

# Ngaahi sēvesí mo e tokoní



Unite  
against  
COVID-19

‘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 **fāmilī, kāingá, ngaahi mahení, iwi mo ho ngaahi kuangā'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'ihī.

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 Ivi
- > 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.ms.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/