



Ngā Kete Aronui

Kaupapa Māori
Primary Mental
Health and
Addiction Support.



**Kaua e hoki i te waewae tūtuki, ā
āpā anō hei te ūpoko pakaru**

Do not turn back because of minor obstacles
but press ahead to the desired goal



www.tww.org.nz

KAUPAPA MĀORI

Ngā Kete Aronui service provides treatment and therapy to those experiencing mild to moderate mental health and addiction issues.

If you'd like to be referred to our service please kōrero with your Doctor or Health Improvement Practitioner. Self and whānau referrals accepted.

Contact information **P:** 0800 826 428
E: info@tww.org.nz
W: www.org.nz

NGĀ TAHA

We support with the following:



Hinengaro

- Counselling – individual, whānau or group sessions
- Talking therapies
- Access to networks, social services and specialist mental health and addiction services
- Te Tuakiri o te Tangata – kōrero and pūrākau



Te Reo

- Cultural assessments



Whānau

- Whānau therapy
- Building positive relationships with whānau

Tinana

- Taiao/Hakinakina
- Mirimiri (therapeutic massage)
- Peer Support
- Eating and sleeping well
- Longer term goals



Wairua

- Spiritual
- Rongoā – traditional rongoā knowledge
- Karakia



Whenua

- Environmental



Find us at;

Level 3
1 Walton Leigh Avenue
Porirua City Centre

Your rights

The code of Health and Disability of Consumer Rights applies to all health services. Kaitautoko will provide you with information about your rights while accessing Te Waka Whaiora Trust services.

If you feel you have been disrespected in any way you can take your concerns to the Pou Arahi or make a complaint to either of the following:

Health and Disability Commissioner
0800 112 233

Wellington Advocate
(04) 389 2502

AWHI MAI, AWHI ATU