

What we can do for you?

We're the Southern Access & Choice Programme, here to problem solve issues, work through blocks and develop goals alongside you.

You will leave your appointment with a plan.

Where we are?

For a list of medical practices offering this service, visit below link or scan the QR code.



www.wellbeingsupport.health.nz



Mental Health Emergency Services
0800 467 846

LIFELINE
0800 543 354 or Free text HELP (4357)

THE LOWDOWN
0800 111 757 or Free text 5626

YOUTHLINE
0800 376 633 or Free text 234

0800 WHAT'S UP

DEPRESSION
0800 111 4202 or Free text 4202

My appointment is at:

Feeling a wee bit stuck?

Tōku Oranga offers **free wellbeing support** with 20-30 minute appointments to help you make decisions about your health & boost your wellbeing.



Tōku Oranga

For your wellbeing

ACCESS & CHOICE

Health Improvement Practitioner

You may want to think more positively, sleep better, or learn how to manage anxiety or stress. Or you may want to change habits that are negatively affecting you, such as drinking.

‘HIPs’ are registered health professionals who can see anyone, including children, youth as well as their whānau, to develop practical skills to boost your wellbeing.

Contact your healthcare provider to find out more, and book a free appointment.

Health Coach

Develop confidence and skills to boost your wellbeing and reach personal goals.

Health Coaches can help you gain self-management skills for conditions like diabetes, asthma, gout, high cholesterol and blood pressure.

Get easy tips for a healthier lifestyle.

Contact your healthcare provider to find out more, and book a free appointment.

Community Support Worker

Get practical support to navigate and engage with services in your community.

Community support workers help navigate services, make connections, and provide assistance with housing and employment, Work and Income.

Referrals to Support Workers come through your medical practice and support workers can see you in your home, community or medical practice.

