



TARANAKI DISTRICT HEALTH BOARD

# RESOURCE ROOM

PUBLIC HEALTH UNIT,  
TARANAKI DHB

Issue: 8 - 2020

March 2020

## What's on in March 2020 Poutu-te-rangi 2020

### March

- 11 **World Health Organisation (WHO) declared COVID-19 a pandemic**
- 5 World Book Day
- 8 International Women's day
- 11 Walk2Work Day
- 13 World Sleep Day
- 20 World Oral Health Day
- 21 International Day for the Elimination of Racial Discrimination
- 22 World Water Day
- 24 World Tuberculosis Day
- 26 **New Zealand in Lockdown for 4 weeks due to Covid-19**
- 27 Neighbours Day Aotearoa
- 27 Bandanna Day
- 1-31 Endometriosis Awareness Month
- 1-31 Hearing Awareness Month
- 1-31 Kidney Health Month
- 16-25 Shave for a Cure Awareness Week

## Sharon Parker

Resource Coordinator

Public Health Unit

Barrett Building, Level 1,  
Tukapa Street, Westown,  
New Plymouth 4310

T 06 753 7777 Ext 8862

F 06 753 7788

[sharon.parker@tdhb.org.nz](mailto:sharon.parker@tdhb.org.nz) or  
[resource.room@tdhb.org.nz](mailto:resource.room@tdhb.org.nz)



# The Resource Room is closed

During the Level 4 Lockdown the Resource Room will be closed.

I am working from home - therefore if you have any queries or requests, I will do my best to assist if I can.

I apologise for the inconvenience this may cause .

Looking forward to returning to full service as soon as possible after the lockdown period.

# Moving to COVID-19 Alert Level 4

By now some/many of us are in lockdown as the country moves to Alert level 4



Message from the:



## COVID-19

It's a tense time for most of us. Covid-19 is scary and it's rapidly changing the way we work, socialize, travel, access healthcare, exercise, shop and live. We know that many people are feeling anxious, stressed, worried and scared.

It's important to look after our wellbeing and the wellbeing of our whānau and community as we get through this - together. Mental Health Foundation have created a [new section](#) on their website with wellbeing tips, [answers to FAQs](#) and tikanga advice.

The number one message we want New Zealanders to hear is this: we will get through this if we work together. Connecting with people who make you feel safe and loved is the most important thing you can do to look after your mental health and the mental health of people around you.

We know things are really tough right now for some people who live with mental illness. Stress and anxiety can make things worse. While we don't have all the answers, our [wellbeing tips](#) are designed to work for you (however you're feeling right now). You can free call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

A graphic with a white background and a light blue border. At the top, it says "NEED TO TALK?". Below that is a blue speech bubble containing the number "1737" in white. At the bottom, it says "free call or text any time for support from a trained counsellor" in blue text.

**Be Safe everyone!**