

Maori Health Is Holistic

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

Taha Wairua - Spirituality

- Belief
- Identity
- Stress management

Taha Hinengaro - Mental Health

- Learning
- Emotion
- Reasoning
- Creativity
- Behaviour

Taha Whanau - Family (kuia, koroua, pakeke, rangatahi, and tamariki) is recognised as the foundation of Maori society

- Relationships
- Role models
- Support
- Identity

Taha Tinana - Physical Wellbeing

- Healthy Lifestyles
- Cultural differences



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

Our Vision

He Mauri Ora, He Hauora

Our Mission

*Te hā o hauora, he aroha, he tautoko,
hei piki ake to 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 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 Mental Health Services - Blenheim

Opawa House

69-71 Grove Rd
PO Box 220
Blenheim

Phone: (03) 578 3348

Fax (03) 578 8034

Web: www.terapuora.co.nz

WHAT THIS SERVICE OFFERS:

Our services are based on Maori models and values. Our services are available to anybody.

Our services are free.

Our Services Include:

1. Adult Community Day Programme (Blenheim & Nelson)

- Offers:**
- Te reo me ona tikanga
 - Whakairo
 - Whakawhanaungatanga
 - Life skills

Who Can Access Us?

People who have been diagnosed with a mental illness or been referred through Marlborough DHB Mental Health Services.

How Can I Access You?

You can ask your psychiatrist, GP or mental health caseworker to refer you to the programme.

When Is The Programme Open?

The programme operates Tuesday and Thursday from 10am to 3pm Blenheim and daily at Te Whare Manawa Ora, Nelson. Transport to and from the programme can be arranged.

2. Tamariki/Rangatahi Service (Blenheim & Nelson)

- Offers:**
- Whakawhanaungatanga
 - Clinical and cultural assessment
 - A treatment plan
 - Monitoring of treatment
 - Family therapy and Counselling
 - Liaison with other services/agencies
 - Early intervention
 - Referral
 - Training or advice to others who provide services to Tamariki/Rangatahi in the community.

Who Can Access Us?

Children aged 0-18 years of age and their whanau.

How Can I Access You?

We accept referrals from any source.

3. Adult Community Support (Blenheim & Nelson)

- Offers:**
- Cultural assessment
 - A treatment plan/DHB case worker
 - Mahi tautoko
 - Assistance with personal care
 - Monitoring and support
 - Referral
 - Relapse prevention
 - Management of household tasks
 - Access to other community services

Who Can Access Us?

Anyone may contact the service if they have concerns about their own mental wellbeing or that of a friend or family member.

How Can I Access You?

The service accepts referrals from any source and is generally available from 8.30 am to 5 pm. If you need an after-hours appointment just phone us and we will strive to make suitable arrangements. Outside of our business hours contact Crisis Team at Wairau Hospital.

4. Planned Respite (Blenheim only)

Planned Respite provides you with help, resources and support to give you a break away when and where you need it in a safe and supportive environment.

There are different options available for your Planned Respite. These include:

- A private home setting
- Staying with Whanau, Extended Family or friends if this is appropriate to your needs
- Motels or Holiday Parks if you would like a holiday type break in another location.

Who Can Access Us?

To use this service you must be referred from inpatient or community mental health services.

How Can I Access You?

Ask your caseworker if our service is appropriate for your needs. If you want more information about the service just give us a call.

5. Child and Youth Mental Health

- Offers:**
- A treatment plan
 - Monitoring of treatment
 - Family therapy and counseling
 - Liaison with other services/agencies
 - Early intervention
 - Referral.

