



# Wellbeing and Mental Health

## General information for music teachers

IRMTNZ Members are reminded to abide by the IRMTNZ Code of Ethics when expressing concerns to anyone.

### Contacts for anyone wanting guidance, or to talk to a counsellor or mental health professional:

- At most intermediate and secondary schools there is a counsellor or social worker to whom students can talk confidentially about personal matters
- Citizens Advice Bureau 0800 367 222
- Samaritans 0800 726 666
- The NZ Mental Health Foundation has useful information about:
  - helplines and wellbeing, general information
  - *Factsheets:*
    - What to say: Click here
    - How to get help: Click here
  - Helping someone suffering from depression: Click here.

### Helplines:

- For students of any age:
  - Youthline 0800 youth line / 0800 37 66 33 Free text: 234
  - 0800 what's up (Barnardos)
- For the teenager or adult student: <https://depression.org.nz/is-it-depression-anxiety/>
- For adults:
  - Depression Helpline: 0800 111 757 Text: 4202
  - Anxiety Helpline: 0800 ANXIETY (2694 389)

**Look after yourself:** <https://www.mentalhealth.org.nz/assets/5-ways-toolkit/FWW-FS01.pdf>

(Also see *Ritmico* 107 article: *Children and Adolescents Dealing with Stress and Anxiety*. Report by Margaret Maw from a session at IRMTNZ Conference 2017, Christchurch)