



Tui Ora^{LTD}
Let Unity Prevail

Consumer Advocacy and Peer Support (CAPS)



*Supporting you on
your recovery journey*

Tui Ora is a health and social services provider.

Enhancing whānau health and wellbeing is our vision. Our services cover all age groups and all populations, throughout Taranaki.

Tui Ora Maru Wehi Hauora Complex, 36 Maratahu St, New Plymouth
Phone (06) 759 4064 Email reception@tuiora.co.nz www.tuiora.co.nz

We provide a peer support service for adults aged 18 and over who have mental health and addiction issues. Our staff members all have a lived experience of mental health and they support, encourage and act as advocates from a position of understanding without judgement.

Provided from both North and South Taranaki, this service is for short and medium term support.

How it works?

An advocate and peer support worker assists individuals, and their whānau, to be actively involved in their own recovery. An advocate might act on behalf of a client, may accompany clients to appointments with doctors or other health services or help liaise with government departments. We aim to provide goal and solution based support that place the individual at the heart of their own recovery.

Referrals can be made by a GP, whānau, hospital or community services. Self referrals are also welcome, and following a referral a team member will contact you.

How can we support you?

- We help link people back into the community and offer a range of social and creative activities to support mental and physical wellbeing
- Assist individuals to identify, set and achieve their goals
- Provide tools and skills to overcome day-to-day problems
- Act as a bridge between individual's and service providers

Our New Plymouth office is open Monday to Friday 8.30am-5pm. We also offer a service in South Taranaki from our Hawera office.

Our services are free, confidential and responsive. See our website www.tuiora.co.nz for further information.



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