

Do you want help to improve your health and wellbeing?

Talk to our Health Improvement Practitioner (HIP) today

We will make a plan together to start making positive changes right away

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



We can see you today - it doesn't take long and it's easy!

Talk to your practice team about making an appointment



Canterbury
Te Tumu Waiora
to head towards wellness