



## SPARX – He Mōhiohio mō te Whānau

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He aha te mea nui o te ao?

He tangata, he tangata, he tangata.

Kia ora, pēnā anō i te whakataukī i runga ake nei, ko te mea nui ki a mātou ko ā mātou tāngata. Koia anō hoki te aronga o te SPARX me te whai anō hoki kia mātua whakarite ka tautokona te hunga rangatahi me ō rātou whānau ki te pāngia te rangatahi e te pōuri.

He wā anō ka pōuri, ka heke rānei te wairua o te tangata ahakoa ko wai, engari ki te ngau tonu ēnei kare ā-roto, ki te mutu hoki te aro o te tangata ki ngā āhuatanga kaingākau ki a ia i mua rā, he tohu pea ēnei o te mate pōuri.

He tohu anō ina he nui rawa, he iti iho rānei te moe, ko te āhua o te hiakai, o te moe, te aro kore, te hiamoe, te ngoikore rānei, te pōhēhē kua hara, he kore hua, he koretake rānei ngā whakaaro mō ngā rā kei te tū mai. He rerekē te mate pōuri i ngā piki me ngā heke o ia rā, o ia rā, ko tāna ko te hekenga o te wairua, ko te pōuri rawa, ko te pōuri, ko te mangleo rānei i te nuinga o te rā, ia rā, ia rā mō te nuinga o te rua wiki neke atu rānei. Ko te āhua o te nuinga o ngā rangatahi e pāngia ana e te mate pōuri, he mangleo, he riri, he komekome rānei kē te āhua kua ko te pōuri.

He mate whānui tonu te mate pōuri, ka pā tēnei āhuatanga ki te tahi i te rima o ngā rangatahi i mua i te ekenga ki te 18 tau. He nui ngā wā kāore i kitea te mate pōuri i te hunga rangatahi. Ka meatia kē ko te 'āhua mai rā anō tēnei o te rangatahi', nā reira kāore te nuinga o ngā rangatahi i te whiwhi rongoā, āwhina, tautoko rānei. He mea nui kia kua e aro kore ki ngā tohu o te mate pōuri, kei puta he raruraru ki te kura, ki te mahi rānei, he uauatanga i ngā piringa, me te mea ka piki ake te mōrea o te putanga mai o ētahi atu raruraru pea pēnā i te kai whakapōauau, te inu waipiro, me te whakamomori. Heoi anō, kua puta he rongoā whai hua anō hei āwhina i te rangatahi (me ngā pakeke) kia piki te ora i te mate pōuri. Ko tētahi o aua whiringa rongoā ko te SPARX.

## He aha te SPARX?

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He ara anō te SPARX hei āwhina i te rangatahi e mangleo ana, e pāngia ana e te mate pōuri rānei. He hōtaka āwhina mā te rangatahi tonu e pāngia ana e te mate pōuri āhua māmā ki te āhua kaha. I whakahoahoatia a SPARX e ngā mātanga hauora hinengaro i runga hoki i ngā whakaaro mai i te hunga rangatahi. I whakahaere a Dr. Matt Shepard (Ngāti Tama) i te rangahau o te hunga rangatahi nā rātou te SPARX i whakamahi. I kitea e ia he mea āwhina te SPARX ki ngā rangatahi e pāngia ana e te pōuri, e te mate pōuri, te anipā rānei kia piki te ora. E ai ki ngā rangatahi he tino āwhina te SPARX, me te mea i ako rātou i ngā pūkenga hei āwhina i a rātou anō kia piki te ora.

He mea ahurei te SPARX i runga i te tuituinga o te āhuatanga wawata noa me te whakamahinga o ngā

whakairoiro Māori. E taea ana hoki e ngā rangatahi tā rātou tangata tākaro te whakarite anō ki ngā hoahoa Māori. Kātahi ka whakamahi rātou i tēnei tangata ki te whakaoti i ngā kōwae ako e whitu, ka ako rātou i ngā pūkenga Haumanu Whanonga ā-Hinengaro (CBT), pēna i te ako ki te pārore, te kōrero ki te tangata mō ō rātou kare ā-roto, otirā me pēhea hoki te whakatikatika raruraru. Ko ngā pūkenga CBT he ako ki te tautuhi i ngā whakaaro hua kino me te whakakapi i ēnā whakaaro ki ngā whakaaro nui ake te āwhina. Ko te CBT tētahi o ngā rongoā kua taunakitia mā te rangatahi (me ngā pakeke) e pāngia ana e te mate pōuri. He nui ngā rangahau e whakaatu ana he rongoā whai hua te CBT mō te mate pōuri (i tua atu he rongoā anō hoki mō ētahi atu raruraru hauora hinengaro).

I kitea e Dr. Shepherd i whakaakona ngā rangatahi e SPARX ngā pūkenga ki te whakahaere i tō rātou ake pōuri. I kīia hoki e te hunga rangatahi he pārekareka te tākaro i te SPARX, i kitea hoki he tino whitake ngā hoahoa Māori i te SPARX. I kī ētahi rangatahi i oti i a rātou ētahi o ngā pūkenga CBT i akona e rātou i te SPARX te whakaako ki ō rātou whānau. E āhei ana te hunga rangatahi te whakamahi i te SPARX ahakoa te wā, ahakoa te wāhi; ko tā rātou noa he rorohiko whai hononga ki te ipurangi.

## Me pēhea e rēhita i taku tamaiti ki te SPARX?

Mā te haere ki te paetukutuku [www.sparx.org.nz](http://www.sparx.org.nz) me te rēhita ki te whakamahi i te hōtaka i runga i te pae. Kāore he utu, ka noho matatapu katoa hoki ngā kōrero.

## Te tono āwhina kē atu

I tua atu i te SPARX he nui ngā āhuratanga e taea ana e koe kia piki te ora i te mate pōuri. Tae atu ki te tono āwhina i tētahi kaimātai hinengaro (i tētahi atu kaimātai rānei), te rongoā ā-waha rānei. He mea nui hoki te huri i ngā āhuratanga o tō oranga i ētahi wā. Tirohia te wāhanga “Te tautoko i te rangatahi e mahi ana i te SPARX” mō ētahi huringa oranga hei whiringa mā tō rangatahi. Tērā pea me whai tautoko rātou i a koe ki te tutuki i ēnei huringa. Ko te ara pai mā tō rangatahi kei ōna hiahia, ōna manako, otirā ngā āhuratanga hoki e wātea ana i tō rohe. Hei whiriwhiri i ētahi atu whiringa atu i te SPARX me whakarite hui mā tō tamaiti ki tō rātou tākuta whānau.

He whānui ngā whakaaro whakamomori ina ka pōuri rawa te tangata (ka tino riri rānei). E kore mā te pātai ki tō rangatahi mō te whakamomori e whakapiki i tā rātou mōrea whakamomori.

Ka whai āwhina hoki kōrua ko tō rangatahi i ēnei waea āwhina koreutu, matatapu hoki:

**Ka whai āwhina hoki kōrua ko tō rangatahi i ēnei waea āwhina koreutu, matatapu hoki:**

Waea koreutu	<b>0508 4 SPARX (0508 477 279)</b>
Waeatuhi koreutu	<b>3110</b>

Me waea atu ki 111 mēnā kāore rātou i te haumaruru i tēnei wā tonu.

Mēnā kei te haumarū tō rangatahi, he nui tonu ngā tāngata/rōpū hei āwhina:

- he ratonga hauora (te tākuta whānau/GP, he ratonga rangatahi, he ratonga hauora kura)
- he kaiakoako, he kaimātai, Youthline, Lifeline rānei

Mēnā kāore koe i te mōhio mō te haumarutanga, me kimi mōhio tanga ināianeī, toro atu ki tētahi.

## Te tautoko i te hunga rangatahi e whai ana i te SPARX

Ka taea pea e koe ētahi o ēnei e whai ake nei:

- Te whakamihī i tō rangatahi mō te tīmata i te SPARX. Ko te pātai mō te āwhina tētahi o ngā tino āhuatanga uaua i te whakatikatikātanga o te mate pōuri
- Me rēhita mō te SPARX hei whakamātau māu anō kia mōhio ai koe he aha te aha
- Me pātai ki tō rangatahi he pēhea te SPARX ki a rātou, he aha ngā mea kua akona e rātou ki tēnei wā, kei te hiahia tautoko rānei rātou ki te whakawai i ngā pūkenga
- Kia ngahau: whakarite mahere wā/ngohe huapai mā kōrua ko tō rangatahi
- Āwhina i a rātou ki te whakaoti tūmahi kia rongō ai rātou i te wairua o te whakatutukitanga, me mihi hoki ki a rātou ina ka tutuki tētahi mahi! Ina koa tā rātou mahi kāinga, ngā mahi i te whare
- Me kī atu ki a rātou kei konā koe hei whakarongo ki a rātou ina hiahia kōrero rātou; me whakarite te patapatai/te aro ki a rātou me te tuku i a rātou kia wātea ina e hiahiatia ana
- Me whakamātau kia kaua kōrua ko tō rangatahi e whawhai; tērā pea he komekome kē atu pea rātou, nō reira me manawanui kē atu anō hoki koe

## Te tiaki i a koe anō

He mea tino nui te whānau ki te oranga o te rangatahi. He tino whitake tō rātou tautoko ki te hunga rangatahi. Hei taurā, he tautoko nui e taea ana e te whānau te hoatu hei āwhina kia piki te ora o te rangatahi, engari he mea nui hoki kia tiaki te whānau i a rātou anō, otirā me tonu āwhina anō hoki ki te hiahiatia.

Mena e pāngia ana koe e te mate pōuri, kei te hiahia tautoko anō rānei, he mea nui kia whiwhi koe i te rongōā e hāngai ana, he āwhina rānei. Kāore e kore ka pāngia koe e ngā uauatanga o tō rangatahi, me te mea nei hoki ka nui ake tō āwhina ki a rātou ina e ora ana koe. He nui pea ngā painga ka puta ki te oranga o tō rangatahi i tō oranga tonu.

Ka taumaha pea ki te pakeke te tiaki rangatahi e pāngia ana e te mate pōuri. Kōrero ki tō hoa rangatira, o hoa, he tākuta, te Youthline, te Lifeline rānei ki te kimi huarahi māmā hei tautoko i tō rangatahi. E tiaki ai koe i tō rangatahi, me tiaki hoki koe i a koe anō.

Ki te hiahia kimi kōrero atu anō mō te mate pōuri i te pakeke, ki te tonu āwhina mōu ake rānei, tirohia [www.depression.org](http://www.depression.org) me te hōtaka ipurangi koreutu mō Ngā Tāngata Katoa o Aotearoa.

Hei whakakapi, ki te heke te āhua o tō rangatahi nui ake i te ruarua wiki te roa, ina koa he tohu anō ā rātou o te mate pōuri, me tono āwhina. He tīmatanga rawe tonu a SPARX hei whakapiki i te ora. Mā konei me ētahi atu momo rongoā ki te hiahia, ka pai haere ngā rā kei mua i a kōrua ko tō rangatahi. Kaua e matakū ki te tono āwhina ahakoa te wā. Ka whai āwhina hoki kōrua ko tō rangatahi i ēnei waea āwhina koreutu, matatapu hoki:

Waea koreutu           **0508 4 SPARX (0508 477 279)**  
Waeatuhi koreutu   **3110**