Your mental wellbeing

Life can be filled with challenges. Supporting your own mental health is an important part of being able to cope with stresses.

Recognise the signs

The NZ Defence Force Health website has some good information on recognising the signs:

Worried about how you think or feel (http://health.nzdf.mil.nz/mind/worried-about-how-i-think-or-feel/)

Worried about how you behave (http://health.nzdf.mil.nz/mind/worried-about-how-i-behave/)

Worried about everyday life (http://health.nzdf.mil.nz/mind/worried-about-everyday-life/)

Building mental resilience

How you bounce back from setbacks is in no small part related to how you view them.

Learn about building mental resilience on the NZ Defence Force Health website (http://health.nzdf.mil.nz/mind/building-mental-resilience/) ⧉

Access mental health treatment

Access services and support if you—or someone you care about—is dealing with a mental health concern.

What to do in an emergency

If there is a immediate risk of harm to yourself or others, either:

- ring the police—111
- go to the Accident and Emergency Department (A&E) at your nearest hospital, or
- contact your local district health board's mental health crisis assessment team.

Contact details for local crisis assessment teams (http://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams) ⧉

If you're concerned about someone else's safety, remain with them and help them to stay safe until support arrives.

What to do if it's not urgent

If you want to talk

You may want to talk about your current situation with someone.

Support organisations you can talk to (http://va.cwp.govt.nz/contact-us/need-urgent-help-now/)

If you want to access support and services

The first port of call is to see a local doctor or family doctor.

You might be able to access your local mental health services directly, but some require a referral from your doctor first. You can call Healthline on 0800 611 116 for advice.

Once you're accessing mental health services we may be able to help fund the cost of treatment.

Mental health treatment (http://va.cwp.govt.nz/a-z/mental-health-treatment/)