

A decorative border at the top of the page featuring a repeating pattern of green and dark green floral and leaf motifs on a white background.

THINGS THAT HELP/WAYS OF GETTING SUPPORT

A decorative border at the bottom of the page, identical to the top one, featuring a repeating pattern of green and dark green floral and leaf motifs on a white background.



WAYS OF GETTING SUPPORT

Listening to music



WAYS OF GETTING SUPPORT

Reading



WAYS OF GETTING SUPPORT

Wrapping in a
blanket/duvet



WAYS OF GETTING SUPPORT

Writing



WAYS OF GETTING SUPPORT

Watching TV



WAYS OF GETTING SUPPORT

Talking to staff



WAYS OF GETTING SUPPORT

Talking to other clients



WAYS OF GETTING SUPPORT

Talking to a friend
(Be specific)



WAYS OF GETTING SUPPORT

Talking to a
family member
(Be Specific)



WAYS OF GETTING SUPPORT

Taking a shower/bath



WAYS OF GETTING SUPPORT

Medication
(Be specific)



WAYS OF GETTING SUPPORT

Looking at magazines



WAYS OF GETTING SUPPORT

Going for a walk - alone



WAYS OF GETTING SUPPORT

Going for a walk –
with company



WAYS OF GETTING SUPPORT

Exercise/physical
activity of any kind



WAYS OF GETTING SUPPORT

Having a hug



WAYS OF GETTING SUPPORT

Having a hot or
cold drink



WAYS OF GETTING SUPPORT

Spend time in
my bedroom



WAYS OF GETTING SUPPORT

Breathing exercises



WAYS OF GETTING SUPPORT

Talking to a person
from my culture



WAYS OF GETTING SUPPORT

Talking to the Kaumatua



WAYS OF GETTING SUPPORT

Spending time in the
Quiet Room



WAYS OF GETTING SUPPORT

Spending time in the
Whanau Room



WAYS OF GETTING SUPPORT

Walk around the
building



WAYS OF GETTING SUPPORT

Praying



WAYS OF GETTING SUPPORT

Reading scriptures



WAYS OF GETTING SUPPORT

Going to Church



WAYS OF GETTING SUPPORT

Spending time with
the Chaplain



WAYS OF GETTING SUPPORT

Calling the Crisis Team



WAYS OF GETTING SUPPORT

Going into a
Respite Facility



WAYS OF GETTING SUPPORT

Being transferred to
an Acute Unit



WAYS OF GETTING SUPPORT

Being visited at
home by the Acute
Home Based Service



WAYS OF GETTING SUPPORT

Being supported by the
Mental Health Act



WAYS OF GETTING SUPPORT

Practicing Mindfulness