



The Methodist Church of New Zealand
Te Hāhi Weteriana o Aotearoa

Caring for Our People Manaakitia ā Tātou Tāngata

METHODIST CHURCH ADVISORY ALERT LEVEL 1

**Support healthy Mental Wellness: you, me, everyone
Larger funerals in small churches**

Fri 26 June 2020

This document addresses issues that have occurred since the last communication from the Connexional Office. It is not envisaged that this document will be updated in the future.

Support healthy Mental Wellness: you, me, everyone

We have seen new cases coming through and being stopped at New Zealand's borders. This was always likely to happen. It is a new border control system and very few systems work perfectly at the start. All systems require some time, and trial and error to improve.

At this stage, we should stay calm and trust the system. It is a huge balancing act to open our borders not just for our economic renewal, but also to accept loved ones back home from overseas.

For many of us the changes inflicted on us can feel overwhelming. Help is always available. Please reach out if you need to talk.

Everyone needs support at times and we want to encourage you to reach out and ask for help when it's needed. If you are struggling you can talk to your Presbyter or to one of the caring agencies listed below. Presbyters and Deacons you are not immune to stress. If you are in a Stationed appointment you can access EAP, details below

Another good start-point is your GP. GPs are trained to assess, treat, and manage many mental health challenges. However, there are a range of other services available spanning phone, online and face to face support. Most of these services are free and provide information and confidential advice from trained professionals.

Not All Right? - 1737 – free call or text any time, 24 hours a day

Healthline - 0800 611 116

Lifeline - 0800 543 354 or free text 4357 (HELP)

Samaritans - 0800 726 666

Alcohol Drug Helpline - 0800 787 797

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Mental Health Foundation <https://www.allright.org.nz/>

Youthline: 0800 376 633 (24/7) or free text 234 (8am-12am), or email talk@youthline.co.nz

What's Up: Online chat (3pm-10pm) or 0800 WHATSUP / 0800 9428 787 Helpline (12pm-10pm weekdays, 3pm-11pm weekends) Kidsline (ages 5-18): 0800 543 754 (24/7)

Rainbow Youth: (09) 376 4155 <https://www.ry.org.nz>

If it is an emergency and you feel like you or someone else is at risk, call 111.

Mentemia app

[Mentemia](#) from John Kirwan is an app that coaches mental wellbeing and is free to all New Zealanders. It's packed with evidence-based ideas and tools to help you learn how to be well, and stay well. It includes most common stressors experienced today - poor sleep, anxiety and stress.

<https://www.mentemia.com/nz/home>

Xero's employee assistance programme

Free, confidential counselling sessions to Xero subscribers and their staff. (Peter van Hout, Sarah Andrews and Bruce Johnston have confirmed availability on the plan MCNZ has with Xero)

<https://www.xero.com/nz/xap-faq/>

Employment Advocacy Programme

Available to Presbyters and Deacons and their families in appointments

<https://www.eapservices.co.nz/contact/>



How do I access EAP Services?

To request a confidential in-person, phone, video or e-counselling appointment, scan the QR code, phone or visit our website.

NZ [0800 327 669](tel:0800327669)

Intl [+64 9 353 0906](tel:+6493530906)

AU [1800 726 474](tel:1800726474)

eapservices.co.nz



Larger funerals in small churches

The new normal in Alert Level 1 requires only some consideration to ensure the facilities suit the numbers.

Keep people informed from the very beginning about expected behaviours and hygiene, placement of facilities and what to do in the event of 'something' happening.

Consider how many people your facilities work well for, and how many people are too many. Consider:

- Hand washing facilities and sanitisation stations
- Tissues and rubbish bins
- Food and drink service in small areas
- Outdoor seating and sound to alleviate confined crowds
- Ensure the toilet facilities are sufficient to cope with the numbers

Also remember to ensure your fire evacuation processes are good enough to ensure everybody's safety.

Please let the Connexional Office know if you need or want support. We are here to assist.