

He aha

te Pouri

Ko te Pouri

tētahi whanonga noa iho ka puta i te kōhukihuki o ngā mahi o ia rā. Ki te noho tonu te āhua ngākau pouri me ētahi atu tohumate, kua pāngia pea te tangata ki te pouri haumanu, pouri nui rānei.

 *Rapua ētahi tikanga e tika ana mōhau. He tangata kē, he tikanga kē.*


He aha te pūtake o te pouri?

Kaore e mōhiotia ana te tino pūtake o te pouri. E whakaarohia ana ka ara ake i te tinga o te tangata ki te pouri (te wāhanga ōna ki te ira, ki te koiora rānei) ka tīmataria e te kōhukihuki mai i te māuiui, te mate o tētahi o te whānau, te wehenga rānei o te hoa rangatira. I ētahi wā, kāore e kitea ana he aha i tīmata ai.

 *PŪRĀKAU: He tohu ngoikore te pouri.*
TIKA: Ka puare katoa tātau ki te pouri.

He aha ngā tohumate?

He tangata kē, he tohumate kē. Ko ngā tohu e kitea nuitia ana, ko te āhua ngākau pouri ka noho roa; te pouri me te kore o te aronganui; te kore o te manawareka o te mahi o ia rā; te mukākā; te mānukanuka; te arotahi kore; te hara, te tangi mō te kore noa iho; te tīni hoki i ngā ritenga kai, moe rānei; te rāwakiwaki me te hiahia kia mate. Ki te whakatauhia he pouri haumanu, me noho ētahi o ēnei tohumate i runga i te tangata mō te rua wiki, neke atu rānei.

 *PŪRĀKAU: Ko ngā tāngata e pāngia ana ki te pouri, ka āhei ki te puta wawe ki te hiahia rātau.*
TIKA: Ko tētahi o ngā tino tohumate whakahauā o te pouri, ka patua te hiahia, ā ka huri ngā mahi māmā noa iho nei hei tino mahi uaua.

Ko wai ka pāngia ki te pouri?

Tahi o ngā wāhine e wha, ā, tahi o ngā tāne 10, ka pāngia ki te pouri haumanu. Kua puta te taunakitanga, he āhua kitea nuitia i ngā whenua o te uru. Ka tīmata te pouri i a te tangata e tamaiti tonu ana, ā i a ia e pakeke ana. E kitea nuitia ana i te hunga 20 – 45 tau te pakeke.

 *Akona ngā huarahi tuku haumanu, ā kia whai wāhi koe ki te whakatau i te tuku haumanu tika mōhau.*



*Whānau: Me whakaāhuru koutou i te tangata, ka hiki te kohu ā te wā.
Ko te nuinga o ngā tāngata e pāngia ana ki te pouri, e kore e kite i te awatea.*

Me pēhea te tuku haumanu?

Ka hia kē ngā huarahi tuku haumanu matua e tae atu ana pea ki te tohutohu, ki te rongoa patu pouri hoki. Arā ētahi haumanu āwhina pai pēnei me te romiromi. He tangata kē, he pouri kē. Ki te kore te tuku haumanu, ka ono marama pea te roa o te pouri. Ki te tukua te haumanu, 70 – 80 ōrau o ngā tāngata ka whakaoratia i mua i tērā. Mō te nuinga o ngā tāngata, ka piki te ora, ā ka hoki ki ā rātau mahi, ki ā rātau whānau hoki.



E hoa mā: kua e pāmamae i te mahi a tō hoa, te kite rānei i a ia hei tangata uaua.

Kei whea ētahi atu pārongo?

Te Tūāpapa Hauora Hinengaro o Aotearoa Mental Health Foundation of New Zealand

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

81 New North Road, Eden Terrace, Tāmaki-makau-rau

Waea: (09) 300 7010

Waea Whakaahua: (09) 300 7020

Imera: resource@mentalhealth.org.nz

Ipurangi: www.mentalhealth.org.nz

*(Tirohia 'information' mō te roanga atu o te whakaaturanga
o te pouri haumanu)*

GROW – Te Rōpū Hauora Hinengaro o te Ao / World Mental Health Movement

Pouaka Poutāpeta 8720, te Tiriti o Symonds, Tāmaki-makau-rau

Waea: (09) 846 6869

Ngā Pokapū Hauora Hinengaro ā-Hapori

Tirohia te wāhanga Hohipere me ērā atu ratonga hauora i ngā whārangi o mua i te pukapuka waea o tō rohe mō te Pokapū Hauora Hinengaro ā-Hapori e pātata ana ki a koe.



KIA RAPU WAWE I TE ĀWHINA!

te Pouri



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Foundation
of New Zealand