

Maori Health service Providers

Te Hotu Manawa Māori (Toi Tangata) Services ADHB (All of Auckland)

Toi Tangata is a Maori agency which develops, delivers, and champions kaupapa Maori based approaches to health, movement, and nutrition.

Toi Tangata specialises in positive health and works hard to create meaningful connections to kaupapa oranga Maori. The kaupapa of oranga Maori is expressed in the whakatauki Tama Tu Tama Ora – Through Physical Well-being We Thrive.

Tama Tu represents all Maori physical elements of our environment; our food and our movements that create oranga for our people. Tama Tu supports the understanding of the concept, 'through physical wellbeing we thrive'.

Tama Ora is the mana, tapu, and mauri of total oranga and draws on matauranga Maori that enables well-being. It is our understanding of the metaphysical elements that relate directly to the total well-being of an individual and their whanau.

Health and disability services we offer:

National Nutrition and Physical activity provider

Workforce development

He Pī Ka Rere

Kai Māori Kai Ora

Wai Māori Ngāi Māori

Phone: 09 638 5800 Fax: 09 638 5340

Address: 8/48 Maki Street, Westgate, Auckland 0814

Postal Address: P.O Box 109595 Broadway, Newmarket, Auckland 1149

Email: info@toitangata.co.nz

Kereru Psychotherapy and Counselling Services Limited ADHB (Auckland & Nth Shore City)

Kereru is a Māori health provider delivering counselling and psychotherapy to the community. We work with a range of issues including grief, depression, relationships, pregnancy and fertility, trauma, cultural dislocation, anger management, anxiety. We work with a range of whanau from age 8 upwards.

Health and disability services we offer:

Psychotherapy and Counselling, Supervision

Phone: 09 419 9811 Fax: 419 9810

Address: 33 Mokoia Rd, Birkenhead, Auckland

Postal Address: P.O Box 34270, Birkenhead, Auckland 0626

Email: kereru.psychotherapy@gmail.com

Awataha Marae (AWA)

Awataha provides education programmes

Contact Information

- **Telephone:**09 486 5467
 - **Email:**maria@awataha.co.nz
 - **Address:**58 Akoranga Drive, Northcote
 - **Postal Address:**PO Box 36188, Northcote
 - **Website:**<http://www.awataha.co.nz>
 - **Regions Served:**North Shore, Rodney, Waitakere, Other Auckland areas
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HealthWest

HealthWEST Limited is a Non Government Organisation (NGO) with Registered Maori Status based in Henderson West Auckland. As an NGO we believe in empowering our community to take responsibility for their health and well-being through support, education, professionalism, respect and integrity.

We provide free innovative community and primary health, social and whanau ora services across the Greater Auckland region with a particular focus on Maori, Pacific, tamariki, rangatahi, whanau and other high needs populations.

Embracing and supporting the concepts behind Whanau Ora through a number of integrated joint ventures with local District Health Boards and Primary Care Providers, *HealthWEST* is able to assist and empower the West and North Auckland community to take responsibility for their own health and well being by providing information and pathways to clinical, justice, education and social services, by promoting a healthy lifestyle and supporting healthy lifestyle choices and positive change.

HealthWEST believes that the solution does not lie solely within the individual but also through the people around them, their Whanau. By working together with Whanau, *HealthWEST* gains a greater understanding of the life challenges faced by the community and how best to develop an action plan to minimise, resolve or adapt to these challenges.

<https://www.healthwest.co.nz/about-us>

Locations

The Youth Health Hub - Waitakere

49 Lincoln Road, Henderson
Auckland 0610

The Youth Health Hub - Glenfield

414b Glenfield Road, Glenfield
Auckland 0629

Head Office

56 Lincoln Road, Henderson
Auckland 0610

Phone

09 839 7480

Email

info@healthwest.co.nz

Opening Hours

Mon- Fri: 8am to 5pm

Te Kotuku Ki Te Rangī (TKKTR)

Te Kotuku Ki Te Rangī is a Charitable Trust established in 2001 to provide support and care for Māori (and Non-Māori) who suffer from mental health disabilities.

Our services can be broken down into six core products:

- Support Hours
- Kaupapa Māori Day Programme
- Residential Supported Rehabilitation
- Social Housing
- Planned Adult Respite

Contact Information

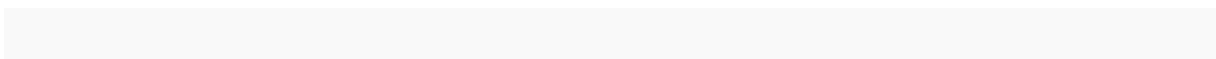
- **Telephone:** 09 820 0045
 - **Email:** reception@tekotuku.co.nz
 - **Address:** 2/40 Copsey Place, Avondale, Auckland 1026
 - **Postal Address:** PO Box 71129, Rosebank, Auckland 1348
 - **Website:** <http://www.tekotuku.co.nz>
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MOKO Services

Providing clinical mental health services with a Māori kaupapa (cultural values and concepts) approach to tangata whai i te ora who reside within the Waitematā DHB catchment area.

Contact Information

- **Telephone:** 09 822 8555
 - **Email:** maea.sefuiva@waitematadhb.govt.nz
 - **Address:** Waimarire Building, LGF, 44 Taharoto Road, Takapuna 0622
 - **Postal Address:** Private Bag 93115 Henderson 0610
 - **Website:** <http://www.waitematadhb.govt.nz>
 - **Regions Served:** North Shore, Rodney, Waitakere, Other Auckland areas
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Te Ātea Marino Māori Regional Addictions Service

Specialised addictions service within Whītiki Maurea (Māori Mental Health & Addictions) provides; a team of qualified AOD Counsellors to support Māori with any substance misuse issues. A range of interventions from 1:1 counselling, and consultation in a culturally appropriate treatment environment, includes group participation.

Contact Information

- **Telephone:**09 822 8555
- **Email:**maea.sefuiva@waitematadhb.govt.nz
- **Address:**Waimarire Building, LGF, 44 Taharoto Road, Takapuna, Auckland 0622
- **Regions Served:**North Shore, Rodney, Waitakere, Other Auckland areas

Te Pae Ahurea - Specialist Regional Māori Cultural Team

Te Pae Ahurea - Specialist Regional Māori Cultural Team which provides a Māori kaupapa approach (cultural values & concepts) to tangata whai i te ora using mental health & addictions services across all ages within Waitematā DHB.

Contact Information

- **Telephone:**09 822 8555
- **Email:**maea.sefuiva@waitematadhb.govt.nz or maorisupport@waitematadhb.govt.nz
- **Address:**Waimarire, LGF, 44 Taharoto Road, Takapuna, Auckland 0622
- **Website:**<http://www.waitematadhb.govt.nz>
- **Regions Served:**North Shore, Rodney, Waitakere, Other Auckland areas

Te Whanau O Waipareira Trust

We have brought together health, social, justice and education services to provide a one stop location for you and your whanau/family for Whanau Ora. This means you only have to tell your story once to your own Kaiarahi/Navigator as they will align the services that meet your and your whanau needs.

Contact Information

- **Telephone:**09 836 6683 or 0800 924 942
 - **Email:**admin@waiwhanau.com
 - **Address:**Level 2, 6-8 Pioneer Street, Henderson
 - **Postal Address:**PO Box 21 081, Henderson, Waitakere 0650
 - **Website:**<http://www.waipareira.com>
 - **Regions Served:**North Shore, Waitakere
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Whītiki Maurea Māori Mental Health & Addictions Waitematā DHB

Whītiki Maurea is a Māori Clinical Service within the Waitematā DHB Specialist Mental Health and Addictions Division. We provide clinical care in mental health and addictions with a Māori kaupapa (cultural values and concepts) approach.

Contact Information

- **Telephone:**09 822 8555
 - **Email:**maea.sefuiva@waitematadhb.govt.nz
 - **Address:**Waimarire, LGF, 44 Taharoto Road, Takapuna
 - **Website:**<http://www.waitematadhb.govt.nz>
 - **Regions Served:**North Shore, Rodney, Waitakere, Other Auckland areas
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