

## Te Rapuora Health Services

Te Rapuora Health is a free community based service that offers a range of services to whanau.

Te Rapuora Health also offers:

- In Blenheim
  - Addiction Intervention Services
  - Disability Support
  - Mental Health
  - Rongoa Maori
  - Whanua Ora Services
- In Nelson
  - Maori Day Activity Programme
  - Mental Health Community
  - Tamariki/Rangatahi
  - NASC
  - PATHS

These services are easily accessed by contacting our service, should you require a referral.



## Whare O Te Rapuora Health

### Opawa House

69-71 Grove Road, Blenheim  
PO Box 220, Blenheim

Phone: (03) 578 3348 Fax: (03) 578 8034

**Office Hours: 8.30am - 5.00pm**

### Te Whare Manawa Ora (Nelson)

14 New Street, Nelson  
PO Box 1381, Nelson

Phone: (03) 546 9997 Fax: (03) 546 9157

**Office Hours: 8.30am - 5.00pm**

[www.terapuora.co.nz](http://www.terapuora.co.nz)

### Our Vision

*He Mauri Ora, He Hauora*

### Our Mission

*Te hā o hauora, he aroha, he tautoko,  
hei piki ake te mana o te tangāta.*

### Whakarongo Mai

If you wish to give feedback or make comment about our services, you can phone the manager on 03 578 3348, email [manager@tewaiha.org.nz](mailto:manager@tewaiha.org.nz) or write to The Manager, PO Box 220, Blenheim.

Your feedback is important to improve the quality of our services.

*Noho ora mai*



**TE RAPUORA O  
TE WAIHARAKEKE**



# Maori Like Minds Like Mine Services

### Te Whare Manawa Ora

14 New Street,  
Nelson

Phone: 0800 676 765  
(03) 546 9997

Fax: (03) 546 9157

Email: [lm@tewaiha.org.nz](mailto:lm@tewaiha.org.nz)

Web: [www.terapuora.co.nz](http://www.terapuora.co.nz)

**Office Hours: 8.30 am - 5.00 pm**

## TE RAPUORA HEALTH SERVICE Whakatu (Nelson)

Like Minds Like Mine - Destigmatising Mental Illness



### Kaupapa ...

- Bringing together tangata whaiora, whanau, hapu, iwi.
- Involving tangata whaiora and whanau in the decision making.
- Create an environment of healing by involvement.
- How to respond to “put downs”.
- Attend regional and national conferences.
- To become leaders within a National Project.

### Access ...

- Anyone who has experience of mental illness.
- You can call into our office, phone, ask your support worker, GP or case manager for a referral.
- Drop in for a chat and cup of tea.

### We provide ...

- Training opportunities.
- Information.
- Advocacy.
- Support Groups
- Meeting Rooms
- Freedom to come in and chat.

### Maori Health Is Holistic

Maori health is sacred and holistic. A well known model is Te Whare Tapa Wha.

#### Taha Wairua - Spirituality

- Belief
- Tapu/Sacred

#### Taha Hinengaro - Mental Health

- Learning
- Reasoning
- Creativity
- Behaviour
- Emotion

#### Taha Whanau - Whakapapa (family lines - males, females and descendants).

- Relationships
- Support
- Role models
- Identity

#### Taha Tinana - Physical Wellbeing

- Healthy Lifestyles
- Belongings
- Cultural differences

### Workshops ...

- delivered by people with experience of mental illness,
- delivered in your workplace,
- are approximately 2 hours long,
- promote understanding of mental illness.

