



Mālō e lelei, Talofa lava, Kia orana, Malo ni, Fakaalofa lahi atu, Ni sa bula vinaka, Fakatalofa atu, Kam na mauri, tēnā koutou and warm Pacific greetings.

Ola Lelei Pacific helpline

0800 OLA LELEI (0800 652 535) is a FREE national Pacific helpline anyone can call if they are feeling worried, stressed or concerned about anything and need someone to talk to, help and support. The helpline runs Monday to Friday, 8.30am to 8.30pm. The OLA LELEI team speaks Samoan, Tongan, Cook Islands Māori and English. All conversations are confidential.

Prepare Pacific website

<https://preparepacific.nz/>

This website has been set up to help get information out to our Pacific communities to help us in the battle against coronavirus. Information, updates and advice are available in Pacific languages.

Foodbanks

✓ The Fono (Pasifika only) **0800 366 648** or email socialservices@thefono.org

✓ <https://preparepacific.nz/resources/food-banks/>

Vaka Tautua

Our team is committed to improving the health and wellbeing of our Pacific peoples, families and communities.

We have a disability information and advisory service.

Manukau and Henderson offices **0800 825 282**

<https://www.vakatautua.co.nz/our-services>