

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

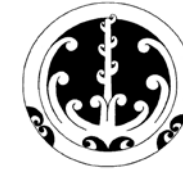
*Te hā o hauora, he aroha, he tautoko,
hei piki ake to mana o te tangāta.*

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 - Nelson

Te Whare Manawa Ora

14 New Street
Nelson

Phone: (03) 546 9997

Fax: (03) 546 9157

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
 - Liason 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 to see someone after hours just phone us and we will strive to make suitable arrangements.

4. Peer Support and Advocacy

Provides advocacy and social support where necessary for Tangata Whaiora.

Support provided can include:

- A listening ear
- Knowledge and experience of mental health treatment and facilities/processes
- Access to peer support networks
- Empathy and encouragement.

5. NASC - Needs Assessment & Service Co-ordination

Needs assessment offers:

- A tool to identify what supports are needed to help a person experiencing mental illness towards wellness.
- Cultural needs are assessed to ensure that Maori receive appropriate services, support and models of care.
- Encourages your whanau to be involved. You may request for kaumatua to be present at any time.
- Assist you to access DHB funded services.

6. PATHS - Providing Access To Health Solutions

In partnership with PHO & WINZ

What Can PATHS Do For Me?

If accepted PATHS can, for example:

- Pay for that simple operation you've been waiting ages for
- Connect you to the right health service for help
- Support and encourage you
- Help with your job search.

7. Like Minds, Like Mine

- This is a public health programme (not a treatment programme) and is based in Nelson. We are in the process of establishing a Tangata Whaiora group in Blenheim.
- The focus is promoting positive community attitudes and behaviours that are inclusive of Maori with experience of mental illness.
- A group of Tangata Whaiora meets regularly and participates in the planning and service delivery of the programme. The group supports and provides training opportunities for Tangata Whaiora.

