

What About You – Resource Order Form

Name:

Organisation:

Date:



Fill in quantity below each item and Email to: whataboutu@tuora.org.nz

Posters – available in both A3 and A4





Are you ok?		Are you ok? - Pasifika		Are you ok? - Rainbow		It's ok to say no		It's ok to say no - Pasifika	
									
A3	A4	A3	A4	A3	A4	A3	A4	A3	A4
Watch out for your Mates		Watch out for your Mates – Te Reo		Watch out for your Mates – Pasifika		Be a hero drink zero		Be a hero drink zero – Pasifika	
									
A3	A4	A3	A4	A3	A4	A3	A4	A3	A4
Don't know say no		9 out of 10		I drive sober & drug free		Keep fuelled up for a great time		Be a hero try zero	
									

A3	A4	A3	A4	A3	A4	A3	A4	A3	A4
You're a parent not a mate – English		You're a parent not a mate – Te Reo		Is your drinking affecting your family		Play by the rules			
									
A3	A4	A3	A4	A3	A4	A3	A4		
Kei te pai koe?		Kei te pai koe? English Translation		Mā te tuakana e ārahi i te teina		Tiakina ō koutou hoa		Tiakina ō koutou hoa English transition	
									
A3	A4	A3	A4	A3	A4	A3	A4	A3	A4
Watch our for your mates – Ball/Tuxedo Version		Have a ball – Blue		Have a ball - Yellow					
									
A3	A4	A3	A4	A3	A4				

Are you ok Leaflet

Yellow	Teal
 <p>Tips for staying on track</p> <ul style="list-style-type: none"> • Know your triggers for stress, drinking or drug use and what you can do instead. • Avoid having alcohol or drugs in the house – so you're not tempted. • Have your 'no thanks' prepared for when you're offered a drink or drugs. • Ask your friends and family to support you. • Join a gym, start a hobby or do some study to give you a new focus. • Avoid situations or people that may cause you to drink or use drugs. • Be kind to yourself and celebrate your progress. <p>ARE YOU OKAY?</p> <ul style="list-style-type: none"> • You don't have to do this alone • We're here to help • Watch out for your mates <p>THERE'S PLENTY OF SUPPORT AVAILABLE</p> <p>www.whataboutu.co.nz</p> <p>Signs you might need help</p> <ul style="list-style-type: none"> • Feeling anxious, down or overwhelmed. • Drinking too much or using drugs. • Lying about drinking or drug use. • Being less social than usual. • Not keeping on top of tasks at home, work or school. • Past attempts to stop drinking or drug use haven't worked. • Health issues that could be caused by drinking or drugs. • Mood swings (often linked to alcohol and drug use). • Losing interest in activities you once found enjoyable. <p>IT'S OKAY TO REACH OUT FOR SUPPORT.</p> <p>If some of these signs sound familiar, it's time to make a change.</p> <p>WE CAN HELP!</p> <p>Medical centre Talk to your doctor or practice nurse. Local addiction & wellness services Pathways: Phone 06 370 6102 Email wairarapa@pathways.co.nz Te Haurua Runanga: Phone 0800 666 744 Email throwinc@tehsuora.org.nz Phone and online support Depression Helpline: Phone 0800 111 757 www.depression.org.nz Youth online support: www.thetowdown.co.nz Alcohol & Drug Helpline: Phone 0800 787 797 www.alcoholdrughelp.org.nz Gambling Helpline: Phone 0800 654 655</p>	 <p>Tips for staying on track</p> <ul style="list-style-type: none"> • Know your triggers for stress, drinking or drug use and what you can do instead. • Avoid having alcohol or drugs in the house – so you're not tempted. • Have your 'no thanks' prepared for when you're offered a drink or drugs. • Ask your friends and family to support you. • Join a gym, start a hobby or do some study to give you a new focus. • Avoid situations or people that may cause you to drink or use drugs. • Be kind to yourself and celebrate your progress. <p>ARE YOU OKAY?</p> <ul style="list-style-type: none"> • You don't have to do this alone • We're here to help • Watch out for your mates <p>THERE'S PLENTY OF SUPPORT AVAILABLE</p> <p>www.whataboutu.co.nz</p> <p>Signs you might need help</p> <ul style="list-style-type: none"> • Feeling anxious, down or overwhelmed. • Drinking too much or using drugs. • Lying about drinking or drug use. • Being less social than usual. • Not keeping on top of tasks at home, work or school. • Past attempts to stop drinking or drug use haven't worked. • Health issues that could be caused by drinking or drugs. • Mood swings (often linked to alcohol and drug use). • Losing interest in activities you once found enjoyable. <p>IT'S OKAY TO REACH OUT FOR SUPPORT.</p> <p>If some of these signs sound familiar, it's time to make a change.</p> <p>WE CAN HELP!</p> <p>Medical centre Talk to your doctor or practice nurse. Local addiction & wellness services Pathways: Phone 06 370 6102 Email wairarapa@pathways.co.nz Te Haurua Runanga: Phone 0800 666 744 Email throwinc@tehsuora.org.nz Phone and online support Depression Helpline: Phone 0800 111 757 www.depression.org.nz Youth online support: www.thetowdown.co.nz Alcohol & Drug Helpline: Phone 0800 787 797 www.alcoholdrughelp.org.nz Gambling Helpline: Phone 0800 654 655</p>

Coasters

Be a hero drink zero	9 out of 10	I drive sober	Keep fuelled up
			

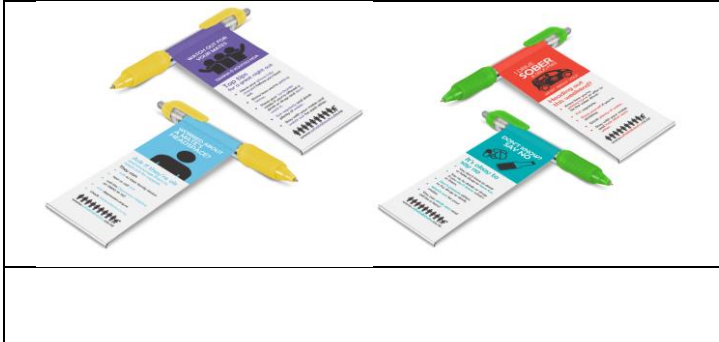
Bottle Tags (front and back graphics)

Be a hero drink zero	9 out of 10	I drive sober	

Mocktail Bottle Tags

Ginger Fizz	Lemon Lime Delight	Tomato Whizz	Summer Fruits

Pens (assorted designs – pull out banner with front and back messaging)



Pens (assorted colours)

