



## How can I get support from Te Tumu Waiora?

Te Tumu Waiora is for anyone, of any age, with any issue affecting your mental health and wellbeing.

The Health Improvement Practitioners and Health Coaches focus on supporting you to develop skills to manage existing issues. This service is free of charge.

Talk to your practice team about making an appointment.

# IMPROVE YOUR HEALTH AND WELLBEING



For more information about Te Tumu Waiora Canterbury

**CONTACT:**

**TALK:**

To your practice team about making an appointment.

**VISIT:**

[ccn.health.nz/Our-Work/Other-Alliance-Groups/Te-Tumu-Waiora-Canterbury](https://ccn.health.nz/Our-Work/Other-Alliance-Groups/Te-Tumu-Waiora-Canterbury)

**EMAIL:**



Canterbury  
Te Tumu Waiora  
to head towards wellness



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## What is Te Tumu Waiora?

Te Tumu Waiora – Te Reo for to head towards wellness – is a new way of delivering wellbeing, mental health and addictions support through general practice.

It gives you quick and convenient access to health professionals who can help you achieve your health and wellness goals.

If you're visiting your nurse or GP, they can introduce you to a Health Improvement Practitioner (HIP) or Health Coach (HC) after your appointment.

This means you'll get support quickly, in the same location as your doctor or nurse appointments, at no additional cost to you.

## What is a Health Improvement Practitioner?

**Our HIP has the knowledge and skills to help you with:**

- » managing thoughts, feelings and behaviours
- » stress, anxiety, depression or feeling down
- » coping with loss
- » sleep problems
- » drug and alcohol problems
- » family or relationship issues, domestic violence, parenting
- » chronic pain
- » living with the side-effects of illness and health conditions
- » navigating gender identity, sexual orientation

## What is a Health Coach?

**The HC can help you reach your health goals. We can:**

- » work with you to improve your eating habits and get more active
- » help you understand your medicines and show you how to take them safely

**We can teach you how to live well with:**

- » Diabetes
- » Asthma
- » Gout
- » high cholesterol
- » high blood pressure
- » low blood pressure

**We can also help with:**

- » improving your sleep
- » tips for managing stress and emotions
- » getting help from others who can help you with quitting smoking, housing, food or social connection
- » positive parenting