



**TOTAL
HEALTHCARE**
Diversity Equity Wellness

Supporting **# Local Doctors** **# White Cross**

Wellness support

We all experience stress and challenges at times. It's normal to feel out of sorts, have trouble eating and sleeping and lose interest in our favourite activities. But it's not normal to feel like this all of the time.

If you have signs of stress that do not go away after a few weeks, it's important to talk to someone about it.

Support from your Local Doctors clinic

Our GPs can give you advice about how to manage your stress; you may be prescribed medication to help with your symptoms, and you might also be referred to a therapist for funded counselling sessions.

We also run group programmes and, if needed, you may be given support from a community support worker.

The Wellness Support Team

Your doctor or nurse may recommend you engage with our Wellness Support Team (WST).

The team's psychologists and therapists provide services and support to help with mental health problems. They can provide tools and resources to help you learn to manage your stress, difficult challenges and emotions.

Aotearoa Mindfulness and Awareness Programme

You can take a deeper look at coping and healing in our mindfulness meditation-based wellness course (AMA). Mindfulness meditation can help you find greater wellbeing, improve communication, cope with pain and sleep difficulties, and more. The course combines mindfulness meditation

practices and te ao Māori with teachings from psychology and neuroscience.

AMA is held during the day and in the evening and is also offered via Zoom and in Hindi.

To book phone Rita Tai on 09 274 7823 ext 9540 or email rita.tai@tamakihealth.co.nz

To book phone April Kerslake on 09 274 7823 ext 9978 or email april.kerslake@tamakihealth.co.nz

Manage Better

Our peer-led self-management course is for anyone who has a long-term condition or is a caregiver for someone with a long-term condition, such as diabetes, depression, chronic pain, heart disease, asthma or anxiety. You will learn techniques to help manage a range of health conditions – from someone who has been on the same journey. Courses are held in English, Hindi and Tongan. We also offer a kaupapa Māori course. Phone Rita Tai on 09 274 7823 ext 9540 or email rita.tai@tamakihealth.co.nz.

For more information

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