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W Visit the Skylight hub: [skylight.org.nz](https://www.skylight.org.nz)

"Supporting children, young people, and their whanau to navigate the tough times by building resilient individuals and communities."

Skylight – Level 4 COVID-19 Response

Skylight has implemented its working from home plan. The Skylight physical office is now closed but we are working to maintain our baseline services. The work of supporting all people is continuing. Our goal is to help our communities and families to keep well and support those who need to access our services.

Anyone can access immediate free support via our resilience hub on

<https://www.skylight.org.nz/>

In addition, we are working to maintain good mental health and well-being throughout this nationwide lockdown period with the distribution of our free Covid-19 Support information e-packs for children/teenagers and adults. This pack is designed to help with anxiety and stress.

We will continue to operate our services as follows:

Counselling: eleven of 15 nationwide counsellors are now mobilised to offer online counselling across Aotearoa. They are fully functional with the use of phone, skype, and email. Our Counselling Co-ordinator Vonnie Marshall is connecting with past and current clients checking and making referrals to Counsellors. You can go online and make a referral through our resilience hub or you can email Vonnie on counselling@skylight.org.nz

Resource Centre: our resource centre is operating remotely. We will continue to provide personalised support packs for specific situations. In addition, we are offering Covid-19 Support Information Packs for children/teens and adults to help with anxiety and stress. Please email resources@skylight.org.nz to order the Covid-19 info pack or to request a personalised pack. We are currently working on our resilience support pack that is adapted to the current environment.

The Skylight Library: our library can still process requests for new users however we will not be able to post out any books until after the lock-down period.

The Skylight Online shop: our online shop featuring Skylight's own publications is currently unable to process orders during the lock-down period. You can still order through the online shop on the Resilience Hub <https://www.skylight.org.nz/> We will not be able to process these orders until the lockdown is over.

The right help at the right time in the right way



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Travellers: The Travellers Programme for young people, designed to build resilience and key life skills is suspended during this time. For further enquiries or queries please email MoHCoordinator@skylight.org.nz

Parenting through Separation: This free information course for individual parents, who have separated or are contemplating separation, is not running during the lock-down period.

Skylight Waves Programme: We are unable to run any WAVES Programmes during the lock down. The closed Facebook page is still in operation and all of our facilitators across Aotearoa are being contacted by Jess Rowe. We can still reply to all inquiries or request for information and support. Jess can be contacted on MojCoordinator@skylight.org.nz

Sexual Violence: survivor advocacy services run by Louise Nicholas: Louise's team continues to provide support via phone and email to all survivors they are currently working with or who have worked with in the past. To contact Louise please email info@skylight.org.nz

From Skylight's CEO online

This is a very difficult time for all our community. For those who have a history of anxiety, depression or trauma the current lockdown period may increase those symptoms. For those whose families are vulnerable the situation will add yet another layer of risk. We as a nation, must come together and support our communities, our families, and our most vulnerable. Many of our children and young people don't understand or realise the greater impact this is having on their families, let alone the world. We need to manage the conversations, the news feeds and the stories of horror that many of us are being exposed to online. I'm not suggesting don't be honest with them, but when the TV is playing in the background and our children are playing on the floor, we don't realise how much they are taking in and the fear that can follow. So, stay safe and well, be kind and take care.

Ngā mihi nui

Heather Henare

Chief Executive Officer

Email: ceo@skylight.org.nz

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