

## PASIFIKA HEALTH SERVICES

A guide to Pasifika-led health and social services  
in Te Whanganui-a-Tara | Wellington  
(see back for index)

<p><b>LE VA</b></p>	<ul style="list-style-type: none"> <li>▪ COVID-19 mental health support/resources</li> <li>▪ Suicide prevention &amp; support</li> <li>▪ Addiction support/resources</li> <li>▪ Mental health support/resources</li> <li>▪ Violence prevention programme</li> <li>▪ Disability support</li> <li>▪ Pasifika public health workforce development programme (aiding Pasifika people with workforce development)</li> </ul> <p><i>"Our purpose is to support Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes."</i></p> <p>W: <a href="http://www.leva.co.nz">www.leva.co.nz</a> E: <a href="mailto:admin@leva.co.nz">admin@leva.co.nz</a> PH: (09) 261 3490 A: Harakeke House, 15 Ronwood Avenue, Manukau City, Auckland</p>
<p><b>MAPU MAIA</b></p>	<ul style="list-style-type: none"> <li>▪ Problem gambling support and counselling</li> </ul> <p><i>"Mapu Maia provides a holistic service to individuals, families and communities that is culturally appropriate and effective. We offer free, professional and confidential counselling services and education."</i></p> <p>W: <a href="http://www.mapumaia.nz">www.mapumaia.nz</a></p> <p>E: <a href="mailto:help@mapumaia.nz">help@mapumaia.nz</a> PH: 0800 21 21 22 A: Level 5, 148 Cuba Street, Te Aro, Wellington; 16 Hagley Street, Porirua</p>
<p><b>PACIFIC HEALTH PLUS</b></p>	<ul style="list-style-type: none"> <li>▪ Pasifika-focused general practice medical care</li> </ul> <p>W: <a href="http://www.phplus.co.nz">www.phplus.co.nz</a> E: <a href="mailto:info@phplus.co.nz">info@phplus.co.nz</a> PH: (04) 890 3620 A: 4 Bedford Creek, Canons Creek, Porirua</p>
<p><b>PACIFIC HEALTH SERVICE HUTT VALLEY</b></p>	<ul style="list-style-type: none"> <li>▪ Health subsidies/services assistance</li> <li>▪ Budget advice</li> <li>▪ Housing support</li> <li>▪ Careers &amp; employment support</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Family care &amp; protection support</li> <li>▪ Outreach nursing services for long-term conditions, e.g.: <ul style="list-style-type: none"> <li>○ Cardiovascular disease</li> <li>○ Respiratory/asthma</li> <li>○ Diabetes</li> <li>○ Skin infections</li> <li>○ Obesity</li> </ul> </li> <li>▪ Health access for people with: <ul style="list-style-type: none"> <li>○ Long-term health conditions</li> <li>○ Frequent hospital admissions</li> <li>○ High social, economic &amp; health needs</li> <li>○ No GP practice</li> <li>○ Recent permanent residency</li> </ul> </li> <li>▪ Core Checks for babies/children</li> <li>▪ “ThrivingCores Well Child Service”, providing (if required): <ul style="list-style-type: none"> <li>○ Core Checks in home or clinic</li> <li>○ Transportation to clinic</li> <li>○ After-hours appointments</li> <li>○ Free additional visits</li> <li>○ Pregnancy educational support</li> <li>○ Car seat rental discount voucher (0-12mths)</li> <li>○ Safe Sleep/Pepi-Pod (0-12mths)</li> </ul> </li> <li>▪ Pregnancy/childbirth support</li> <li>▪ Antenatal sessions</li> <li>▪ Faith-led wellness programme</li> <li>▪ Exercise programme</li> <li>▪ Screening services access support</li> <li>▪ Young person obesity prevention programme</li> </ul> <p>W: <a href="http://www.pacifichealthhutt.co.n">www.pacifichealthhutt.co.n</a> E: <a href="mailto:info@phshutt.co.nz">info@phshutt.co.nz</a> PH: (04) 577 0394 A: Hewer Crescent, Naenae, Hutt Valley</p>
<p><b>PACIFIC HEARTBEAT</b></p>	<ul style="list-style-type: none"> <li>▪ Pacific nutrition courses</li> <li>▪ Healthy recipe resources</li> <li>▪ Quit smoking support</li> <li>▪ Heart health information/resources</li> </ul> <p>W: <a href="http://www.heartfoundation.org.nz/your-heart/pacific-heartbeat">www.heartfoundation.org.nz/your-heart/pacific-heartbeat</a> PH: (04) 472 2780 (Wgtn Branch) A: 158 The Terrace, Wellington (Wgtn Branch)</p>

<b>PASIFIKA ALCOHOL &amp; DRUG HELPLINE</b>	<ul style="list-style-type: none"><li>▪ Alcohol &amp; drug:<ul style="list-style-type: none"><li>○ Screening</li><li>○ Comprehensive assessment</li><li>○ Counselling</li><li>○ Self-help groups</li><li>○ Day programmes</li><li>○ Residential programmes</li><li>○ Detoxification treatment</li><li>○ Relapse prevention</li><li>○ After-care</li><li>○ Psycho-social therapy</li></ul></li></ul> <p><i>“Our Pasifika Helpline seeks to provide a holistic, culturally affirming service which meets your physical, spiritual and mental needs and encourages support from family and community.”</i></p> <p>W: <a href="https://alcoholdrughelp.org.nz/helpline/services/pasifika-helpline/">https://alcoholdrughelp.org.nz/helpline/services/pasifika-helpline/</a> PH: 0800 787 799 (24/7) TXT: Free text 8681</p>
<b>TAEAOMANINO TRUST</b>	<ul style="list-style-type: none"><li>▪ Alcohol and drug counselling</li><li>▪ Child and adolescent mental health services</li><li>▪ Family counselling</li><li>▪ Individual counselling</li><li>▪ Family-centred services</li><li>▪ Family violence prevention</li><li>▪ Problem gambling service</li><li>▪ Social workers in schools</li><li>▪ Family Start programme (to support families struggling with challenges)</li></ul> <p>W: <a href="http://www.taeaomanino.org.nz">www.taeaomanino.org.nz</a> E: <a href="mailto:office@taeaomanino.org.nz">office@taeaomanino.org.nz</a> PH: 0800 345 345 A: 10 Prosser Street, Porirua</p>

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The Terrace Medical Centre

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