

CLIENT CARE

Employment issues are often stressful and overwhelming, so it's really important that you take care of yourself during this time. The following resources may be useful to you:

Mental Health Services

The way you're feeling can affect how you deal with tough times. If you feel that you need help with stress and anxiety, we strongly suggest you contact your GP to discuss what is available in your area. Some mental health services are available for free.

In addition, you can call any of these numbers to speak with a trained professional. Calls are free and confidential.

- Lifeline: 0800 543 354
- The Depression Helpline: 0800 111 757
- Need to talk?: 1737

Financial Help

A drop in income can be extremely stressful. If you need to apply for a payment from WINZ, let us know. If required, we can provide a supporting letter advising of your employment issue to assist with any stand down period.

Applying for Jobs

It's important that you start applying for work and moving on as best you can as soon as possible. Keep a record of any applications as we may need to reference these at a later date.

Career Counselling

It may be helpful to speak to a career expert to help make plans for your future employment. You can access free career advice by going to careers.govt.nz. Career counsellors can also be accessed online.

Lastly...

Do things that make you feel better and keep you motivated, such as:

- Connecting with supportive family and friends.
- Engaging in activities that you enjoy and find relaxing.
- Sticking to a routine.
- Maintaining physical activity, especially if it's outdoors.
- Eating and drinking healthy food and drinks.
- Getting regular sleep.
- Completing projects or odd jobs at home.
- Focusing on next steps.

If you are struggling in any way, please let us know. We care about you and your wellbeing and are happy to help point you in the right direction so that you can access the support you need. We understand it's a tough time but we will help with your past employment problems so that you can look to the future.