

Support mental health

A suggestion for implementing the strategy
'Foster wellbeing and mental health' from the
Guide: [Behaviour and learning](#)

-
- Includes:**
- Use the five ways to wellbeing
 - Use the Mana model
 - Offer tools to manage anxiety
 - Reduce anxiety
 - Access support for wellbeing
 - Provide options for wellbeing support

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Guide: [Behaviour and learning](#)

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Use the five ways to wellbeing



Source:

Adapted from Five Ways to Wellbeing – Mental Health Foundation of New Zealand

<https://mentalhealth.org.nz/five-ways-to-wellbeing>

[View full image \(391 KB\)](#)

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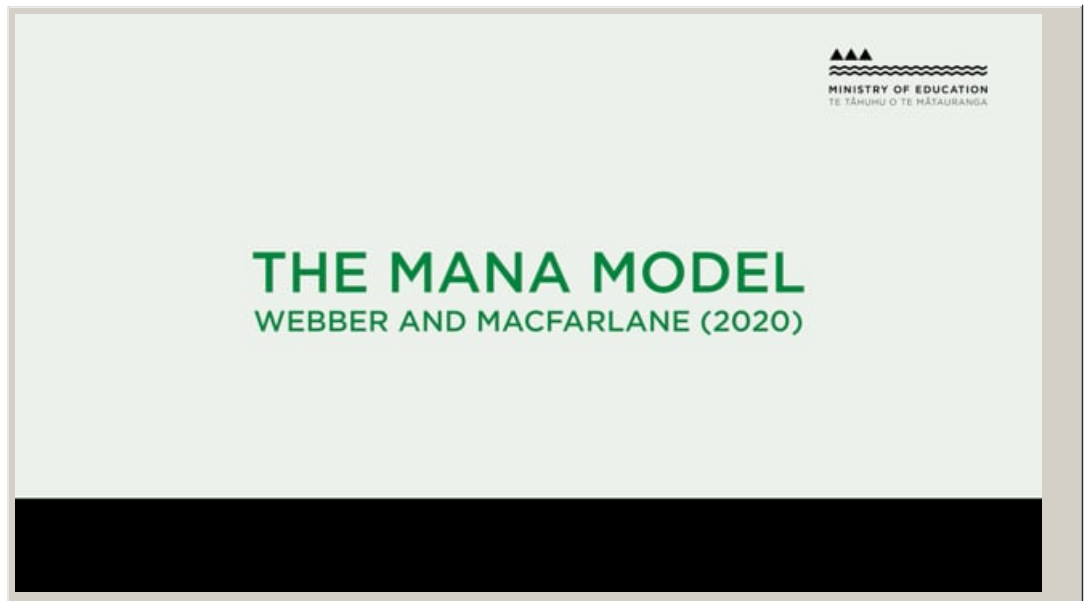
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Use the Mana model

Melinda Webber explains the Mana model that features in the Mental health education guide for NZ schools.



Video hosted on Vimeo <http://vimeo.com/748597903>

Closed Captions

Source:

[Mental health education, Ministry of Education](#)

<https://newzealandcurriculum.tahurangi.education.govt.nz/mental-health-education-guide/5637165639.p>

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Offer tools to manage anxiety

Introduce students to resources and tools that can help them manage their anxiety or feelings of being overwhelmed or stuck.

- ✓ [SPARX](#) is a gaming-style tool from the University of Auckland. SPARX helps young people learn skills to build resilience, and to power through stressful and negative emotions.
- ✓ [The Lowdown](#) is a space created with rangatahi, for rangatahi. Supports hauora, identity, culture and mental health.

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Reduce anxiety

Support student wellbeing and lessen the stress of moving into new spaces by transferring specific furniture or items of importance to the learner.



Video hosted on Vimeo <http://vimeo.com/186357831>

Closed Captions

Source:

[Ministry of Education, inclusive education videos \(NZ\)](#)

<https://vimeo.com/album/2950799>

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Access support for wellbeing

Make connections to local organisations that can provide support for young people.

Introduce students to local support networks, such as:

- iwi
- youth centres
- disabled youth movements, such as [i.lead](#)
- local sports, community and church groups.

Access services provided by Te Whatu Ora Health New Zealand, such as:

- kaupapa Māori wellbeing services
- pacific-led wellbeing services
- wellbeing services from local doctors
- youth wellbeing services
- rural wellbeing services
- digital tools
- helplines with trained counsellors.

For more information see: [Boost your wellbeing](#) – Te Whatu Ora Health New Zealand.

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Provide options for wellbeing support

Provide students with access to a variety of wellbeing resources to cater for the range of needs, preferences and circumstances.

Consider opportunities that can be provided for students to access:

- peer-to-peer support groups
- on-site health clinics
- on-site nurse consultations
- on-site school counsellors
- youth workers
- health information
- referral pathways for medical care
- access to LGBTQIA+ youth support groups.

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