

Tui Hauora

Access & Choice

Primary Health Kaupapa Māori support for whānau experiencing mild to moderate physical & mental health difficulties.

E toro nei ngā kawai, taura tangata

The human links extend like branches of a tree

(Karetu, 1987)



www.tww.org.nz

KAUPAPA MĀORI

Tui Hauora is a service for tangata experiencing mild to moderate physical and mental health difficulties.

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

Contact information

P: 0800 826 428

E: info@tww.org.nz

W: tww.org.nz

NGĀ TAHA

We can support you with;



Hinengaro

- Anxiety
- Depression
- Addictions



Whānau

- Talk therapy
- Positive parenting
- Group therapy
- Connecting with social services, community groups or charities to help with housing, food or social connection



Tinana

- Peer support
- Exercise and being active
- Healthy eating
- Sleeping well
- Smoking cessation
- Longer term goals
- Group work
- Diabetes
- Asthma
- Heart conditions



Wairua

- Living well with long term health conditions



Whenua

- Environmental

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



Te Reo

- Cultural assessments



Find us at;

- Ora Toa
 - Mungavin
 - Cannons Creek
 - Waitangirua
 - Pōneke
 - Takapūwāhia
- Eastern Bays Health Centre
- Titahi Bay Doctors
- Newton Union Health Service
- Broadway Health Clinic
- Karori Medical Centre

AWHI MAI, AWHI ATU