

Wellbeing support for Pacific learners

- ▶ **Le Va** www.leva.co.nz (online support)
Pacific organisations that support services for the best possible health and wellbeing outcomes.
- ▶ **Aunty Dee** <https://www.auntydee.co.nz/> (Free online tool for mental wellbeing)
Aunty Dee is a free online tool for anyone who needs some help working through a problem or problems. It doesn't matter what the problem is, you can use Aunty Dee to help you work it through.
- ▶ **The Fono Auckland** <https://thefono.org/> (Henderson, Blockhouse Bay, Auckland CBD, Manurewa, North Shore, Kaikohe)
Pacific health and wellbeing including financial support, food hubs, domestic violence prevention.
- ▶ **F'ine Pasifika** finepasifika.org.nz (online support)
Pacific organisation offering affirming care and support for Pacific MVPFAFF+ / LGBTQI+, Rainbow and Queer. Advocating health and wellbeing support.
- ▶ **innerBoy App** <https://innerboy.nz/> (online support)
Developed with cultural sensitivity and deep understanding, the innerBoy App offers a safe space where men can explore their emotions and access a range of supportive tools, insights, and resources.
- ▶ **1737** <https://1737.org.nz/> (online/phone support)
The 1737 team provides brief counselling support, identifying key issues, helping plan some steps to take and, in many cases, connecting with more comprehensive support services available.