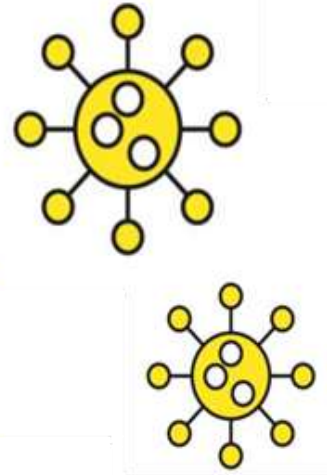


NZDF **COVID-19**








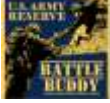












WELLNESS APPS, CONTACTS & WEBSITES

Take a look at the range of apps, websites, podcasts and contact information throughout this guide. Each week we will update the content as new resources become available. If you have any suggestions for future additions, please feel free to get in touch: integrated.wellness@nzdf.mil.nz

Disclaimer: This guide is intended to be informative only, NZDF does not formally endorse any of the companies/websites/tools/apps/resources mentioned in this document.

WELLBEING APPS

| | | | |
|---|--|---|--|
|  | <p>ResCo App - Resilience tools and links to local support services. App only available for iPhone users.</p> |  | <p>Headspace – Headspace is meditation made simple. Teaches users skills of meditation and mindfulness with short exercises each day.</p> |
|  | <p>High Res – tools for managing daily stress and building resilience.</p> |  | <p>PTSD Coach - designed for Veterans and military Service Members who have, or may have, Post Traumatic Stress Disorder (PTSD).</p> |
|  | <p>Living Well – practical resources and support and suggestions to support living a healthier lifestyle.</p> |  | <p>Mood tracker – tool for tracking emotional experiences over time. Comes with six pre-loaded issues: anxiety, depression, general well-being, head injury, post-traumatic stress, and stress.</p> |
|  | <p>Virtual Hopebox – resilience tools.</p> |  | <p>Battle Buddy (US) - tools and information needed to assist your buddy during a crisis.</p> |
|  | <p>Mindshift - aims to help teens and young adults cope with stress and anxiety.</p> |  | <p>Life Armour (US) – tools for managing common mental health concerns</p> |
|  | <p>Force Fit – building your fitness.</p> |  | <p>Sesame Street for Military Families (US) – resources for children managing challenges of military life (including moving houses and deployments)</p> |
|  | <p>Homeport – Everything you need to know about your Navy. Info on your fleet, uniform, career management, honours and awards and support services.</p> |  | <p>Calm - Tools to meditate, sleep and relax.</p> |
|  | <p>Anger and Irritability Manager – tips for managing anger and frustration.</p> |  | <p>CBT-I Coach – improving sleep habits and dealing with insomnia.</p> |
|  | <p>Operation Life (AUS)– self-help tools for dealing with suicidal thoughts.</p> |  | <p>FitOn app – a range of free workouts</p> |

WEBSITES

COVID-19 specific NZ and NZDF websites:

- Ministry of Health <https://www.health.govt.nz/>
- Government COVID-19 Website <https://covid19.govt.nz/>
- Force 4 Families Website (NZDF COVID-19 Updates and Resources)
Force4families.mil.nz

NZDF websites:

- Force 4 Families Website Force4families.mil.nz
- NZDF Health Website – *tools and support* health.nzdf.mil.nz
- Veterans Affairs <https://www.veteransaffairs.mil.nz/>
- Homepage <http://homebase.mil.nz/> supporting our deployed people and their families

General health information, stories and tools (many of these sites have COVID-19-specific resource pages)

- [Mental Health Foundation](#) – information, stories, tools and support
- [The lowdown](#) – information, stories, and interactive site designed for young people
- [Ministry of Health website](#) health section - useful self-help resources for recognising and managing stress and broader health tips
- [Health Promotion Agency](#) – range of health information for New Zealanders
- [NZ Institute of Wellbeing and Resilience](#) - blogs, videos & podcasts related to COVID-19
- [Umbrella](#) – provide specialist mental health and wellbeing services & have COVID-19 resources
- [Healthline - Resources for coping with COVID-19 Anxiety](#)
- [CALM](#) - Computer Assisted Learning for the Mind (University of Auckland)
- [Living Well](#) - practical resources and support for men
- [This Way Up](#) – online self-help courses (Australian site)
- www.depression.org.nz – information, resources and support
- www.beyondblue.org.au – anxiety and depression (Australian site)
- [Skylight](#) - offers services to those facing tough times of change, loss, trauma and grief - whatever the cause, and whatever their age (including for children)
- [Like Minds Like Mine](#) - aims to address stigma and discrimination sometimes associated with mental illness, contains resources, help options and stories from people with mental illness
- [Moving Forward](#) – Free online course which assists in stress management and goal planning
- www.alcohol.org.nz – information, advice, research & resources to help prevent & reduce alcohol-related harm
- [NZ Drug Foundation](#) – Education, advice and information on health approaches to alcohol and other substances.

- [Problem Gambling Foundation](#) – support for problems with gambling
- [After Deployment](#) - provides a range of useful information for those returning from deployments for military personnel and families (US site)
- [Le Va](#) - resources, tools, information and support for Pacifica people
- [Te Rau Matatini](#) - information about Māori workforce training, education and capability-building solutions
- [NZ Nutrition Foundation](#) Nutrition Fact sheets and recipes
- [Oral Health](#) NZ Dental Association information about looking after your oral health
- [Sport New Zealand](#) - ideas about getting kids active

Veterans

- [New Zealand Veterans Affairs](#)
- [At Ease](#) – site for Veterans (USA website)
- [RSA](#) - RSA offers a range of support services to current and former service personnel of all ages, and their dependents.
- www.noduff.co.nz - Volunteer Veterans NGO that provides immediate welfare assistance to past and present members of the NZDF

Families and Relationships

- <https://force4families.mil.nz> - information and resource site for NZDF family members
- [Yellow Brick Road](#) – support, information and resources for those supporting family members with mental health conditions
- www.militaryonesource.mil – support for the military community (US site)

Youth and Children

- www.sparx.org.nz – online computer game sponsored by the Ministry of Health intended to help young people with mild to moderate depression, stress or anxiety
- www.headspace.org.nz - website for young people for when life gets stressful
- <http://reachout.com> - Australian youth mental health information service that includes a variety of apps and tools for young people (Australian site)
- www.auntydee.co.nz - free wellbeing web-based support
- [StoryLine](#) – A variety of story books for young children read by actors and celebrities

Activities

- [Force4Families discounts](#) lists a range of retail discounts that are specifically offered to the NZDF community. This includes significant discounts for study fees for NZDF pers, veterans and families from some education providers.
- [Defence leave centres](#) - Self-contained holiday homes at various locations around New Zealand that are available for current NZDF members to rent at relatively low cost.
- **Free home workouts by Les Mills.** <https://watch.lesmillsondemand.com/at-home-workouts>
- **Amazon Global Audiobooks** (audible stories available for adults and children, listen for free) stories <https://stories.audible.com/discovery>

- **Virtual park tours** <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- **Virtual museum and zoo tours** - google this and see the large range available e.g The Louvre, San Diego Zoo, Sistine Chapel- Links to several of these can be found [here](#)
- **Online libraries** – Many regional libraries allow you to rent E-books using your library card.

Education and Learning

- Skillshare – learn a new skill (videos on drawing, photography, animation etc) <https://www.skillshare.com/>
- Linked in Learning - free training in online learning tools <https://www.lynda.com/>
- Massey University free Te Reo and Tikanga online classes https://www.massey.ac.nz/massey/international/where-can-i-study/study-online/toromai/toromai_home.cfm
-
- Various providers have free online courses that can be done either related to work or personal interest.
 - Edx.org <https://www.edx.org/>
 - Futurelearn.com <https://www.futurelearn.com/>
 - Coursea.org <https://www.coursera.org/>
 - Alison.com <https://alison.com/>

VIDEO / PODCASTS

Maintaining Your Wellbeing During the COVID-19 Pandemic – A Guide for our Defence Community from Inspiring New Zealanders

Panel discussion (Sir John Kirwin, WO1 Mark Mortiboy (WODF), Willie Apiata VC and Dr Fiona Crichton)

Listen: <https://m.soundcloud.com/nzdefenceforce/nzdf-mental-wellbeing-panel?fbclid=IwAR3e-8a2bjDLKAK0pnPHR0VLU1w7kxdlc8oK38DF-FqZfu3oK4WVDdV61DQ>

Watch: bit.ly/nzdf-youtube-wellbeing

Building Resilience and Managing Anxiety

Calming the Anxious Brain - Dr Emma Woodward podcast <https://nziwr.co.nz/calming-the-anxious-brain-with-dr-emma-woodward/>

Harnessing Positive Emotions to Create Change – Dr Sue Langley podcast

<https://nziwr.co.nz/harnessing-positive-emotions-to-create-change-with-sue-langley/>

10% Happier - How to handle Coronavirus Anxiety: Episode on practical advice & mindfulness tips for managing uncertainty:

<https://podcasts.apple.com/nz/podcast/ten-percent-happier-with-dan-harris/id1087147821?i=1000468295073>

David Kessler, Grief Expert on Grief and Finding Meaning

<https://podcasts.apple.com/nz/podcast/unlocking-us-with-bren%C3%A9-brown/id1494350511?i=1000470046138>

CALL / CONTACT

If you need urgent help, do the following:

- **If you are in immediate danger, call 111**
- **Call your local [mental health crisis assessment](#) team or go to your local hospital emergency department**

COVID-19 Specific Contacts

- **NZ COVID-19 Healthline 0800 358 5453 (International SIMs call +64 9 358 5453)**
Unwell or flu like symptoms
- **NZ Healthline 0800 611 116 or Text 1737** *General Health Concerns*
- **Government Information Helpline 0800 779 997** (9am–5pm, 7 days a week)

General Support Contacts

- **NZDF4U Helpline and Wellbeing Counselling Support** - 24/7 confidential support spanning both telephone and face-to-face / online video support. This includes Regular Force, Civilians, Reserve Force, families and veterans
 - **Call 0800 NZDF4U** (0800 693 348)
 - **Contact NZDF4U via text: 8881**
 - **Access NZDF4U from overseas: +64 9 414 9914**
- Read about options for NZDF support [here](#)
- **Veterans' Affairs** - 0800 4VETERANS (0800 483 8372) - confidential support service for eligible members of the serving and ex-serving community.
- **Depression Helpline** 0800 111 757 - 24/7 access to a trained counsellor at the Depression Helpline about how you are feeling or to ask a question.
- **Lifeline** 0800 543 354 – 24/7 confidential counselling service for those in mental distress.
- **Samaritans** - 0800 726 666 – 24/7 confidential non-religious and non-judgemental support to anyone who may be feeling depressed lonely or even be contemplating suicide.
- **Alcohol and Drug helpline** - 0800 787 797 or text 8681 – 24/7 helpline specifically for problems with alcohol and drugs.
- **Women's Refuge** - 0800 REFUGE (0800 733 843) – 24/7 crisis line for women dealing with violence in their life.
- **Shine** - 0508 744 633 - 9am-11pm daily /7 days a week domestic abuse helpline.
- **Family Violence Helpline** - 0800 456 450 - 9am-11pm/7 days a week - provides confidential self-help information and connects people to services.

- **Mensline** - 0800 636 754 – Mon – Fri 6:30pm to 10:30pm - helpline specifically for men and the issues they face.
- **Youthline** - 0800 376 663 or text 234 – 24/7 helpline for young people, offering counselling, support and youth development services.
- **Healthline** 0800 611 116 - 24/7 free health advice from trained registered nurses.
- **OUTLine NZ** 0800 688 5463 (0800 OUTLINE) - 10am-9pm weekdays, 6pm-9pm weekends - confidential, free, LGBTIQ+ affirming support line and face-to-face counselling.
- **What's Up** 0800 942 8787 - 7 days a week 12pm-11pm or online 3pm-10pm - advice line for 5-18 year olds.