e ingangaro po'itirere'ia ana te tauturu</b>	Tāniuniu atu i te <b>111</b> no te A'ī e te Tauturu Po'itirere, Akavā, Ambulance me kore ra Civil Defence.	<b>111 (Terepōni no te Tauturu Po'itirere)</b>
<b>No te arataki'anga no te rapakau'anga</b> <i>Mei tei na mua ia atu ana, e mea puapinga rava atu kia rapakau'ia, me kare koe e meitaki ana. Kare koe e inangaro'ia kia tiaki.</i>	Taniuniu'ia to'ou Taote, me kore ra, komakoma atu ki te <b>Terepōni-rapakau'anga</b> no te arataki'anga tutaki-kore no runga i te rapakau'anga e te au akakitekite'anga a te au ta'unga kua terēni'ia.	<b>0800 611 116 (Terepōni-rapakau'anga)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>No te arataki'anga no runga i te rapakau'anga no te au pēpe, me kore ra te tamariki</b>	Tāniuniu atu i te <b>Plunket</b> no te komakoma atu ki tetai nēti o te Plunket. E terepōni tauturu tutaki-kore te PlunketLine no te au metua e te turanga arataki'anga ki te au kopu tangata ravarāi, te ngutuare tangata e te aronga ākonokono.	<b>0800 933 922 (Terepōni-Plunket)</b>
<b>No te maki manako me kore ra te turu i te aronga irinaki ki runga i te au kai'anga tītā</b> <i>Noātu te turanga o to'ou ngakau/vaerua, te vai ra tetai tangata ei komakoma atu na'au, me anoano koe.</i>	Tāniuniu atu me kore ra patapata atu i te <b>1737</b> no te komakoma atu ki tetai tangata terēni'ia no te tauturu. No tetai tauturu anake, komakoma atu ki te <b>Terepōni-tauturu no te Taitaiā</b> me kore ra <b>Terepōni-tauturu no te Kai-kava e te Kai-tītā</b> .	<b>1737 (1737 Terepōni-tauturu)</b> <b>1737.org.nz</b> <b>0800 111 757 (Terepōni-tauturu no te Taitaiā)</b> <b>0800 787 797 (Terepōni-tauturu no te Kai-kava e te Kai-tītā)</b>
<b>No te turu no te ora'anga tā i roto i te ngutuare me kore ra te tomo-vaine</b> <i>Te meitaki ua ra te akaruke atu i to'ou punake ei akapōnuiā'au ia koe me kore ra i tetai atu. Me ka akaruke koe, te reira te tauturu.</i>	Tāniuniu atu i te <b>111</b> me tei rotopu koe, me kore ra, tetai atu, i tetai manamanatā te ka tupu, me kore ra, e manamanatā ka tupu kia ratou uā'orāi. Kimi'ia tetai turanga turu i te ora'anga meitaki i roto i to'ou oire, tāniuniu'ia te <b>terepōni-tauturu o te Turanga Turu i te Kopu Tangata 211</b> . <b>Tāniuniu'ia te Akapu'anga no te Vaine</b> no tetai arataki'anga, turu'anga e tetai ngā'i no te no'o'anga pōnuiā'au me te no'o'anga koe ki roto i te manamanatā tā, i roto i to'ou ora'anga. Tāniuniu'ia te <b>Terepōni-tauturu o te Takinokino i te Pakari</b> e turanga tutaki-kore ei komakoma'anga atu na te aronga pakari me te takinokino'ia ra ratou me kore ra, tetai atu kua kite ratou e, te takinokino'ia ra no to ratou turanga pakari.	<b>111 (Terepōni no te Tauturu Po'itirere)</b> <b>0800 211 211 (Terepōni-tauturu no te Turanga Turu i te Kopu Tangata 211)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Akapu'anga no te Vaine)</b> <b>0800 32 668 65 (Terepōni no te Takinokino i te Pakari)</b>
<b>No te au ekoko'anga no te ora'anga meitaki me kore ra te ora'anga pōnuiā'au o te tamaiti</b>	Tāniuniu'ia atu te <b>Ora'anga Tamariki</b> me kare tetai tamaiti me kore tetai māpū tamariki e no'o pōnuiā'au ana, kare e akono'ia ana, me kore ra, kua akaātea'ia mei tona nga metua me kore ra, mei te aronga tiaki iaia.	<b>0508 326 459 (Ora'anga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>No tetai ngā'i no'o'anga no tetai tuātau poto</b>	Komakoma atu ki te <b>Turanga no te No'o'anga Tuātau Poto</b> me te inangaro viviki ra koe i tetai ngā'i no'o'anga.	<b>0508 754 163 (Turanga no te No'o'anga Poto)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>No te arataki'anga no runga i te tāre'u'anga e te rīti'anga are</b>	Komakoma atu ki te <b>Turanga Rīti</b> no te tuatua no runga i to'ou tika'anga i roto i te ture.	<b>0800 836 262 (Turanga Rīti)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

## No te tiki kai me kore ra te au mea anoano'ia

*E anoano ana tatou pouroa i te kai e te au mea anoano'ia no te ora'anga mei te vai-rakau, no reira, auraka e timata i te akakore i taau. Ra'ira'ia ua atu te au ravenga kia tae atu teia kiā koe.*

Komakoma atu ki te au turanga e tauturu ana ia koe mei te **kopu tangata, ngutuare tangata, au 'oa, iti tangata e to'ou taeake tupu i te pae mai** me ka rauka ia ratou i te kave atu i te au mea anoano'ia e koe.

Me kare o'ou turanga tauturu, me kore ra kare e rauka ia ratou i te tauturu ia koe, ka rauka ia koe i te ota i ta'au au apinga na runga i te roro uira ki tetahi au toa oko-kai.

Me kare teia au ravenga i runga ake nei e angaanga no'ou, me kore ra, kare a'au ravenga no te roro uira, komakoma atu ki to'ou **Pupu Aka'aere i te Civil Defence Emergency** kia kave atu i te au mea anoano'ia, mei te:

- > Kai
- > Vai
- > Te au kai tuketuke
- > Kai na te Manu/Animara
- > Vai-rakau
- > Au mea no te tunu kai
- > Gas
- > Kaka'u
- > Au mea no te ro'i

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

## Au Pupu Aka'aere i te Civil Defence Emergency

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**

## No te tauturu kia mārama koe i to'ou tika'anga

Komakoma atu ki te **CAB (Citizen's Advice Bureau)** no te arataki'anga tutaki kore e te tuatua no runga i te COVID-19 e to'ou tika'anga.

[www.cab.org.nz](http://www.cab.org.nz) (kupenga uira no te komakoma'anga na runga i te au ravenga uira)  
**0800 367 222** (kare e tutaki me tāniuniu mai na runga i te terepōni enua e te terepōni āpaipai)

## No te ora'anga meitaki o te manu/animara

Tāniuniu'ia te Manatū Ahu Matua no te au manamanatā no runga i te ora'anga o te manu/animara, e te kimi tauturu, e no te akakite atu i te takinokino'anga'ia.

**0800 00 83 33 (MPI)**

## Arataki'anga e te turu'anga no te anga'anga

*Kia kite koe i to'ou tika'anga ei tangata anga'anga ma te akono kia pōnuiā'au koe.*

Komakoma atu ki te **Work and Income** me te kimi anga'anga ra koe me kore ra e ngā'i anga'anga tā'au ka inangaro koe kia mono'ia.

Komakoma atu ki te **Employment NZ** me kore ra, akara atu ki runga i ta ratou kupenga uira no te au tuatua no runga i to'ou tika'anga ei tangata anga'anga.

Komakoma atu ki te **Worksafe** no runga i te tuatua no te anga'anga pōnuiā'au.

**0800 779 009**  
(terepōni Kimi Anga'anga a te Work and Income)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)  
**0800 20 90 20**  
(Anga'anga Aotearoa)  
[www.employment.govt.nz](http://www.employment.govt.nz)  
**0800 030 040** (Anga'anga-pōnuiā'au)  
[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## No te moni tauturu

*Me te putaka'iti ra koe no te moni, te meitaki ua ra te pati tauturu.*

Akara atu ki runga i te kupenga uira a te **Work and Income** no te moni tauturu no te manamanatā po'itirere e te au mea anoano'ia no te ora'anga.

Ka rauka ia koe i te pati atu i ta'au moni-tomāti na runga i te roro uira, ma te akara atu me ka tu koe i te tauturu na roto i te kai.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)  
<https://my.msd.govt.nz/>  
(Moni no te kai e te app no te moni-tomāti)  
**0800 559 009** (Terepōni Ma'ata a te MSD)  
**0800 552 002** (Aronga Pakari e 65 mataiti e runga atu)  
**0800 88 99 00** (Au Tairā)

## No tetahi atu tuatua no runga i tetahi atu tauturu

*E ma'ata te au putuputu'anga e anga'anga nei i te akapāpū e te akono'ia nei te katoatoa.*

Akara'ia atu te kupenga uira a te **Unite Against COVID-19** me kore ra, komakoma atu ki te **Terepōni-tauturu a te Kavamani o Aotearoa**.

**0800 779 997 (Terepōni-tauturu a te Kavamani o Aotearoa)**  
[www.Covid19.govt.nz](http://www.Covid19.govt.nz)  
[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)



<p><b>For access to food or essential items</b></p> <p><i>We all need food and essential items such as medicine, so please don't try to go without. There are plenty of ways to get this to you.</i></p>	<p>Talk to your support networks like <b>family, whānau, friends, iwi and neighbours</b> to see if they could deliver essential items to you.</p> <p>If you don't have support networks, or they are unable to help you, you can order groceries online from some stores.</p> <p>If the options above don't work for you, or you don't have internet access, you can contact your <b>Civil Defence Emergency Management Group</b> to deliver essential items, including:</p> <ul style="list-style-type: none"> <li>&gt; Food</li> <li>&gt; Water</li> <li>&gt; Groceries</li> <li>&gt; Pet Food</li> <li>&gt; Medication</li> <li>&gt; Cooking</li> <li>&gt; Fuel</li> <li>&gt; Clothing</li> <li>&gt; Bedding</li> </ul>	<p><a href="http://shop.countdown.co.nz/shop/content/priority-assistance">shop.countdown.co.nz/shop/content/priority-assistance</a> (Countdown)</p> <p><a href="http://ishopnewworld.co.nz">ishopnewworld.co.nz</a> (New World)</p> <p><a href="http://shop.sva.org.nz">shop.sva.org.nz</a> (Student Volunteer Army)</p> <p><a href="http://www.civildefence.govt.nz">www.civildefence.govt.nz</a></p> <p><b>Civil Defence Emergency Management Groups</b></p> <p>Northland – <b>0800 790 791</b></p> <p>Auckland – <b>0800 222 296</b></p> <p>Waikato – <b>0800 800 405</b></p> <p>Bay of Plenty – <b>0800 884 222</b></p> <p>Tairāwhiti – <b>0800 653 800</b></p> <p>Taranaki – <b>0800 900 077</b></p> <p>Manawatū-Whanganui – <b>0800 725 678</b></p> <p>Hawke's Bay – <b>0800 422 923</b></p> <p>Wellington – <b>0800 141 967</b></p> <p>Nelson - Tasman – <b>0800 50 50 75</b></p> <p>Marlborough – <b>03 520 7400</b></p> <p>West Coast – <b>03 900 9329</b></p> <p>Canterbury – <b>0800 24 24 11</b></p> <p>Otago – <b>0800 322 4000</b></p> <p>Southland – <b>0800 890 127</b></p> <p>Chatham Islands – <b>03 305 0033 ex 715</b></p>
<p><b>For rural and farming support</b></p>	<p>Contact your local <b>Rural Support Trust</b>. They can point you in the right direction for the support you need.</p>	<p><b>0800 787 254 (Rural Support Trust)</b></p>
<p><b>For animal welfare matters</b></p>	<p>Call Ministry for Primary Industries for animal welfare concerns and enquiries and to report cruelty.</p>	<p><b>0800 00 83 33 (MPI)</b></p>
<p><b>For employment advice and support</b></p> <p><i>Know your rights as an employee and keep yourself safe.</i></p>	<p>Contact <b>Work and Income</b> if you're looking for work or have a vacancy that needs to be filled.</p> <p>Contact <b>Employment NZ</b> or visit their website for information on your rights as an employee.</p> <p>Contact <b>Worksafe</b> for information on working safely.</p>	<p><b>0800 779 009</b> (Work and Income's Job Search line) <a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a></p> <p><b>0800 20 90 20</b> (Employment New Zealand) <a href="http://www.employment.govt.nz">www.employment.govt.nz</a></p> <p><b>0800 030 040 (Worksafe)</b> <a href="http://www.worksafe.govt.nz">www.worksafe.govt.nz</a></p>
<p><b>For financial support</b></p> <p><i>If you are struggling financially, it's ok to ask for support.</i></p>	<p>Visit the <b>Work and Income</b> website for financial support for emergency and ongoing needs.</p> <p>You can apply for a main benefit online and check your eligibility for food assistance.</p>	<p><a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a></p> <p><a href="https://my.msd.govt.nz/">https://my.msd.govt.nz/</a> (Food grant &amp; benefit app)</p> <p><b>0800 559 009</b> (MSD General Line)</p> <p><b>0800 552 002</b> (Seniors 65+)</p> <p><b>0800 88 99 00</b> (Students)</p>
<p><b>For further information on other support</b></p> <p><i>There are a number of organisations working to make sure everyone is looked after.</i></p>	<p>Visit the <b>Unite Against COVID-19</b> website or contact the <b>New Zealand Government Helpline</b>.</p>	<p><b>0800 779 997 (New Zealand Government Helpline)</b></p> <p><a href="http://www.Covid19.govt.nz">www.Covid19.govt.nz</a></p> <p><a href="http://www.govt.nz/about/about-us/contact-us/">www.govt.nz/about/about-us/contact-us/</a></p>