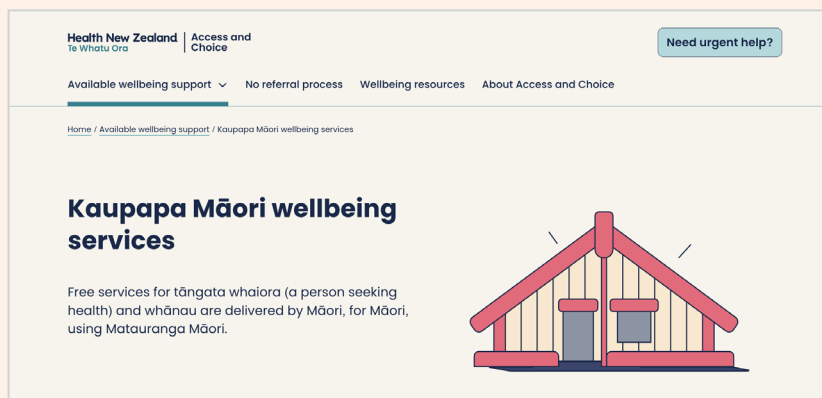


Health and wellbeing support

Access and Choice

Organised by Health New Zealand – Te Whatu Ora, Access and Choice is a kaupapa Māori service which uses Māori methods for wellbeing. The following link has information on what they offer, how it works, stories of people who used the service, and more.

► www.wellbeingsupport.health.nz/available-wellbeing-support/kaupapa-maori-wellbeing-services



Here is the map of registered service providers, you can use filters to narrow your search.

► www.wellbeingsupport.health.nz/#find-support



Access and Choice provides short and mid-term support. It is designed for those with mild to moderate mental health needs, high to severe cases of mental distress already have support through specialists and special programmes.

This provider has a focus on linking you to the correct people and help. If you've been feeling low, need help sleeping, have some habits you want to change, or prevent some problems from building up.

Services are free

It's free to see the Health Improvement Practitioner (HIP), Health Coach or Support Worker. You may need to see the doctor first and the normal charge for this will apply.

Your HIP, Health Coach and Support Worker will work closely with your doctor, but you won't have to see the doctor (and pay) before follow-up visits.

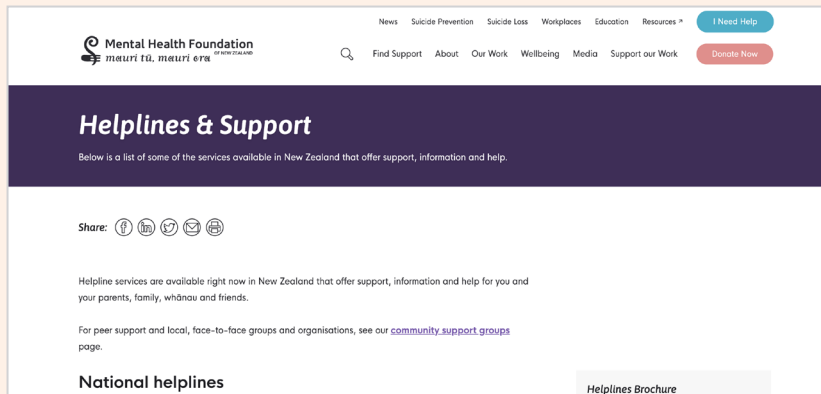
To sign yourself up here are two simple steps:

1. Find a provider through the interactive map.
2. Call the chosen provider and ask about the free support through Access and Choice.

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Helplines and support

► mentalhealth.org.nz/helplines



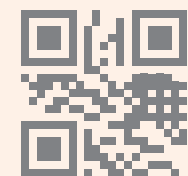
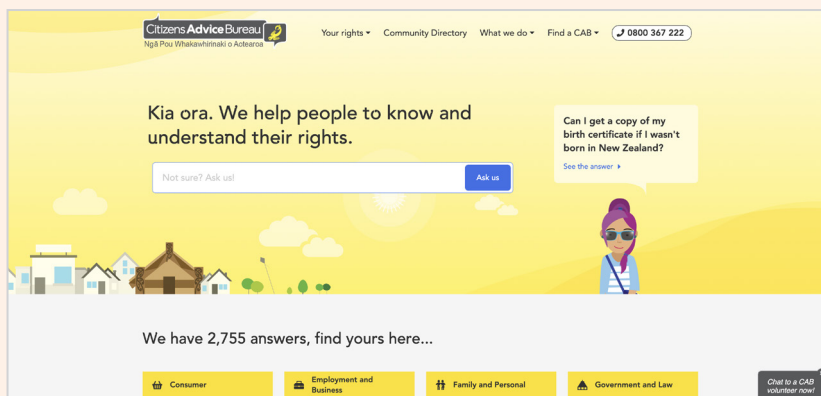
For non-emergency support, this website has a list of various organisations you can free call or text, they mostly operate on a 24/7 schedule so you can contact them any time.

- They have specific help for youth, through Youthline.
- Community building support, with Samaritans.

Advice to help you decide if you need see a medical professional, with Healthline.

Citizens Advice Bureau

► www.cab.org.nz



This is an organisation with branches all over the country. Their homepage has topics on:

- Employment and Business.
- Government and Law.
- Family and Personal.
- Health and Wellbeing.
- Money.

Staffed by volunteers they provide free, confidential, and independent advice to anyone. Often helping you know your rights, or helping you contact the right people.

No need for an appointment, you can walk in to any of their offices during open hours, call for free on:

0800 367 222 or write them a message via their website: www.cab.org.nz/find-a-cab/contact-us

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Te Whare Tapa Whā – holistic wellbeing

It's important to keep a good balance in your health.

Mostly we have shared mental health support so far, and it's also important to tend to the other aspects of our life.

You may struggle with making progress in health or socially, especially in our modern digital era.

There are lots of free clubs around the country, and local councils do lots of free events through rec centres or libraries. You might find spending time tending to physical health will help make your social health stronger too. A new friend who invites you to go kayaking, or maybe you invite someone.

Your full health is intertwined; your mental health may improve when making closer friends, or vice versa, friendships being fuller after some therapy.

UHPS Wellbeing Model



Image credit: Upper Harbour Primary School, Auckland.