

He aha

# te Mate Āhotea Poto

## He aha te mate āhotea poto?

He aha te mate āhotea poto? He mate tēnei e pakoki ai te titiro a tētahi tangata ki te ao. Ka noho pēnei te tangata e pāngia ana ki tēnei mate mō tētahi wā poto iho i te marama kotahi. Ka hia kē ētahi atu momo mate āhotea e pāngia ana te tangata mō tētahi wā roa ake.



*Whānau/E Hoa mā: Mā te tautoko i roto i tēnei wā hurihuri noa, ka noho āhuru te tangata e pāngia ana, ā, ka āwhina hoki i a rātau ki te whakahaere pai i tōna mate.*

## He aha te pūtake o te mate āhotea poto?

Kāore i te tino mōhiotia he aha te pūtake o te mate āhotea poto. He tuku iho pea ētahi āhuetanga, te mahi ngaukino i ngā rā kua taha. Ka whai hoki te mate āhotea i te mahi kōhukihuki pēnei me te mate o te tētahi whanaunga, hoa rānei tae atu ki te mahi ngaukino pēnei me te patunga. Ka whai hoki i te whānautanga o te tamaiti. He mea nui te pono mō te kai i te rongoa whakarehu, nā te mea he take anō tēnei mō te putanga mai o te mate āhotea.

## He aha ngā tohumate?

Ka rangirua ngā whakaaro mā reira e uaua ai te whakawhitiwhiti kōrero me ētahi atu tāngata; ka whakapono te tangata e whakatōngia ana ētahi whakaaro ki roto i tōna hinengaro, ka pōhēhē he pukenga atua ōna, kei te tirohia rānei ia. Ka kaewa hoki tērā tangata e rongō ai e kite ai e kore nei e taea e ētahi atu tāngata. Ko te rongō i ngā reo kēhua he wāhanga nō te mate āhotea, he wāhanga whakararu i te tangata. Ka āta haere, ka tere haere rānei te ao. Ka āhua rerekē hoki ngā tae me ngā pūoru. Ko ētahi atu tohumate, ko te kore hiahia, te unu mai i ōna hoa, te haumaruru mai i te pouri, te harikoa rawa, te katakata noa te tangitangi noa rānei tae atu ki te aronganui kore. E kore e pea tiaki pai i a ia anō. Kāore rātau e mōhio i ahu mai ēnei tohumate i te māuiuitanga.

Kia aro nui te kaiaromatawai i te tangata e whakaatu mai ana i ēnei tohumate ki ngā whakapono, wheako rānei o te tangata nei mai i tōna tikanga. Mā reira pea e mōhio ai te kaiaromatawai ki ngā wheako me ngā whakapono rerekē o taua tangata.

## Me pēhea te tuku haumanu?

I ngā wā ka taea, pai ake te noho tonu o te tangata i roto i tōna hapori i te noho hohipere. He wāhanga te rongoa o te tuku haumanu, ā mā te rata mate hinengaro e whakatau mēnā ka hiahiatia. Ko ngā tuku rongoa kei waho o tērā me aro atu ki te ako o te tangata me tōna whānau ki te mate āhotea poto, te wāteatanga o te āwhina ngaio mō te whakawhitiwhiti whakaaro tika, te wetewete raruraru, te whakahaere i te kōhukihuki me te whakatakoto mahere oranga. Ka whai hua anō te tangata i te tohutohu me te haumanu hinengaro. Arā ētahi atu tuku haumanu āwhina pēnei me te huaora, te kori tinana me te romiromi, engari me haere ngātahi ēnei me te tohutohu a te rata mate hinengaro.



*KIA RAPU WAWE I TE ĀWHINA! – ka taea te Mate Āhotea Poto te whakamaimoa tika. Ki te wawe te tuku haumanu, ka nui atu te wāhi ki te whakaoranga me te kore o te mānukanuka ki te tangata.*

## Ko wai ka pāngia?

He mate kāore i te tino kitea. Ka heipū mai te mate nei i te tangata e taitamariki ana. Kāore hoki i te tino kitea te Mate Āhotea hokihoki – i te nuinga o te wua, ka whakaora anō te tangata, ā ka hoki ki āna mahi o mua. Ki te hokihoki te Mate Āhotea, he tohu tēnei i te mate pēnei me te Wairua Tuakoi, te Mate Aronganui Pourua – BAD rānei. Mā te wā e kitea ai.



*Kia wawe te kite atu me te tuku haumanu nā te mea ka noho mōrearea te tangata ki te whakamomori i ā ia e pāngia ana ki te Mate Āhotea Poto – mā te tautoko kaha me te tiaki pai e ārai atu ai tēnei.*

## 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](mailto:resource@mentalhealth.org.nz)

Ipurangi: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**WHAKAMĀRAMA:** He paku noa iho ngā kōrero mō te Mate Āhotea Poto, engari he nui ngā kōrero mō te Mate Āhotea. Kei ngā ratonga hinengaro hauora me ētahi atu rōpū kiritaki, tautoko whānau he huinga o ēnei momo kōrero.

