



COUNTIES
MANUKAU
HEALTH



Wellness Support

**Feeling anxious,
stressed, having trouble
sleeping or concerned
about your drinking?**



**Ask for a Wellness Support
(Tautoko Oranga)
appointment with your
family doctor or nurse.**

**Learn practical
tips and develop a
plan to start improving your
wellbeing today.**



Wellness Support offers funded medication and non-medication options to support your mental health.

*If you need to talk to a trained counsellor
anytime (24/7), free call or text **1737**.*