



Biosecurity New Zealand

Ministry for Primary Industries
Manatū Ahu Matua

Support available



Looking after yourself, your family, neighbours, staff, and community, as we aim to eliminate the *Mycoplasma bovis* bacteria

Rural Support Trusts

RSTs have trained facilitators who can support you with some of the issues you are facing. They can also refer you to experts and services you might need, such as planning and management advice, health information, and government support agencies.

- Call **0800 78 72 54 (0800 RURAL HELP)**
- Select "0" for *Mycoplasma bovis* questions, or select your region to chat about other matters. This line supports rural people: farmers, families, and workers.

Managing stress

When times get tough it is important to get a support team around you. Family, friends, and trusted advisors will be able to help you. Sometimes it can be helpful to seek support, assistance, and expertise from someone objective and not so involved in the process.

Increased stress might look like:

- not sleeping
- drinking more alcohol
- finding it hard to make decisions
- tense family relationships.

If you do find stress levels are beginning to impact on your day-to-day quality of life, talk with your GP or a trusted health professional. They can help you work on improving coping strategies and keeping yourself well.

A free, anonymous counselling service is also available.

Phone or text **1737** anytime for support from a trained counsellor.

General Contacts

Mycoplasma bovis website: **www.mbovis.govt.nz**

Questions for MPI: 0800 00 83 33
or email: **mbovis_liaison@mpi.govt.nz**

Rural Support Trust for farmer welfare:
0800 78 72 54

Your GP or your vet

MPI Exotic Pest and Disease Hotline:
0800 80 99 66



Rural Support

Rural People Helping Rural People

Rural Support Trusts are well-connected with:

- MPI
- Work and Income
- Financial support
- Mentoring
- Planning & management advice
- Health providers

Contact us any time for a free, confidential chat.

0800 78 72 54
www.rural-support.org.nz



Inland Revenue

Inland Revenue (IR) is there to assist people affected by extreme events. They have a range of measures to help depending on your personal circumstances.

Filing and paying

IR understands that tax isn't the first thing on your mind. Please contact your tax agent with any concerns or questions about filing returns or paying tax. They will work with IR on any tax concerns.

Working for Families Tax Credits

Working for Families Tax Credits (WfFTC) are payments for families with dependent children aged 18 or under. Payments can be made weekly, fortnightly or as a lump sum at the end of the year. If you are registered to receive your WfFTC payments as a lump sum, you may wish to receive your payments weekly or fortnightly instead. You'll need to let IR know any other changes in your income and family circumstances.

If you're not already registered for WfFTC and you are now eligible, the quickest and easiest way to register is online using myIR. If you don't already have a myIR account, visit www.ird.govt.nz/myir.

Check your Working for Families Tax Credits eligibility at www.ird.govt.nz/wff-tax-credits or talk to your accountant or Rural Support Trust.

Work and Income – Ministry of Social Development

There is a range of assistance available for people or families whose incomes have been severely affected. Even if you don't think you'd qualify, please talk to Work and Income. Your Rural Support Trust can help you with this.

Work and Income may be able to help you with costs you don't have any other way of paying even if you're not on a benefit, or can point you in the right direction based on your circumstances.

Contact Work and Income

If you:

- would like assistance
- aren't sure if you can get assistance
- are struggling to support yourself, or your family
- would like more information

Visit www.workandincome.govt.nz or call Work and Income on **0800 559 009**.

Are you keen to help out?

Call the Rural Support Trust on **0800 78 72 54 (0800 RURAL HELP)** if you want to help support affected farming families in your community.

Five tips for getting through tough times

Dealing with a biosecurity response can bring stress and uncertainty. International research found that people who thrive in adversity have five things in common. Make the **BIG 5** a part of your life to help you stay well.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

1. CONNECT

Good friendships and spending time with your mates makes a big difference to how you feel. Having a good circle of friends has lots of benefits including reducing stress, lowering your risk of heart disease, and bringing you happiness.



Your time,
your words,
your presence

2. GIVE

When you give to others, not only do they benefit, but it makes you feel a lot happier too. There are lots of ways you can give. It may be spending some one-on-one time with your kids, offering to feed your neighbour's dogs so they can have time off, or helping someone who needs a hand.



REMEMBER THE
SIMPLE THINGS
THAT GIVE YOU JOY

3. TAKE NOTICE

Taking notice of the small things in life that make you happy makes a big difference. We all get busy and our minds get cluttered with all kinds of stuff. Paying attention to the world around you, even for a few moments, can help you feel calm and relaxed.



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

4. KEEP LEARNING

Learning keeps you fresh and creative. At whatever age, setting goals to learn new skills is good for your brain and keeps your thinking flexible and open.



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

5. BE ACTIVE

Keeping active is a great way to feel good. Working up a sweat releases endorphins in your system that make you feel fresher and better able to cope with challenges. Make physical activity a habit – at least 30 minutes of movement a day.