



Arowhenua Whanau Services

Providing a wide range of integrated services to all Maori and non-Maori living within the Aoraki region.

Mental Health Services

Our Mental Health Team comprises of two Registered Nurses and a Support Worker. We work along side people with mild to moderate mental health symptoms. Mostly we help people with Depression, Anxiety, Grief and Loss, and Addiction issues. Referral to our service is from any source. Our service is free, confidential and available to anyone in the South Canterbury region of any ethnicity over the age of 12 years.

Our work may include:

- Goal Setting
- Stress/Anxiety Management
- Education around illness & illness prevention
- Problem Solving Skills
- Referral to another agency if appropriate

In the course of helping we may also talk to your GP or a family member, but only with your permission. If we assess you to be more unwell than we can support, we may offer you referral on to the Kensington service.

Where do you find us?

The Mental Health Team is at **92a King St, Temuka**. Although this is our base, we are out and about each day, visiting patients in their homes or at Out Reach Clinics in other communities. You can call **03 6155180** or just walk in to contact us.



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