



Ko e Puipuiaga ke he Taupega/Fakafolau - Ko e Heigoa e Kehekeheaga?

- ✧ Ko e faakamooliaga ke he tau puhala ke puipui aki e fakafolau ko e mena nakai mukamuka
- ✧ Mailoga fefe e tautolu kua fakatote hifo e moui fakafolau he tau fuata ka eke kua fai malolo ke puipui aki e fakafolau
- ✧ Kua lata nakai ke fai iloaaga ke he mate he fakafolau, po ke amaamanaki atu ke he fakafolau, po ke iloa e tau fakakiteaga fakahagaa atu ke he amaamanakiaga he fakaaoga he he e tau vai fakalolele tino/drug misuse.

KO E ILOAAGA fakalaulahi ke he taupega fakatokotaha, mo e tau fuafuaaga ke he taupega, kehekehe e tau lagakina aga. Kua uka lahi foki ke iloa mo e mailoga e tau kitiaaga ke he tau puhala puipui. Kua pihia foki ni e uka mo e mailoga mo e fuafua e tau puhala ke puipui aki e taupega, ha ko e talahauaga ke he taupega ai ko e mena fa mahani mo e agamau ki ai.

Ko e tokologa he atuhau fuata kua tonuhia ni mo e lauia ke he tau puhala fakaako, ha ko e tokologa he atuhau fuata ne kua lauia ke he fakafolau he 2,000 tau liga fakatai mo e fuafua mai pehe taha e fuata mai he 5,000 e tagata fuata. (Ko e kumikumiaga nei kua fakakite mai e tau puhala fakalolele ka manamanatu ki ai).

Kua talia fakalahi he tau kumikumiaga he faahi fakamalolo tino e tau kitiaaga he tau fakaholoaga fakataitai kua malolo e tau fakakiteaga mai, kua tonuhia ni ke ha ha i ai e tau levekiaga he faahi fakamalolo tino. Ko e tau kitiaaga fakataitai nei kua fakatai ai ke ua e matakau (kua fifili mo e leveki ke he taha ni e kitiaaga) ka e taha ni e matakau kua tonuhia ke ha ha i ai e levekiaga nei. Ko e kitiaaga fakalaulahi kua lafi atu e hagahaga kelea he tau faga puhala fakaako kua lauia ai e tau kumikumiaga nei ke he puipuiaga he tau fakafolau.

Tali mai ko e puhala fakataitai nei kua aoga ni ke lata mo e tau puhala kumikumi pihia foki mo e tau puhala fakaako ke he puipuiaga he Taupega pihia foki mo e tau puhala ke lagomatai aki e tau manamanatuaga fakauaua (kitia ke he fakamaamaaga taha).

Ha ko e tau fakakatoatoaga na mai i luga, ko e falu a kumikumiaga kua fakaaoga ai mo e lali ke fai kitiaaga aoga ka tupu mai ai.

Ko e tau puhala kumikumi nei kua lauia ai:

- ✧ Kitekiteaga fakamatakau
- ✧ Fuafuaaga
- ✧ Tau puhala fakakite mo e fakamaama ki a lautolu ne kua manako mo e talia ki ai.

Ha kua ha ha i ai e tau kitiaaga mo e tau lauiaaga ke he tau puhala he puipuiaga he Taupega, ka e tau kumikumiaga kua fakakite mai ai e falu a hagahaga keleaaga ne kua matutaki ai ke he fakafolau (kitia ke he fakamaamaaga ua).

Ha ha i ai agaia e loga he tau mena ne nakai iloa e tautolu. Ka e pete ia ni, kua tonuhia ni a tautolu ke fakaaoga e tau fakamaamaga kua ha ha i ai:

✂ Ko e tau puhala kua ligaliga ke gahuahua ai

✂ Po ke tau gahua kua maeke (ne kua fakakite) ke lauia ai falu mena matematekelea (kitia ke he fakamaamaaga tolu).

Ko e fakaholoaga to ligaliga ke fai lauiaaga ka eke kua fai tataiaga e tau fakakiteaga kumikumi ke he tau fakagahuahuaaga kua lauia ai. Kua mua e aoga he talahauaga ke he puipuiaga he fakafolau ha ko e

fakagahuahuaaga kua tuaha ke fai matematekelea ke tupu mai ai.

Kua fakagahuahua ai he matakau ne fakahigoa ko e SPINZ, fa la e talahauaga kumikumi kua kumikumi ki ai ke fakamau e tau fakakitemaiaga he tau mena katoatoa ke he tau magaaho nei.

Ma e katoatoaaga to fai mailogaaga ke he tau mena oti nei:

✂ Ko e talahauaga mafola

✂ Falu a talahauaga mafola

✂ Talahauaga kua fai tuaha ki ai (ligaliga to fai mena ke fakalavelave aki, ke tupu mai ai e matematekelea).

Talahauaga Taha

Ko e tau fakagahuahuaaga mo e tau talahauaga mafola

Ko e higoa he Fakagahuahuaaga	Puipuiaga fefe	Fakakitemaiaga
(Psychological Therapies) Tuluiaga he manamanatuaga (eg) (Cognitive Behavioural Therapy) Tuluiaga ke he Mahani (Dialectic Behavioural Therapy) Tuluiaga ke he tau puhala vagahau (Combined Therapy) Tau puhala tului kua taha	Clinical Services Individual Focus Puipuiaga ke he puhala fakakiliniki Ke he kitiaaga tokotaha	Reduction in depression and suicidal behaviour Fakaku mo e fakatote hifo e tau manamanatuaga tupetupe ke tupu mai ai e Taupega
Restriction of access to means (eg. guns, analgesics) Puipui mo e leveki, kakano mai he tau fana (guns) mo e falu a mena kua hahaga kelea ki ai.	Early Identification Population Focus Iloa mo e mailoga fakamua ke he kitiaaga he tokologa	Some reduction in suicide attempts Falu a puhala ke fakaku hifo e manamanatuaga ke he Taupega muiua ni ke he agaaga taha.

Ko e tau puhala gahua mo e muiuaaga fakalaulahi to mailoga ni ke he agaaga mo e kitiaaga he tau talahauaga kua tupu ki mua mo e mafola e tau fakagahuahuaaga.

Ko e tau fakagahuahuaaga ma e tau muiuaaga foki ku a fakakite fakatonu ni ke he kitiaaga tokotaha, kitiaaga fakamatakau pihia foki mo e kitiaaga he laulahi he tokologa (kumikumi ke he fakamaamaaga ke he lau ke ua aki he SPINZ).

Fakamaamaaga 2

Ko e falu a kitiaaga kua lauia ai.

Fakagahuahuaaga	Puipuiaga	Fakamooli
Tau fakaakoaga mo e tau fakailoaga	Talahauaga ke he tau mena ke lata ai ke he kitiaaga he tokologa	Fakatote mo e fakaku hifo e fakaohoohoaga ke he taupega (taupege fakafifitaki)
Falu a fakaakoaga hokulo (eg. leveki mo e kitekite ki ai ke aua neke lauia ai ha mena ke matematekelea ai).	Talahauaga ke he tau mena ke lata ai ke he kitiaaga fakamatakau	Fakatote mo e fakaku hifo ke he falu a mena ke lauia ai nakai fai kitiaaga foki ke he amaamanakiaga ke he fakafolau
Ko e tau fakaholoaga puipui (tau mena ke matematekelea ai, tau mena fakatupetupe ai, tau mena fakamatematekelea ke tupu mai ai e tau fakalavelave loga	Ke mailoga fakamua ke he kitiaaga fakamatakau	Ha kua fai fakatolomakiaga ki mua ke he tau kitiaaga ke he tau mena ke lauia ai nakai fai mailogaaga ke kitia aki e amaamanakiaga ke he fakafolau
Tau puhala lagomatai ka mole atu e Taupega	Mailogaaga fakamua ke he kitiaaga fakamatakau	Fakatote mo e fakaku hifo e tau mena ke fakatupetupe ai. Falu a lagomataiaga ke mailoga mo e fakaeneene fakalahi ki ai
Tau fakaakoaga hokulo ke he tau puhala leveki (tau ekekafo, GPs)	Mailogaaga fakamua ke he kitiaaga he tokologa	Fakatolomaki ki mua e iloaaga-fakalaulahi ke he fakamooliaga ke he fuafuaaga he fakafolau kua nakai fai tonuhiaaga
Ko e tau puhala uta fekau (telephone hotline) mo e faahi gahua ne leveki e tau fekau fakamatematekelea (crisis centre)	Mailoga fakamua ke he kitiaaga he tokologa	Fakamooliaga ke he falu a mena ke matematekelea ai
Falu a fakaakoaga ke mailoga aki e tupetupe	Mailoga fakamua ke he kitiaaga fakamatakau	Ke maeke ai ke mailoga e hagahaga-kelea ke he tau fanau fakaako mo e tau mena ke lauia ai
Falu a fakaakoaga fakafaahi malolo tino	Mailoga fakamua ke he kitiaaga fakamatakau	Ke maeake ai ke fakatolomaki ki mua ke he tau puhala lagomatai
Tau puhala uta fekau fakavaha nei (internet computer-based tool)	Talahauaga ke he tau mena ke lata ai ke he kitiaaga he tokologa	Ka maeke ai ke fakatolomaki ki mua e tau puhala lagomatai ke he kumikumiaga hokulo
Tau puhala ke mailoga aki e tau kitiaaga ke fakamau e tau puhala puipui ke he tau mena ke lauia ai	Talahauaga ke he tau mena ke lata ai ke he kitiaaga he fakamatakau po ke kitiaaga fakatokotaha	Falu a kitiaaga kua maeke ai ke mailoga a falu a mena ke lauia ai
Tau matakau fakalaulahi, motu, maaga, magafaoa, fanau, tau fuata	Talahauaga ke he tau mena ke lata ai ke he kitiaaga he tokologa	Ko e tau mailogaaga fakalaulahi kua mua ni e aoga ke talahau aki e tau mena aoga ke he tau Maori, fakagahuahua ke he tau fakaholoaga auloa
Psychopharmacological intervention (eg. anti-depressants) Tau puhala ke lagomatai aki mo e puipui ke he tau manamanatuaga tupetupe	Lagomataiaga fakafaahi malolo tino ke he kitiaaga fakatokotaha	Tau fakaakoaga kua lata ma e moui tupu ha he he moui fuata



Fakamaamaga Tolu Tau fakagahuahuaga kua maeke ke fai tuaha ki ai

Ko e higoa he tau fakagahuahuaga	Puipuiaga fefe	Fakamooliaga
Tau fakaholoaga fakaako ma e tau fakafolau	Mailogaaga fakamua ke he kitiaaga fakamatakau	Tau kitiaaga kehekehe, falu kua fakakite mai ai e tupu ki mua ke he lagomataiaga ke he tau mahani, falu a kitiaaga kua nakai fai fua kua tupu mai ai, falu a kitiaaga kua tupu lahi ni e tau puhala fakafifitaki ke he tau mena ke matematekelea ai
Tau fakailoaga fakatohitala ke he taupega	Kitiaaga fakatokologa	Falu a fakamooliaga tonuhia ke fakakite e talahauaga tonu ke he fakafolau, ko e tau fakailoaga fakatohitala ke mailoga mo e fakaeneene ki ai
Taupega kua nakai fai fakamooliaga (mai he tau kitiaaga he tau kifaga mo e tau TV pihia foki mo e tau fakatino)	Kitiaaga fakatokologa	Falu fakamooliaga ke he fakamatutakiaga ke he fakafolau kua nakai fai talahauaga tonuhia ke he ha mena ke lauia ai

Ka manako ke he falu a talahauaga kumi ke he:

www.spinz.org.nz

Auckland: PO Box 10318, Dominion Road, phone 09 300 7035

Christchurch: PO Box 13167, Armargh St, phone 03 366 6910

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