

Au turanga tauturu, e te turu

Unite
against
COVID-19

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



I roto i te tuātau e ingangaro po'itirere'ia ana te tauturu	Taniuniu'ia te numero 111 no te Fire e te Emergency, 'Akavā, me kore ra, Ambulance.	111 (Emergency Line)
No te arataki'anga no runga i te rapakau'anga <small>Mei tei na mua ia atu ana, e mea pu'apinga rava atu kia rapakau'ia, me kare koe e meitaki ana. Kare koe e inangaro'ia kia tiaki.</small>	Me e 'ūpē, flu, me kore ra, e au 'akairo-maki COVID-19 to'ou, aere kia vāito'ia koe. Taniuniu'ia to'ou Taote, me kore ra, komakoma atu ki te Healthline 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.	0800 358 5453 (Healthline – arataki'anga no runga i te rapakau'anga i te COVID-19) 0800 611 116 (Healthline – arataki'anga no runga i te rapakau'anga) www.healthpoint.co.nz
No te arataki'anga no runga i te rapakau'anga i te au pēpe, me kore ra, i te tamariki	Tāniuniu atu i te Plunket 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 kōpū tangata ravarāi, te ngutu'are tangata, e te aronga tiaki tamariki.	0800 933 922 (PlunketLine)
No te maki manako, me kore ra, te turu i te aronga irinaki ki runga i te au kai'anga tītā <small>Noātu te turanga o to'ou ngakau/ vaerua, te vai ra teta'i tangata ei komakoma atu na'au, me anoano koe.</small>	Taniuniu atu, me kore ra, patapata atu i te 1737 no te komakoma atu ki tetai tangata kua terēni'ia i te tauturu. No tetai tauturu anake, komakoma atu ki te Depression Helpline me kore ra Alcohol Drug Helpline	1737 (1737 Helpline) 1737.org.nz 0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)
No te turu no te ora'anga tā i roto i te ngutu'are, me kore ra, te tomo-vaine <small>Te meitaki ua ra te 'akaruke atu i to'ou punake, ei 'akapōnuiā'au iākoe 'uā'orāi, me kore ra, i teta'i atu. Me te anoano ra koe i te 'akaruke, tei reira te tauturu.</small>	Taniuniu atu i te numero 111 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, taniuniu'ia te Family Services 211 helpline . Taniuniu'ia te Women's Refuge no tetati arataki'anga, turu'anga, e teta'i ngā'i, no te no'o'anga pōnuiā'au, me te no'o ra koe ki roto i te manamanatā tā, i roto i to'ou ora'anga. E turanga tutaki-kore te Elder Abuse Helpline no te aronga pakari, me te tākinokino'ia ra ratou, me kore ra, tetai atu kua kite ratou e te tākinokino'ia ra, no to ratou turanga pakari.	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)
No te au 'ēkōkō'anga no te ora'anga meitaki, me kore ra, te ora'anga pōnuiā'au, o te tamaiti	Taniuniu'ia atu te Ora'anga Tamariki me kare tetai tamaiti, me kore ra, tetai mōpū 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 iāia.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
No te turu i te mōpū tamariki	E turu ana te Youthline i te au mōpū tamariki katoatoa, pērā katoa ratou te teima'a nei te 'apainga. E 'ōronga ana te Youthline i te 24/7 Helpline service tutaki-kore.	Youthline Free call 0800 376 633 Free text 234 Webchat: https://www.youthline.co.nz/
No te turu i te au oire/ tapere mamao i va'o, e te au pāma	Komakoma atu ki to'ou Rural Support Trust . Na ratou e to'u atu i te kaveinga, no te turu'anga e anoano ra koe.	0800 787 254 (Rural Support Trust)

<p>No te tiki kai, me kore ra, te au mea anoano'ia</p> <p>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 ta'au. Ra'ira'u ia atu te au rāvenga, kia tae atu teia kiā koe.</p> <p>Me te kavekave 'apinga ra koe, 'akama'ara i te 'akamamao'anga e 2 mita, ma te 'a'ao i teta'i tāpoki mata.</p>	<p>Komakoma atu ki te au turanga e tauturu ana ia koe mei te kōpū tangata, ngutu'are tangata, au taeake, e to'ou tangata tupu me ka rauka ia ratou i te kave atu i te au mea anoano'ia e koe.</p> <p>Me te anoano vairākau ra koe, komakoma atu ki to'ou pharmacy.</p> <p>Tamata'ia te au turanga kavekave kai, mei te, kavekave'anga a te toa-'oko-kai, au ko'u kai, te au kai kua papa takere no te kai tei 'akatoka'ia, te au pi'a kai 'ōta, me kore ra, teta'i atu turanga kavekave kai:</p> <p>Me te 'inangaro moni tauturu ra koe, no te 'oko kai, teia te Work and Income ei tauturu.</p> <p>Me te anoano viviki ra koe i te kai, 'ārāvei atu i to'ou foodbank no te turu - 'ākara'ia te 'ātui'anga ki to'ou 'ona toa 'oko kai.</p> <p>Me kua tautā ana koe, e kare e turu i rauka mai, mei roto i te au rāvenga i runga ake nei, 'ārāvei atu i te Pupu Civil Defence e te Emergency Management (CDEM), o to'ou tapere.</p>	<p>Student volunteer army no te kavekave'anga piri-vaitata-kore i Tāmaki Makaurau https://shop.sva.org.nz</p> <p>https://shop.countdown.co.nz/shop/content/priority-assistance/ (Countdown)</p> <p>https://www.newworld.co.nz/shop (New World)</p> <p>'Ākara'ia ki raro ake nei te au numero 0800 e te au 'ātui'anga o te Work and Income.</p> <p>www.familyservices.govt.nz/directory/ (Foodbanks)</p> <p>www.civildefence.govt.nz/find-your-civil-defence-group/</p>
<p>No te moni tauturu</p> <p>Te vai ra pa'a te turu no te au pū-anga'anga, te aronga 'anga'anga, e te aronga kua 'akaruke'ia mai i te 'anga'anga, me kore ra, kua 'akatopa'ia mai te tutaki, me kore ra, te tauturu no te 'oko kai.</p>	<p>'Ākara 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.</p> <p>Ka rauka iākoe i te pati atu i ta'au moni-tomāti, na runga i te 'ātuitui roro uira, ma te 'ākara atu, me ka tu koe i te tauturu na roto i te kai.</p> <p>Ka rauka katoa iākoe i te ta'anga'anga i te rāvenga COVID-19 financial support, i runga i te kupenga uira, Unite Against COVID-19 no te turu tau no'ou.</p>	<p>www.workandincome.govt.nz</p> <p>https://my.msd.govt.nz/ (Food grant & benefit app)</p> <p>0800 559 009 (General Line)</p> <p>0800 552 002 (Seniors 65+)</p> <p>0800 88 99 00 (Students)</p> <p>www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/</p>
<p>No te arataki'anga no runga i te tāre'u'anga, e te rīti'anga 'are</p>	<p>Komakoma atu ki te Tenancy Services no te tuatua no runga i to'ou tika'anga i raro ake i te ture.</p>	<p>0800 836 262 (Tenancy Services)</p> <p>www.tenancy.govt.nz</p>
<p>No te ora'anga meitaki o te manu/ānimara</p>	<p>Taniuniu'ia te Manatū Ahu Matua no te au manamanatā no runga i te ora'anga o te manu/ānimara, e te kimi tauturu, e no te 'akakite atu i te takinokino'ia'anga.</p> <p>No te au manamanatā po'itirere o te au manu/ānimara, taniuniu'ia to'ou SPCA Centre.</p>	<p>0800 00 83 33 (MPI)</p> <p>https://www.spcan.zn/report-animal-cruelty</p>
<p>No te turu i te pītiniti</p>	<p>Ka rauka te arataki'anga no te au pītiniti katoatoa, e te sole traders i roto ia Aotearoa, no runga i: te moni tauturu a te kavamani, te kimi'anga i te expert mentoring, e te arataki'anga tutaki-kore, me kore ra, tei turu'ia, te 'āite'anga o te au Turanga 'Akamatakite'anga tūkētūkē, me kore ra, te tere'anga o te pītiniti ki mua.</p> <p>Ka rauka katoa i te au pū-anga'anga, te arataki'anga tano, no runga i te au tauīūi'anga aronga 'anga'anga, te ora'anga meitaki no te aronga 'anga'anga, e te 'akapāpū'anga, kia tau te ora'anga meitaki, e kia ponuiā'au.</p>	<p>North Island 0800 500 362</p> <p>South Island 0800 505 096</p>
<p>Arataki'anga e te turu'anga no te anga'anga</p> <p>Kia kite koe i to'ou tika'anga ei tangata anga'anga, ma te 'ākono kia pōnuiā'au koe.</p>	<p>Komakoma atu ki te Work and Income me te kimi anga'anga ra koe, me kore ra, e ngā'ā anga'anga ta'au ka inangaro koe kia mono'ia.</p> <p>Komakoma atu ki te Employment NZ me kore ra, 'ākara atu ki runga i ta ratou kupenga uira, no te au tuatua no runga i to'ou tika'anga ei tangata anga'anga.</p> <p>Komakoma atu ki te Worksafe no runga i te tuatua no te anga'anga pōnuiā'au.</p>	<p>0800 779 009 (Work and Income's Job Search line) www.workandincome.govt.nz</p> <p>0800 20 90 20 (Employment New Zealand) www.employment.govt.nz</p> <p>0800 030 040 (Worksafe) www.worksafe.govt.nz</p>
<p>No tetai atu tuatua no runga i tetai atu tauturu</p> <p>E ma'ata te au putuputu'anga, e anga'anga nei, i te akapāpū e, te 'ākono'ia nei te katoatoa.</p>	<p>'Ākara'ia te kupenga uira Unite Against COVID-19.</p> <p>No te tauturu iākoe, kia mārama i to'ou tika'anga, e te au 'akaue'anga, ma te turu iākoe i roto i teta'i 'oro'anga, 'arāvei atu i te Citizens Advice Bureau</p>	<p>www.Covid19.govt.nz</p> <p>0800 367 222 (Citizens Advice Bureau)</p>

Tuatua no runga i te kupenga uira COVID-19, Covid19.govt.nz, e 'aka'ou putuputu ia ana. Te tano nei no te marama 'Aukute i te mata'iti 2021.