

### **New Zealand Websites and Apps Update**

#### **Sponsored Data partnership helps bridge digital divide for access to essential health information and services**

The Ministry of Health and mobile network operators collaborate to offer free access to essential health information and digital health services.

The [Sponsored Data](#) partnership between the Ministry of Health and mobile network operators Spark, Vodafone and 2degrees means Kiwis won't incur mobile data charges when they access essential COVID-19 information, health information and resources, and eligible online health services.

The number of sponsored websites will increase over time so New Zealanders can access even more key health information and services without mobile data charges.

In the first instance, anyone using the mobile networks of the country's largest telco providers can now access 11 key health websites and two GP portals free of data charges:

| <b>Website</b>   | <b>Description</b>  |
|--|---|
| <a href="http://www.covid19.govt.nz">www.covid19.govt.nz</a>                     | Government website that brings together everything New Zealanders need to know about COVID-19 and how the government is responding. |
| <a href="http://www.health.govt.nz">www.health.govt.nz</a>                       | Ministry of Health website with a wide range of information to help New Zealanders manage their health                              |
| <a href="http://www.healthnavigator.org.nz">www.healthnavigator.org.nz</a>       | A digital front door for accessing information about health topics, medicines, healthy living and health services.                  |
| <a href="http://www.booksonprescription.co.nz">www.booksonprescription.co.nz</a> | A programme to increase access to high quality health information.  |
| <a href="http://www.depression.org.nz">www.depression.org.nz</a>                 | Information and resources to help New Zealanders recognise and understand depression and anxiety.                                   |
| <a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>                   | Information and resources to help young New Zealanders recognise and understand depression or anxiety.                              |
| <a href="http://www.choicenotchance.org.nz">www.choicenotchance.org.nz</a>       | Support and information for New Zealanders who have a gambling problem or are concerned about someone else's gambling.              |
| <a href="http://www.managemyhealth.co.nz">www.managemyhealth.co.nz</a>           | Portal for accessing digital health services.   |
| <a href="http://www.health365.co.nz">www.health365.co.nz</a>                     | Portal for accessing digital health services.   |

| Website  | Description   |
|--|---|
| <a href="http://www.allright.org.nz">www.allright.org.nz</a>               | Information and resources to help New Zealanders manage their mental health.  |
| <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>       | Mental Health Foundation website with support and information to help New Zealanders manage their mental health.                |
| <a href="http://www.myexperience.health.nz">www.myexperience.health.nz</a> | Health Quality and Safety Commission New Zealand site that provides information and resources to New Zealanders.                |
| <a href="http://zerodata.plunket.org.nz">zerodata.plunket.org.nz</a>       | Plunket New Zealand site that provides advice and support for the health and wellbeing of tamariki under-five and their whānau. |

All mobile data charges for these websites will be charged back to the Ministry until June 2021, with six monthly reviews to confirm extensions to the initiative.

Director-General of Health Dr Ashley Bloomfield says this ensures people who use pre-paid mobiles can continue to access important health, mental health and wellbeing information through their mobile if they run out of data.

### **Additional Ministry of Health Mental Health and Wellbeing Resources**

If you or those around you are concerned about how you're feeling or your wellbeing, there is information and tools available to help you feel mentally well and get through.

#### **Information and websites**

- [Getting Through Together](#) is a mental wellbeing programme focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic (All Right? and the Mental Health Foundation)
- [Looking after mental health and wellbeing during COVID-19](#) advice and information, and useful [top tips to get through](#) (Mental Health Foundation)
- [Stories of people's journeys to wellness and ideas to help you find your own way to better wellbeing](#) (Depression.org.nz)
- [Best Bubble](#) highlights choices as people figure out what works best for them, and promotes healthier activities over those that could make life trickier, particularly drinking too much alcohol (NZ Drug Foundation)
- [Asian Family Services](#) provides mental health support to Asians living in New Zealand.

## Advice for at-risk groups

The [Depression.org.nz](https://depression.org.nz) website provides advice, information and support for:

- [Pregnant women and new parents](#)
- [Pasifika](#)
- [Older people](#)
- [People with long-term health conditions](#)
- [Māori](#).

## Self-help tools and apps

- [Melon](#) is an app with a health journal, resources and self-awareness tools to help you manage your emotional wellbeing. You can also join their online community to connect with and support others, and watch daily webinars about health and wellbeing (Melon Health)
- [Mentemia](#) is an app that you can use to monitor, manage and improve your mental wellbeing by setting daily goals and tracking your progress (Mentemia)
- [Staying on Track](#) is an e-therapy course that teaches you practical strategies to cope with the stress and disruption of day-to-day life (Just a Thought)
- [Working through depression](#) is a personalised online programme that focuses on positivity, lifestyle changes and problem solving (The Journal at Depression.org.nz)
- [Working through problems](#) with Aunty Dee is a tool to work through problems, generate ideas and find a solution (Le Va)
- [Whakatau Mai - The Wellbeing Sessions](#) are free, virtual community events aimed at supporting wellbeing in real-time – to help you connect you with others, learn and practice new skills, and start looking at things differently.



### **Self-help tools for young people**

- [Feeling down, worried or stressed](#) (SPARX)
- [Learn more about mental health issues](#) (Mental Wealth)
- [Recognising and understanding depression and anxiety](#) (The Lowdown)
- [Aroha](#) is a chatbot that uses Facebook Messenger to provide practical, evidence-based tools to manage stress, maintain social connection and stay active (University of Auckland)
- [Youthline's web chat](#), where young people can talk one-to-one with a real person
- [Melon Health](#) has a range of online resources specifically for young people
- [RainbowYOUTH](#) provides free 1:1 peer support for youth in the rainbow community, their friends and whānau

### **Concerned about your substance use and/or gambling?**

- [Is your drinking ok?](#) (Health Promotion Agency)
- [Test your drug taking](#) (Alcohol Drug Helpline)
- [Test your gambling](#) (Choice Not Chance)
- [NZ Drug Foundation](#) and [Drug Help](#) have information for people who use alcohol and other drugs, and those supporting them, about how to use safer, manage withdrawal symptoms, and stay in recovery.

### **Supporting someone with substance use and/or gambling concerns**

You can follow these links for resources to support you while you support someone else:

- [Supporting Others](#) (New Zealand Drug Foundation)
- [Help Someone Else](#) (Drug Help)
- [Gambling: Concerned for Someone?](#) (Choice Not Chance)
- [How to talk to someone about their drinking](#) (Health Promotion Agency)

### **Supporting someone who is feeling suicidal**

You can follow these links for resources to support you while you support someone else:

- [Supporting someone who may be suicidal](#) (Ministry of Health)
- [Supporting whānau through suicidal distress](#) (Mental Health Foundation)
- [How to support people who may be feeling suicidal](#) (LifeKeepers)

## If you need someone to talk to

If you need to talk, free call or text 1737 to talk to a trained counsellor. They're available day and night.

Other places that can help you if you need someone to talk to:

- [Depression helpline](#): Free call [0800 111 757](tel:0800111757) or text 8681
- [Alcohol Drug Helpline](#): Free call [0800 787 797](tel:0800787797) or text 8681
- [Gambling Helpline](#): Free call [0800 654 655](tel:0800654655) or text 8006
- [OUTLine](#): Free call [0800 688 5463](tel:08006885463) (OUTLINE) - confidential telephone support for people in the rainbow community, available evenings from 6pm–9pm



## Free online learning to improve your wellbeing



### Free

Manage your thoughts, feelings and behaviours without any costs.



### Convenient

Support for anxiety and depression - anywhere, anytime.



### Private

Improve your mental health in complete privacy.



### Effective

80% of people who take a course improve their mental wellbeing.

## How it works



### Lessons

Take a recovery journey through illustrated slides and learn practical coping skills.



### Action plans

Practise after each lesson with the support of action plans and coping strategies.



### Extra Resources

Help to improve your sleep, boost your motivation, communicate better, and more.



### Reminders

Receive emails to help motivate you along the way.



### Progress tracking

Track your wellbeing between lessons.

<https://www.justathought.co.nz/>