



He aha ngā momo tautoko e wātea ana, ā, ki hea rapu āwhina ai

Mēnā e mōrearea ana tō oranga, waea ki 111.

Mō ngā kōrero hou, haere ki www.civildefence.govt.nz, me whai hoki i te Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū tūtata mā te ipurangi me te pāhopori.

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Te whakatahi me ngā wāhi noho

Te whakatahi

Ki te hiahia koe ki te whakatahi, me haere ki tō whānau, ō hoa rānei mēnā e taea ana.

Mēnā kāore e taea te noho i te taha o tō whānau, me haere ki tētahi Pokapū Rākau Whakamarumarū. Tirohia te paetukutuku a te Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū mō tētahi rārangi o ngā Pokapū Whakamarū Ohotata e tuwhera ana.

Haria ngā mea waiwai. Arā ko ngā rongoā, kākahu mahana me ngā mea mā te pēpi. Mēnā he kuri arataki tāu, haria.

Ki te kore e taea te toro atu ki tētahi Pokapū Rākau Whakamarumarū, whakapā atu ki te Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū ki te kōrero i ō whiringa.

Rapua tō Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū ki www.civildefence.govt.nz/find-your-civil-defence-group/.

Ngā waka me te hāereere

Te haere mā ngā huarahi

Whāia ngā tohutohu a tō Rōpū Whakamarū Ohotata me ngā kaunihera ā-rohe.

Mō ngā mōhiohio waka me te hāereere whāia a Waka Kotahi mā te pāhopori, haere rānei ki www.nzta.govt.nz/traffic-and-travel-information/

Whakamahia te Whakamahere Haerenga a Waka Kotahi ki te whakamahere i tō haerenga ki www.journeys.nzta.govt.nz/journey-planner/

Tautoko ā-pūtea

Āwhina ā-pūtea

Mēnā he uaua te utu i ō utu waiwai, mā Te Hiranga Tangata pea koe e āwhina. Ahakoa e mahi ana koe ka taea tonu pea he āwhina.

He rerekē ngā āhuatanga ka pā ki tēnā, ki tēnā. Mā Te Hiranga Tangata pea e āwhina i a koe ki te utu i ngā mea pērā i te:

- paraikete,
- kai,
- rīhi,
- hiko,
- whakatikatika, tērā rānei te
- whakahou pūrere.

Ko ngā mea ka whiwhi pea koe, me ngā mea me utu, kei te āhua o tō noho.

Haere ki www.workandincome.govt.nz waea rānei ki 0800 559 009 mō ētahi atu kōrero.

Ngā tautoko mai i ngā pēke

Mēnā kei raro koe i ngā pēhitanga pūtea nā tētahi mea ohotata, me wawe tonu tō kōrero ki tō pēke.

He rōpū tuakoka tō ngā pēke mō te kōrero ki a koe mō ō huarahi.

He maha ngā ara e taea ai e ngā pēke te āwhina, kei runga i tō āhuatanga. Arā:

- Te huri ki ngā utunga itarete anake, mō tētahi wā poto, me te
- Whakakore i ngā utu whakamutu mō ngā moni tāpui wā whāiti. He rerekē ia āhuatanga. Ka wawe ana tō kōrero ki tō pēke, ka pai ake tā rātau āwhina.

Hauora me te oranga

Ngā ratonga hauora e wātea ana

E wātea ana ngā ratonga hauora ina hiahia koe.

Ki te tino māuiui koe, me te hiahia whakaora ohotata, haere ki tō taiwhanga ohotata tūtata **waea rānei ki 111**.

Ehara i te ohotata? Ka taea te waea ki Healthline ki 0800 611 116. E wātea ana a Healthline i te ao, i te pō, i ngā rā katoa o te wiki mō ngā tohutohu hauora koreutu a ngā ngaio hauora. Kei roto i ngā tohutohu ko te wāhi me te wā me haere kia tirohia koe, kia whiwhi rongoā hoki mēnā e hiahiatia ana.

Kua rēhita koe ki tētahi Rata Arowhānui, haere ai koe ki tētahi kaiwhakarato hauora rānei? Waea atu ki tō GP, tō kaiwhakarato hauora rānei ki te whakarite tāpuitanga. Ka wātea mai pea tētahi tāpuitanga wawe ki te whakamārama koe he aha te mate.

Mēnā kāore anō koe kia rēhita, kāore rānei tō kaiwhakarato i te wātea wawe, ka taea te haere ki te taiwhanga mate whawhati tata tūtata. Kāore e mate ki te whakarite tāpuitanga, engari me tatari pea koe.

Rapua tētahi taiwhanga mate whawhati tata ki www.healthpoint.co.nz/gps-accident-urgent-medical-care/.

Ngā rongoā tūtohu

Mēnā kua pau ō rongoā tūtohu, kāore rānei e taea te tiki, ko te whiringa pai rawa ko te haere ki tō rata ki te whiwhi tūtohu hou.

Mēnā kāore e taea te toro i tō rata, ka taea pea e ngā kēmehi te āwhina i a koe. Ka hoatu pea e ngā kēmehi he rongoā ohotata mō te toru rā. Ka nui pea te utu i te mea kāore he pūtea āwhina nā te Kāwanatanga mō tēnei.

Rapua he kēmehi ki www.healthpoint.co.nz/pharmacy/.

Ngā taputapu hauora hiko

Ki te hiahia hiko mō ngā taputapu hauora, rongoā, taupua ora rānei, ā, kāore ō pukuhiko, whakapā atu ki tō umanga hiko ki te whakamārama i tēnei āhuatanga. Ki te kore e whai hua, whakapā atu ki te kaiwhakarato i te taputapu. Ki te kore e whai hua, waea atu ki 111.

Oranga

He mea māori noa te noho anipā i te wā o te ohotata. He urupare māori noa tēnei ki tētahi āhuatanga tino taumaha. He whaihua te kōrero me te āwhina i ētahi atu.

Ki te hiahia āwhina mō te anipā, te kohuki, te oranga hinengaro rānei, waea atu, pātuhi rānei ki Need to Talk? ki 1737. Ka taea te kōrero ki tētahi kaitohuora mātanga koreutu, i te ao, i te pō, e 7 rā o te wiki.

Mō ngā tautoko oranga hinengaro kanohi ki te kanohi koreutu, haere ki www.healthpoint.co.nz/pharmacy/.

He mea nui kia nui te moe i ngā wā taumaha. Tirohia ngā tohutohu moe ki www.healthnavigator.org.nz/sleep-tips/.

Mēnā ka taumaha ngā tamariki i te ohotata, kōrero ki a rātou mō ngā āhuatanga kua puta. Tirohia ngā tohutohu hei āwhina i ngā tamariki i roto i ngā āhuatanga o te aituā māori ki www.kidshealth.org.nz/coping-natural-disaster.

Rapua ētahi atu rauemi oranga hinengaro ki www.getready.govt.nz/mental-wellbeing/.

Tautoko tuawhenua

Mēnā he kaipāmu, he kaiwhakatipu rānei koe, e wātea ana he tautoko mā te Rural Support Trust.

Whakapa atu ki Rural Support Trust 0800 Rural Help (0800 787 254) haere rānei ki www.rural-support.org.nz.

Tautoko mō ngā Tāngata Whaikaha

Tautoko whānui

Ki te hiahia āwhina wawe, waea atu ki 111. Mēnā he uaua ki a koe te rongo, te kōrero rānei mā te waea, ka taea te rēhita mō te ratonga 111 TXT ki <https://www.police.govt.nz/111-txt>.

Mō ngā tautoko hauora, whakapā atu ki Whakarongorau Aotearoa. Waea atu ki 0800 111 213, pātuhi rānei ki 8988.

Mēnā he uaua ki a koe te rongo, te kōrero rānei mā te waea, ka taea e koe te whakamahi i te New Zealand Relay Service ki te kōrero ki ētahi atu mā te waea. Ākona he kōrero mō te ratonga ki www.nzrelay.co.nz.

Te whakatahi me ngā kuri arataki

Ki te hiahia haere ki te Pokapū Whakamaru Ohotata, ā, he kuri arataki tāu, haria tō kuri. Haria ngā mea waiwai mā kōrua ko tō kuri. Arā ko ngā pūrere, ngā rongoā, ngā kākahu mahana me ngā mea mā te pēpi.

Ngā taputapu hauora hiko

Mēnā ka hiahia hiko mō ngā taputapu hauora, rongoā, taupua ora rānei, ā, kāore ō pukuhiko, whakapā atu ki tō umanga hiko ki te whakamārama i tēnei āhuatanga. Ki te kore e whai hua, whakapā atu ki te kaiwhakarato i te taputapu. Ki te kore e whai hua, waea atu ki 111.

Tautoko mō ngā Whānau Māori

Tautoko whānui

He hoa rangapū ngā Rōpū Whakahaere Ohotata a Te Rākau Whakamarumaruru me Te Puni Kōkiri. Ka mahi tahi rātou ki ngā iwi, ngā hapū me ngā rōpū Māori ki te whakarite e tautokona ana ngā Māori i pāngia.

Tautoko mō ngā tāngata o Te Moana-nui-a-Kiwa

Tautoko whānui me te mōhiohio

E mahi tahi ana ngā Rōpū Whakahaere Ohotata a Te Rākau Whakamarumaruru me Te Manatū mō ngā iwi o Te Moana-nui-a-Kiwa. Ka mahi tahi rātou ki ngā rangatira, ngā hapori, me ngā rōpū hapori o Te

Moana-nui-a-Kiwa ki te whakarite e tautokona ana ngā tāngata o Te Moana-nui-a-Kiwa i pāngia.

Rapua ngā mōhiohio urupare ohotata mā ngā tāngata o Te Moana-nui-a-Kiwa ki te paetukutuku me te whārangi Pukamata a Te Manatū mō ngā iwi o Te Moana-nui-a-Kiwa.

- Paetukutuku: www.mpp.govt.nz/emergency-response
- Pukamata: @MinistryforPacificPeoples

Tautoko mō ngā hapori mātāwaka

Tautoko whānui me te mōhiohio

E mahi tahi ana ngā Rōpū Whakahaere Ohotata a Te Rākau Whakamarumaruru me Te Tari Mātāwaka. Ka mahi tahi rātou ki ngā rangatira, ngā hapori, me ngā rōpū Mātāwaka ki te whakarite e tautokona ana te hunga mātāwaka i pāngia.

Rapua ngā mōhiohio urupare ohotata ki ngā reo takitini ki te paetukutuku a Te Tari Mātāwaka me te whārangi Pukamata.

- Paetukutuku: www.ethniccommunities.govt.nz
- Pukamata: @ethniccommunities.govt.nz

Ngā tāngata nō tāwāhi

He āwhina mā ngā tāngata nō tāwāhi

Mēnā ehara koe i te kirirarau o Aotearoa, ā, kei te hiahia āwhina koe, ka taea te whakamahi i ngā tautoko kei tēnei whārangi. Ka taea hoki te whakapā atu ki te Kāinga Māngai Kāwanatanga.

Rapua te kāinga o tō māngai kāwanatanga ki www.mfat.govt.nz/en/embassies/.

Mēnā he manuhiri koe ki Aotearoa, ā, kua raru tō haerenga, whakapā atu ki tō kaiinihua hāerere.

Kōkota mōnehu/tata mōnehu

Whakapā atu ki Te Ratonga Manene mō ngā āwhina kōkota ki www.immigration.govt.nz/about-us/contact

Oranga kararehe

Te tiaki kararehe

Nōu te haepapa mō ō kararehe. Me tiaki koe i ō kararehe i tētahi ohotata.

Mēnā me whakatahi koe, haria ō mōkai mēnā he haumarū.

Mehemea ka mate koe ki te whakarere atu i ō kararehe, me whakarite kia noho ki tētahi wāhi haumarū, whakamarū hoki.

Ākona he kōrero mō te tiaki i ō kararehe i tētahi ohotata ki www.mpi.govt.nz/animals-in-emergencies/.

Ngā āwangawanga oranga kararehe

Whakapā atu ki tō Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū ki te pūrongo i ngā āwangawanga oranga kararehe. Ka tiro tiro te Manatū Ahu Matua i ngā take āwangawanga.

Rapua tō Rōpū Whakahaere Ohotata a Te Rākau Whakamarumarū ki www.civildefence.govt.nz/find-your-civil-defence-group/.

Ngā kararehe māuiui, kua whara rānei

Mēnā e māuiui ana, kua whara rānei ō kararehe, whakapā atu ki tō whare haumanu kararehe.

Inihua

Te tūkinotanga o ngā rawa

Mēnā kua tūkinohia tō whare, tō motukā, ngā taputapu o roto rānei, hopukina he whakaahua i mua i te tango, te whakatika rānei.

Pūrongotia wawetia te whakakinotanga ki tō umanga inihua. Mā tō umanga inihua e tohutohu me aha i muri mai.

Mēnā me tere whakatika koe i tō whare kia mā, kia haumarū hoki, tuhia ngā mea i mahia e koe. Hopukina he whakaahua i mua, i muri hoki. Puritia he tārua o ngā nama ka utua e koe.

Mēnā he inihua taonga rōwhare tāu, engari kāore ō inihua whare, kōrero ki tō kai-inihua mō ngā mea ka tau ki raro i tō inihua. Hopukina ngā whakaahua maha me te pupuri mauhanga o ngā mea ka porowhīua e koe.

Te tuku kerēme inihua

Whakapā atu ki tō kai-inihua ki te tuku kerēme NHCover mō ngā whakakinotanga nā ngā aituā māori.

Kua hono a Toka Tū ake ki ngā kai-inihua hei hoa rangapū kia kotahi te wāhi hei whakapā atu mā ngā kaupupuri whare.

Ka aromatawai, ka whakahaere, ka whakatatū tō kai-inihua i te kerēme katoa. Tae atu ki te wāhanga NHCover.

Hei āwhina i ngā kerēme inihua

He ratonga koreutu te New Zealand Claim Resolution Service. Ka āwhina i a koe ki te whakautu i ō pātai, ō āwangawanga rānei mō tō kaupapahere inihua whare, mō te tukanga kerēme inihua rānei.

Hei kōrero ki tētahi tangata mō tō kerēme, ā, me pēhea te ratonga e āwhina i a koe, waea atu ki 0508 624 327, imēra ki contact@nzcrs.govt.nz haere rānei ki www.nzcrs.govt.nz.

NHCover

Ko te NHCover he inihua aituā māori. Kua whai NHCover koe mēnā he kaupapahere inihua whare tūmataiti tāu mō tō whare, tō whenua rānei, kei roto hoki ko te inihua ahi. Kāore pea ētahi whenua kua whakakinotia e whai NHCover.

He inihua te NHCover mō ngā ngaronga, ngā whakakinotanga rānei nā te:

- rū whenua,
- horowhenua,
- hūnga puia,
- ngāwhā,
- tainiwhaniwha, me
- te ahi i puta nā ēnei aituā māori.

Ka inihua hoki i tō whenua mō te whakakinotanga nā te āwhā, te waipuke rānei.

Pānuitia te Aratohu NHCover mā te Kaipupuri whare kia ako kōrero anō ki www.naturalhazards.govt.nz/our-publications/guide-to-natural-hazards-cover/.

Ngā kairēti me ngā kaituku rīhi

Mōhiohio whānui

Mēnā he kairēti koe, he kaipupuri whare rēti rānei, he mōhiohio mō ō motika me ō takohanga kei www.tenancy.govt.nz waea rānei ki 0800 TENANCY (0800 836 262).

Ngā kura me ngā whare ako kōhungahunga

Mōhiohio whānui

Me kōrero ki tō kura, whare kōhungahunga rānei mō ngā mōhiohio hou, kia kite hoki mēnā kua kati, āhea hoki ka tuwhera anō.