



Te Piki Oranga
MĀORI WELLNESS SERVICES

Te Ata Pūao

Mental health and addictions support

Kaupapa Māori healthcare that focuses on positive aspirations to achieve hauora (health).

Te Ata Pūao is for people experiencing 'mild to moderate' issues with mental health and/or addictions.

People experiencing 'mild' issues may have occasional feelings of sadness, anxiety, or stress, but these symptoms do not affect their daily lives too much.

People experiencing 'moderate' issues may experience stronger, more persistent symptoms such as anxiety disorders that affect their daily life to a greater extent.

Te Ata Pūao has a focus on:

- Early detection, so that awahi (support) can be provided sooner rather than later.
- Supporting tāngata whaiora (people seeking wellness and balance) to become more resilient and able to cope with life's challenges.

About Te Ata Pūao kaimahi

Our kaimahi provide support, treatment and therapy:

- Pūkenga hauora hinengaro (mental health clinicians)
- Pūkenga manaaki (whānau navigators)
- Tautoko ahurea (cultural support workers)

Find out more at: www.tpo.org.nz/te-ata-pūao

How to access Te Ata Pūao

Your GP (doctor) or other healthcare provider can refer you to Te Ata Pūao. You can also enrol yourself or a whānau member. Or contact us directly to kōrero about how we can awahi you.

0800 ORANGA (0800 672 642) | admin@tpo.org.nz

For locations and online enrolment, scan the code or visit: www.tpo.org.nz/contact-us

