Here is a helpful video from John Kirwin and Dr Fiona Crighton on the return to Level 4 - reactions and coping strategies <https://vimeo.com/589666601> (you don't need to download Vimeo, you can just click on the play button)

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| [https://i.vimeocdn.com/filter/overlay?src0=https%3A%2F%2Fi.vimeocdn.com%2Fvideo%2F1219505957_1280x720&src1=https%3A%2F%2Ff.vimeocdn.com%2Fimages_v6%2Fshare%2Fplay_icon_overlay.png](https://vimeo.com/589666601) | [The return to Level 4 lockdown - Reaction & coping strategies on Vimeo](https://vimeo.com/589666601)  With New Zealand returning to Level 4 lockdown with the spread of the Delta variant of Covid, this special episode was taken from a live chat between Sir John Kirwan…  vimeo.com |

There are number of helpful apps and online programs that focusing on wellbeing and positive mental health. These include:

1. Mentemia - The app has ideas and tools to help you learn how to be well and stay well throughout the COVID-19 pandemic. It helps you deal with common stressors (such as poor sleep, anxiety and stress). Find out more at <https://www.healthnavigator.org.nz/apps/m/mentemia-app/>
2. Melon - The app is a health and wellness app with a variety of programmes. The app is aimed at people who are feeling anxious or stressed. Find out more at <https://www.healthnavigator.org.nz/apps/m/melon-app/>
3. Centre for Clinical Interventions website provides Cognitive Behavioral self-help resources for a range of difficulties such as depression, worry, health anxiety, sleep, self-compassion - to name just a few. They provide quick information guides, worksheets and comprehensive modules at <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
4. Whakatau Mai: The Wellbeing Sessions - These free, virtual community events are aimed at supporting wellbeing in real-time — to help you connect you with others, learn and practise new skills, and start looking at things differently. Some examples of sessions include; mindfulness, yoga, lgbt+ support. Find out more at [Whakatau Mai: The Wellbeing Sessions](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.wellbeingsessions.nz&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-a8e84c11bf9c3c0fa4f8cc06c8051477a03e9572)
5. There are a number of online Cognitive Behavioral Therapy (CBT) programs including:

[Beating the Blues](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.beatingtheblues.co.nz&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-8a5b75c2dfdccfde7972c8fcaaa70016258597c3) is the most widely used evidence-based online CBT programme for relieving depression  
[Just a thought](https://www.justathought.co.nz/) Free online CBT and therapy for all New Zealanders. Courses for anxiety, depression and COVID related stress.   
[depression.org.nz](https://depression.org.nz/) is a New Zealand-based website that uses CBT-based online self-help programmes for depression and anxiety.  
[auntydee.co.nz](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.auntydee.co.nz&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-7a1270d95f1afccf8fea214e85fcd6825392d636) a CBT-based approach for wellbeing, anxiety and stress that has been adapted for Pasifika cultural groups by LeVa  
[SPARX](https://www.sparx.org.nz/) is a New Zealand CBT-based online resource for young people.

1. [Sparklers at Home](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fsparklers.org.nz%2fparenting%2f&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-18d183c4983cc702cda14f55f645c544ed8f9474) is resource for parents to talk with their primary-school-aged children about their mental health and wellbeing, and the return of Covid-19.
2. Hummingly offers tools and videos to support your workforce [https://www.hummingly.co/](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hummingly.co&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-a10c254ee885d63adcd5871c42c6ac31340b365b)
3. There is also helpful advice on looking after your mental wellbeing at  <https://covid19.govt.nz/health-and-wellbeing/mental-wellbeing/looking-after-your-mental-wellbeing/>
4. If you or a member of your whanau needs additional support, you can contact:

[**1737**](https://1737.org.nz/)any time for support from a trained counsellor.  
[**Lifeline**](https://www.lifeline.org.nz/) – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).  
[**Suicide Crisis Helpline**](https://www.lifeline.org.nz/services/suicide-crisis-helpline) – 0508 828 865 (0508 TAUTOKO).  
[**Healthline**](https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline)– 0800 611 116  
[**Depression Helpline**](https://depression.org.nz/) – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).

1. [**OUTLine NZ**](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.outline.org.nz&umid=c6a3e70f-b8d4-4b9e-b4be-8c460a179611&auth=4f8ac88bea3a94e9d4d860af34e18a8e10770ea3-7d69f7f9254ff5f6388c3f5db58b7bc5172f2be7) – 0800 688 5463 (OUTLINE) provides confidential telephone support for lgbt+ support.
2. [**Youthline**](mailto:Youthline) – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat.
3. [**thelowdown.co.nz**](mailto:thelowdown.co.nz) – or email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626 for support for young people.
4. [**What's Up**](https://www.whatsup.co.nz/) – 0800 942 8787 (for 5–18 year olds). Phone counselling is available Monday to Friday, 12noon–11pm and weekends, 3pm–11pm. Online chat is available from 3pm–10pm 7 days a week, including all public holidays.