

## 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](http://www.pw.maori.nz) or call **0800 4 WHETU**.

Our Services	About	Who it's for	Age	Cost	Notes
<b>Te Oriori</b>	A range of support, therapy and weekly programmes that focus on the mental health and wellbeing of tamariki by enhancing the mana, knowledge and skills of parents/caregivers.	Anyone	Parents/caregivers of 0-12 year old tamariki	Free	Programmes are during school term, refer to timetable on our website.
<b>Mana Ake</b>	Early intervention and support for children experiencing issues impacting their wellbeing.	Available in specific schools	School Years 1-8	Free	Entry pathway is through referral by the child's school.
<b>Manu Ka Rere (previously CYMHS)</b>	Support for young people who may be experiencing mental health and/or alcohol and drug issues.	Anyone	13-24 years old	Free	Previously CYMHS (Community Youth Mental Health Service). <a href="http://www.manukarere.org.nz">www.manukarere.org.nz</a>
<b>Te Māhuri</b>	Outdoor adventure therapy that enriches connections to iwi, wahi Māori, self and others.	Anyone	13-24 years old	Free	The programme runs once each school term, refer to dates on our website.
<b>Transition to Adulthood</b>	Supporting youth to successfully transition from statutory care and youth justice to adulthood, including assistance for Supported Accommodation.	Those transitioning from care or youth justice system	17-21 years old	Free	Referral through Oranga Tamariki.
<b>Whānau Ora Community Support</b>	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	-
<b>Te Oranga Activities</b>	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	Programmes are during school term, refer to timetable on our website.
<b>Te Waharoa</b>	<b>COMING SOON!</b> Kaupapa Māori primary mental health and addictions service.	Anyone	All ages	Free	This service is coming soon and will be announced on our website and social media.
<b>Tū Pono Connect</b>	Assistance with issues relating to homelessness, family violence, bullying, suicide prevention and mokopuna ora.	Anyone	All ages	Free	Tū Pono Connect is NOT an emergency or crisis service.
<b>Whānau Ora Navigator</b>	Assisting whānau achieve their aspirations, connecting whānau with other services and advocating for them.	Anyone	All ages	Free	Whānau Ora Navigator is NOT an emergency or crisis service.
<b>Te Tumu Waiora</b>	Located at various GP's, assisting whānau to improve mental health and wellbeing.	Anyone	All ages	Free	Referral through participating GP's.
<b>Te Hā – Waitaha Smokefree Support</b>	Service for anyone wanting to become smokefree including advice, support and products (gum, patches, lozenges).	Anyone	All ages	Free	-
<b>Muslim Wellbeing</b>	Supporting whānau affected by the March 15 <sup>th</sup> 2019 tragedy.	Those affected by the March 15 <sup>th</sup> tragedy	All ages	Free	-
<b>Covid-19 Vaccinations</b>	Service for whānau regarding information about and access to Covid-19 Vaccinations, including transportation to clinics.	Anyone	All ages	Free	-
<b>0800 4 WHETU</b>	Free helpline available from Mon-Fri 8:30am-4:30pm.	Anyone	All ages	Free	0800 4 WHETU (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.