

We are a kaupapa Māori health and wellbeing service provider in Canterbury.

This is an overview of the services we currently offer. For more information, please visit www.pw.maori.nz or call **0800 4 WHETU**.

Our Services	About	Who it's for	Age	Cost	In collaboration with / related organisations	Notes
Te Oriori	Range of weekly programmes to support tamariki by enhancing the mana of parents/caregivers.	Anyone	Parents/caregivers of 0-12 year old tamariki	Free	Phillipstown Community Hub	Programmes are during school term. Refer to timetable on our website.
Mana Ake	Early intervention and support for children experiencing issues impacting their wellbeing.	Available in specific schools	School Years 1-8	Free	Refer to Mana Ake provider network	Entry pathway is through referral by the child's school.
CYMHS	Short term intervention service for young people who may be experiencing mental health and/or alcohol and drug issues.	Anyone	13-25 years old	Free	YAMHA	CYMHS (Community Youth Mental Health Service).
Te Māhuri	Outdoor adventure therapy that enriches connections to iwi, wahi Māori, self and others.	Anyone	13-25 years old	Free	Adventure Specialties Trust, CYMHS	Refer to programme dates on our website.
Transition to Adulthood	Supporting youth to successfully transition from statutory care and youth justice to adulthood.	Those transitioning from care or youth justice system	17-21 years old	Free	Oranga Tamariki, various partner organisations	Referral through Oranga Tamariki.
Whānau Ora Community Support	Assisting whānau gain the skills to manage their own lives, maintain wellness and grow in confidence.	Those with a mental health diagnosis	13 years old +	Free	-	-
Te Oranga Activities	Range of day activities for youth, adults and whānau affected by mental health issues.	Participants must have an assigned support worker	13 years old +	Free	Kakakura Health Services, Comcare Trust, Emerge Aotearoa, Stepping Stone Trust, Pathways Health, MHAPS	Refer to timetable on our website.
Tū Pono Connect	Assistance with issues relating to homelessness, family violence, bullying, suicide prevention and mokopuna ora.	Anyone	All ages	Free	Te Putahitanga	Tū Pono Connect is NOT an emergency or crisis service.
Whānau Ora Navigator	Assisting whānau achieve their aspirations. Connecting whānau with other services and advocating for them.	Anyone	All ages	Free	Te Putahitanga	Whānau Ora Navigator is NOT an emergency or crisis service.
Te Tumu Waiora	Located at various GP's, assisting whanau to improve mental health and wellbeing.	Anyone	All ages	Free	Te Tumu Waiora provider network	Referral through participating GP's.
Te Hā Waitaha	Service for anyone wanting to become smoke free including advice, support and products (gum, patches, lozenges).	Anyone	All ages	Free	Te Hā Waitaha / Stop Smoking Canterbury	-
Muslim Wellbeing	Supporting whānau affected by the March 15 th 2019 tragedy.	Those affected by March 15 th tragedy	All ages	Free	-	-
0800 4 WHETU	Free helpline available from Mon-Fri 8:30am-4:30pm.	Anyone	All ages	Free	-	0800 4 WHETU is 0800 4 94388

Referrals for all of our services can be made by anyone (self, whānau, health professional etc) through our website, except: Mana Ake, Transition to Adulthood and Tu Tumu Waiora – please refer to 'Notes' above.