**Te Wellbeing Support Information and Consent Form**

No runga teia tātā‘anga, i te turu i te ora‘anga meitaki, te ‘ōronga‘ia nei, e te Survivor Experiences Service. Ka tauturu te turu i te ora‘anga meitaki iā koe, kia no‘o ponuiā‘au, e te marū, iā koe i roto i te service. Tei roto i teia:

* Counselling – tei roto i te counselling, te komakoma‘anga ki teta‘i tangata kua terēni‘ia (e counsellor) no runga i te au manatā e tutuki nei i to‘ou ora‘anga. Ka tauturu teia iā koe i te kimi‘anga rāvenga, no te ora‘anga, e kia meitaki mei roto mai i ta‘au i kite.
* Mirimiri – Mei te māoro rāi te mirimiri. E rapakau‘anga Māori teia. Tei roto i teia te turanga wairua (ora‘anga vaerua)
* Teta‘i atu au mea te ka tauturu iā koe i roto i te ora‘anga, kia no‘o ponuiā‘au, e kia marū.

Me e manatā to‘ou no runga i te tāmou‘anga ‘āp‘ii, e neurodiverse, me kore ra, kāre to‘ou roro e ‘anga‘anga meitaki ana, ka rauka i to matou ta‘unga no te turanga ora‘anga meitaki, i te tauturu iā koe, i te ‘iki‘anga i te wellbeing support, tau no‘ou.

No runga te tu‘anga mua o teia pēpa, i te turu ora‘anga meitaki e ‘ōronga ana matou. Ka ‘akamārama atu te tu‘anga rua o teia tātā‘anga, i ta‘au ka rave, me ‘inangaro koe i te tā‘anga‘anga i te turanga turu ora‘anga meitaki.

**Tu‘anga 1 – Te au turanga turu ora‘anga meitaki**

Eā‘a matou ka ‘ōronga ai i te turu ora‘anga meitaki?

Me tomo mai koe ki roto i te Survivor Experiences Service, ka ‘akakitekite koe i reira, i ta‘au i kite no runga i te tākinokino‘ia‘anga, iā koe i roto i te ‘ākono‘ia‘anga. Ka ngatā rāi teia. Ka kite pa‘a koe i te au turanga ngākau teima‘a. Ka mataora pa‘a koe, i te mea e, kua rongo‘ia to‘ou manatā. Ka ngākau parau pa‘a koe, me kore ra, ka marū. Ka kī‘ia pa‘a koe i te riri, maromaroā, me kore ra, i teta‘i atu au turanga ngākau. Te ‘inangaro nei matou i te ‘akapāpu, e te meitaki ‘ua ra koe, e te no‘o ponuiā‘au ra e te marū, iā koe i roto i te service.

Ka rauka ‘ia matou i te ‘ōronga i te well-being support tutaki-kore, iā koe i roto i te service. I te ma‘ata‘anga o te taime, e ‘ōronga ana matou, mei te 4-6 ‘ārāvei‘anga no te wellbeing support. Ka rave māro‘iro‘i katoa matou i te tauturu iā koe, i te kimi wellbeing support, no teta‘i tuātau roa atu, me te anoano ra koe i te reira.

Me te mātakutaku nei koe no runga i to‘ou maki manako, ‘ārāvei atu i to‘ou Taote (te taote o te kōpu tangata), me kore ra, i te mental health service. Me tei roto koe, me kore ra, teta‘i atu i te kino, ‘ārāvei atu i te ‘akavā i runga i te numero 111.

Ea‘a i reira te ka tupu?

Me ‘iki koe i te tā‘anga‘anga i ta matou wellbeing support, ka tupu teia au mea:

* Ka ‘anga‘anga ta‘okota‘i tatou, i te kimi‘anga i te wellbeing service tau, ki ta‘au e anoano ra.
* Ka rauka ‘ia matou i te ‘ōronga atu i to‘ou au ‘akakitekite‘anga no runga i te ‘ārāvei‘anga, ki te wellbeing service, me kore ra, ka rauka iā koe i te ‘iki i te ‘ārāvei takakē atu ‘ia ratou. Ka ‘akakite atu matou kia ratou, i te turu‘anga kē atu te anoano ra koe.
* Ka te‘ate‘amamao te wellbeing service i teta‘i taime, no te ‘ārāvei atu iā koe. Ka na roto pa‘a teia i te kanohi-ki-te-kanohi (mata ki te mata), na runga i te terepōni vitiō, me kore ra, na runga i te terepōni.
* Ka parāni kotou ko te wellbeing service, i te au mea te ka tupu i roto i ta‘au au ‘ārāvei‘anga. Me ka anoano turu‘anga kē atu koe (no te komakoma‘anga, ‘akamārama‘anga, tato‘u‘anga manako, me kore ra, te ma‘ara‘anga) na ratou e te‘ate‘amamao. Ka tauturu katoa ratou i te te‘ate‘amamao i te ‘aere‘anga, me ka anoano‘ia teia.
* Ka āru te wellbeing service, i ta‘au parāni.
* Ka rauka iā koe i te tauī i to‘ou manako, me kore ra, i te ‘akamutu i te tā‘anga‘anga‘anga, i te wellbeing support service, i teta‘i ‘ua atu taime.
* Ka ‘ārāvei atu te wellbeing service i te Survivor Experiences Service me:
* Kāre e pu‘apinga no‘ou i te ‘ārāvei ‘ua atu rāi
* Kāre e rauka ‘ia ratou i te ‘ārāvei atu iā koe
* Kāre koe e ‘aere ana ki te au ‘uipā‘anga muna.

Te mea muna

* Ka muna te ‘akakitekite‘anga no runga iā koe, e te au mea pouroa te ka tuatua koe.
* Ka anoano‘ia te turanga turu ora‘anga meitaki kia ‘akakitekite i ta‘au ‘akakitekite‘anga muna, me:
* ‘Akakite atu koe kia ratou i teta‘i mea kino te ‘ēkōkō‘ia ra, te ka tupu kiā koe, me kore ra, ki teta‘i atu. Me tupu teia, ka ‘akakite i reira te service ki te ‘akavā, me kore ra, ki teta‘i mental health service. Ka ‘akakitekite te service i te ‘akakitekite‘anga anake, te anonano‘ia ra.
* Karanga koe e, tei roto koe, me kore ra, te parāni nei, i te au ‘a‘ati‘anga pakari i te ture. Me tupu teia, ka ‘akakite i reira te service ki te ‘akavā. Ka ‘akakitekite te wellbeing support service, i te ‘akakitekite‘anga anake te anoano‘ia ra.
* ‘Akaue teta‘i ‘akavā‘anga i te service kia ‘ōronga i te ‘akakitekite‘anga kia ratou. Ka ‘akakitekite te wellbeing support service, i te ‘akakitekite‘anga anake te anoano‘ia ra.

**Tu‘anga 2 – Te ‘Akatika‘anga i te tomo ki roto i te wellbeing support service**

Me kua mārama koe i te ‘akakitekite‘anga i roto i teia tātā‘anga, e te ‘inangaro ra koe i te tā‘anga‘anga i teta‘i wellbeing support service, me ka tika, ‘akakite mai, me kore ra, ‘akairo‘ia te pi‘a i runga i te pēpa.

Me ka ‘inangaro koe i te tā‘anga‘anga i te wellbeing support service, ka anoano matou i teta‘i au ‘akakitkite‘anga no runga iā koe. Ka rauka iā koe i te ‘akakite mai i taua ‘akakitekite‘anga, na roto i te ‘akakī‘anga i teia pēpa, e te ‘aka‘oki‘anga mai kia matou, na roto i te mēre, me kore ra, mēre uira, na roto i te tāniuniu‘anga mai ‘ia matou, me kore ra, i te tuku‘anga mai na runga i te mēre uira i teta‘i vitiō, me kore ra, teta‘i karere rekōti‘ia, tei roto te ‘akakitekite‘anga, e anoano nei matou kia kite. Tei te ‘openga o teia tātā‘anga, te ‘akakitekite‘anga no te ‘ārāvei‘anga mai ‘ia matou.

Me ka tika, ‘akakite mai kia matou:

* Te katoa‘anga o to‘ou ingoa:
* To‘ou rā ‘ānau‘anga:
* To‘ou ngā‘i no‘o‘anga:
* Te tu o te turu ora‘anga meitaki te ka ‘inangaro koe i te tā‘anga‘anga (teia te ‘ākara‘anga, counselling, mirimiri, kāre i pāpu, teta‘i atu):
* Te au mea ‘inangaro tikāi ‘ia, me kore ra, te au mea te anoano‘ia ra no to‘ou turu ora‘anga meitaki. Tei roto i teia, te anoano no runga i te turanga tāne/va‘ine, me kore ra, te ngā‘i no‘o‘anga, me kore ra, te ‘aere‘anga:
* Te au tu wellbeing supports, tei pu‘apinga ana no‘ou i mua atu (me e mea teta‘i):
* Te au tu wellbeing supports, tei kore i pu‘apinga ana no‘ou i mua atu (me e mea teta‘i):
* Te tauturu ‘iki‘anga manako – me ka tau, me ka tika, ‘akakite mai no runga i teta‘i ‘ua atu turu tei tauturu iā koe kia mārama i teia ‘akakitekite‘anga, me kore ra, i te ‘iki‘anga i te tā‘anga‘anga i te wellbeing support service:
* Turu‘anga anoano‘ia – te meitaki āinei, kia ‘akakite atu matou ki te wellbeing support service, me e turanga pakipakitai to‘ou, me kore ra, i teta‘i atu turu kē, te anoano ra koe? Ka tauturu teia ia ratou i te turu‘anga meitaki iā koe. ‘Āe/Kāre

Me ka tika, ‘akakite mai i te wellbeing support service, te ka ‘inangaro koe i te tā‘anga‘anga. Me te ‘akakī nei koe i te pēpa, me ka tika, koropini‘ia ta‘au ‘iki‘anga:

* Tautoko Mai. Ka ‘ātui te Tautoko mai iā koe ki teta‘i puna ora‘anga meitaki i roto i to‘ou ‘oire, te ka tau ki to‘ou au anoano.
* Personal Advocacy e te Safeguarding Adults Trust. E ta‘unga ratou i roto i te turu‘anga i te aronga e ngatā ana i te tāmou ‘āpi‘i, neurodiversity, e te roro kāre e ‘anga‘anga meitaki ana.
* Ka ‘inangaro au i te tā‘anga‘anga i teta‘i puna ora‘anga meitaki o tāku ‘uā‘orāi ‘iki‘anga. Me ka tika, ‘akakite mai i te ingoa o te service, te tu o te turu e ‘ōronga ana ratou, e te ‘akakitekite‘anga no te ‘ārāvei‘anga atu ‘ia ratou:

Me te ‘akakī nei koe i teia pēpa, me ka tika, tāina‘ia to‘ou ingoa ki raro ake nei, e te rā i ‘akakī ei koe i teia:

* Tāina‘anga ingoa:
* Rā:

**Ka ‘akape‘ea te ‘ārāvei‘anga mai ‘ia matou**

Ka rauka iā koe i te ‘ārāvei mai ‘ia matou na roto i teia au kaveinga:

* Terepōni 0800 456 090. Te numero terepōni i roto i ‘Autirēria 1800 456 032. Ka tu‘era te au terepōni i te 8:30 i te pōpongi-4:30 i te a‘ia‘i ora Aotearoa.
* Karere patapata 8328
* Mēre uira contact@survivorexperiences.govt.nz
* Ka rauka iā koe i te tātā mai kia matou ki ko i te Survivor Experiences Service | Ratonga Wheako Mōrehu, PO Box 805, Wellington 6140
* Me e Taringa-turi koe, kāre e rongo meitaki ana, taringa-turimatapo, kāre e tuatua meitaki ana, me kore ra, e ngatā i te tuatua, ka rauka iā koe i te tā ‘anga‘anga i te New Zealand Relay Service. [www.nzrelay.co.nz](http://www.nzrelay.co.nz)