

Hello · Kia ora · Talofa · नमस्ते · 你好 · Malo 'etau lava



We care
about your
wellbeing.

Our wellbeing services work with you to provide practical support to help you understand and improve your health and wellbeing needs. It's FREE!

Health Improvement Practitioners

(HIPs) are registered health professionals who have the knowledge and skills to help you with things like:

- 🌿 Anxiety, depression or feeling down
- 🌿 Family and relationship challenges
- 🌿 Coping with physical health conditions
- 🌿 Drug or alcohol problems
- 🌿 Feeling stuck in life
- 🌿 Stress
- 🌿 Sleep
- 🌿 Grief

What to expect:

- 🌿 A brief session/korero of up to 30 minutes
- 🌿 Together we will come up with a practical plan and strategies to help get you moving in the right direction
- 🌿 Links with other health support services if needed
- 🌿 In-person, phone or video consults
- 🌿 Free and confidential

Make an appointment with our Health Improvement Practitioner today!