

# Resource Update




March 2018


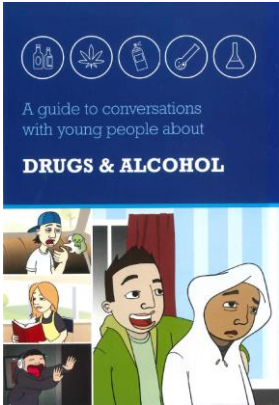

**New or revised resources now stocked in the Resource Room, Regional Public Health, 1<sup>st</sup> floor Community Health Building, Hutt Hospital, High St, Lower Hutt**

**To order please contact - Laurina Francis P – 570 9691 F – 570 9211**

**E - [laurina.francis@huttvalleydhb.org.nz](mailto:laurina.francis@huttvalleydhb.org.nz)**

**E Version – [www.rph.org.nz](http://www.rph.org.nz) – Resources / Health Information Centre / Newsletters**

<p><b>Immunisation for Older People</b></p> <p><b>Layout:</b> DL Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE2540</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>New – February 2018</b></p> <p>Pamphlet for older people giving information about free vaccines to protect against influenza, shingles, tetanus and diphtheria.</p> <p>This leaflet is also available to view in large-text format at the following link: <a href="#">Immunisation for Older People - Large text format.</a></p>	
<p><b>Depression.org.nz – Postcard</b></p> <p><b>Layout:</b> Postcard</p> <p><b>Source:</b> Health Promotion Agency</p>	<p><b>New – Dec 2017</b></p> <p>Cards that remind people about depression.org.nz. These cards are intended for health professionals, counsellors and other support people to give to people who could benefit from the help available on the website and in The Journal.</p>	
<p><b>Depression.org.nz – Wallet Card</b></p> <p><b>Layout:</b> Wallet Card</p> <p><b>Source:</b> Health Promotion Agency</p>	<p><b>New – Dec 2017</b></p> <p>To remind people about depression.org.nz and can be slipped into a pocket or wallet.</p>	

<p><b>Elder Abuse – It’s Not Ok – Call 0800 – Speak Out</b></p> <p><b>Layout:</b> Pad and Postcard</p> <p><b>Source:</b> Ministry of Social Development - Office for Seniors</p>	<p><b>New – December 2017</b></p> <p>Builds public awareness of the helpline and the Elder Abuse Response Service. Encourages people experiencing or at risk of abuse to seek help.</p> <p>Increases awareness of the prevalence of Elder Abuse, educates people to recognise the signs of abuse and discourages tolerance or acceptance of abuse.</p>	 <p><b>ELDER ABUSE</b> <b>IT'S NOT OK</b></p> <p>You have the right to feel safe.</p> <p>The Elder Abuse Response Service works in your community. This service is free, and completely confidential.</p> <p>To get help call <b>0800 32 668 65</b> You can call this number any time, any day. You'll be put in touch with a provider near you.</p> <p><b>CALL 0800 EA NOT OK</b> <b>0800 32 668 65</b> superseniors.msd.govt.nz/elderabuse</p>
<p><b>A Guide To Conversations With Young People About Drugs and Alcohol</b></p> <p><b>Layout:</b> A5 Booklet</p> <p><b>Source:</b> NZ Drug Foundation</p>	<p><b>New</b></p> <p>Did you know – Alcohol, Cannabis, Volatile Substances, Methamphetamine, and Psychoactive Substances?</p> <p>Talking tips for adults Conversation planner Using the Did You Know videos</p>	 <p><b>DRUGS &amp; ALCOHOL</b></p>
<p><b>Brief Advice (About Alcohol and Various Drugs) – Pocket Cards</b></p> <p><b>Layout:</b> Pocket Fold-Out Cards</p> <p><b>Source:</b> NZ Drug Foundation</p> <p><b>Order here:</b> <a href="http://www.drugfoundation.org.nz/resources/">www.drugfoundation.org.nz/resources/</a></p>	<p><b>New</b></p> <p><b>Some stock available - organisations can order from the website</b></p> <p>Separate Card subjects below briefly outline safe use, warning signs to look out for and when to seek support or professional help.</p> <p>Alcohol, Cannabis, LSD, Methamphetamine, Synthetic Psychoactives, MDMA / Ecstasy, Safer Partyng.</p>	 <p>ABOUT MDMA / ECSTASY</p> <p>ABOUT LSD</p> <p>ABOUT CANNABIS</p> <p>ABOUT ALCOHOL</p> <p>ABOUT SYNTHETIC PSYCHOACTIVE SUBSTANCES</p> <p>ABOUT METHAMPHETAMINE</p> <p>SAFER PARTYING</p>