

Sharing health updates - Tuku kōrero hauora

‘Sending a message through group chat felt easier. I just told everyone about my situation and asked for space to process things. Most people respected that.’

Young person



Staying connected to the fish in your awa can bring comfort, but it may also feel like a lot of pressure. It can be helpful to think in advance about how you want to stay in touch with people.

Here are some tips:

Assign someone to manage your ‘comms’

If managing communication with your wider circle feels hard, ask your partner, friend or someone in your whānau to do this for you. They can share your health updates with the people you choose and pass on messages to you from others. If someone is doing this for you, ensure you are happy with the updates they give.

Consider your audience

If you plan to post on social media, consider your audience. Would you prefer to share what’s happening with everyone or first communicate privately with a group chat?

Let people know how you want them to communicate with you

If you set up a group chat on social media or send out group emails, let people know how you want to hear from them. For example, you might want to say something like, “hey this has just happened; we would be grateful if you could give us some time before getting in touch”.

Consider blogging

If you enjoy writing, you might find comfort in blogging anonymously or under your own name. Blogs allow comments underneath individual posts, meaning there’s less pressure to reply, and you can read and digest comments in your own time. You can also post pictures or upload graphics or videos. You could also ask someone to post on your behalf when you’re not feeling up to it.

It’s okay to change your mind at any time about what you share – your privacy is important