

# 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.

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| <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 tākū ‘e maj te‘is.</p>   | <p><b>0800 611 116 (Healthline)</b><br/><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.<br/>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.<br/>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><br/><a href="http://1737.org.nz">1737.org.nz</a><br/><b>0800 111 757</b> (Depression Helpline)<br/><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 tāie 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 .<br/>Ao kǎugarueag ne la pō la hāiasoagan ‘āe ‘e ut ne ‘āe noho e ma he‘ se <b>Family Services 211 helpline</b>.<br/>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.<br/>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><br/><b>0800 211 211 (Family Services 211 Helpline)</b><br/><a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a><br/><b>0800 733 843 (Women’s Refuge)</b><br/><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><br/><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><br/><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><br/><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 nohnoh; 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 (Countdown )  
 ishopnewworld.co.nz (New World)  
 shop.sva.org.nz (Student Volunteer Army)  
 www.civildefence.govt.nz

**Civil Defence Emergency Management Groups**

Northland – **0800 790 791**  
 Auckland – **0800 222 296**  
 Waikato – **0800 800 405**  
 Bay of Plenty – **0800 884 222**  
 Tairāwhiti – **0800 653 800**  
 Taranaki – **0800 900 077**  
 Manawatū-Whanganui – **0800 725 678**  
 Hawke's Bay – **0800 422 923**  
 Wellington – **0800 141 967**  
 Nelson - Tasman – **0800 50 50 75**  
 Marlborough – **03 520 7400**  
 West Coast – **03 900 9329**  
 Canterbury – **0800 24 24 11**  
 Otago – **0800 322 4000**  
 Southland – **0800 890 127**  
 Chatham Islands – **03 305 0033 ex 715**

**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  
**0800 20 90 20** (Employment New Zealand)  
 www.employment.govt.nz  
**0800 030 040** (Worksafe)  
 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 kaunohoga 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  
 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  
 www.govt.nz/about/about-us/contact-us/