

Asian Family Services' Multilingual Suicide Prevention and Wellbeing Resources

Resources	Services and resources available for Asian communities in New Zealand.	Service	Digital copy	Video	Report	Description	English	Chinese	Hindi	Korean	Thai	Vietnamese	Japanese
Report	Understanding deaths by suicide in the Asian population of Aotearoa, New Zealand Link				✓	A report examining suicide among Asian communities, titled 'Understanding Deaths by Suicide in the Asian Population of Aotearoa New Zealand,' was published in 2019 by the Suicide Mortality Review Committee from the Health Quality and Safety Commission New Zealand and AFS.	✓						
Suicide Prevention Resources	A Suicide Prevention Resource for Chinese People Link <ul style="list-style-type: none"> Cantonese speaking video resources Link Mandarin speaking video resources Link Chinese Suicide Prevention Resources Report 2018 Link 			✓	✓	Suicide prevention resources for Chinese communities	✓	✓					
	Suicide Prevention for Korean Community Link <ul style="list-style-type: none"> Report on the Development of a Suicide Prevention Resource for Koran People 2019 Link 			✓	✓	Suicide prevention resources for Korean communities	✓			✓			
	Are you worried someone is thinking of suicide? Link		✓				A suite of resources has been translated based on information from the Mental Health Foundation.	✓	✓	✓	✓	✓	✓
Mental Health and Wellbeing Resources	Mental health support and services Link		✓				✓	✓	✓	✓	✓	✓	✓
	Managing mixed emotions through the levels Link		✓				✓	✓		✓		✓	✓
	Helping whānau and friends through the tough times Link		✓				✓	✓	✓	✓	✓	✓	✓
	Te Whare Tapa Whā Link		✓				✓	✓	✓	✓	✓	✓	✓
	How do I look after my own hauora and wellbeing? Link		✓				✓	✓	✓	✓	✓	✓	✓
Wellness Resources	Wellbeing Tips digital copy		✓			A collection of wellbeing toolkits and information is available in various Asian languages.		✓	✓	✓	✓	✓	✓
	Wellbeing Tips video			✓				✓	✓	✓	✓	✓	✓
	4-7-8 Breathing Practice Digital Copy		✓				✓	✓		✓	✓	✓	✓
	4-7-8 Breathing Practice video			✓				✓		✓	✓	✓	✓
	5 ways of cultivating an Attitude of Gratitude Link		✓	✓			✓	✓		✓	✓		
	Building emotional intelligence through RULER Link		✓	✓				✓		✓	✓	✓	✓
	Mindfulness digital copy		✓					✓		✓			✓
	Mindfulness Video			✓				✓		✓	✓	✓	✓

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Health and Wellbeing webinar	Wellbeing Webinar for International Students Link			√		A sequence of webinars designed to enhance awareness of mental health and wellbeing within Asian communities is available.	√						
	Health and Wellbeing Webinar – Mandarin Link			√				√					
	Health and Wellbeing Webinar – English Link			√			√						
	Health and Wellbeing Webinar – Korean Link			√						√			
	Young Korean Kiwis Speak Out: Mental Wellbeing Matters Link			√			√						
Asian youth mental health	2019 Korean Youth Mental Health Resource Link			√		A resource aimed at Korean youth highlights their experience as the in-between generation, balancing the demands of the family collective with their individual identity and embracing both.				√			
	The Inbetweeners, it is okay to be in both worlds Documentary Link			√		A documentary about the interplay between two cultures among the 1.5 and second generation of Asians growing up in dual cultures. It explores the dynamic where family collectivism dominates and individualism is emphasized in school and society, and how they navigate both spaces.	√						
Anti stigma	You are not alone Link			√		A campaign against stigma and discrimination for people with experiences of mental distress	√	√	√	√	√	√	√
Mental Health and Wellbeing Services	New Zealand Mental Health System and Services Link			√		An online resource explaining how the mental health system and services work in New Zealand.		√					
	What is counselling Link		√	√		A concise explanation of what counselling involves.		√		√	√	√	√
Alcohol and other drugs	AOD Withdrawal Symptoms Link		√			A suite of multilingual resources produced in partnership with the NZ Drug Foundation.		√		√	√	√	