

How it works

1



Sign up at your GP or online

2



Get a call or a text from Awhi Ora

3



Meet up with your support worker

4



Talk it over, listen & share

5



Together, figure out a plan of action

6



Meet up & talk regularly to share progress

7



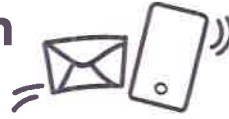
Reach goals that matter most to you

8



Regular messages from your support worker, just to check-in

Get in touch



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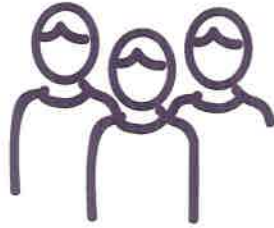
awhi
ora
walk
alongside
support

Help is around the corner.



awhi
ora
walk
alongside
support

Who we are



Awhi Ora is a free of charge, local service that can help you through difficult times in your life. We provide you with practical support for daily living and help you to keep well.



We are a group of local community organisations working together to help people to live well in their communities. We have a range of support choices available including cultural services and peer services.

We'll provide the practical tools to help tackle the small stuff before it gets bigger. Everyone goes through difficult times in life, you aren't alone. And we're here while you need us.

“

There's an issue which is stressful, or is getting me down. I'd like help staying well while I work on that challenge. ”

“

I've got a challenge with WINZ. I'd like someone to work with me on it. ”

“

I am worried about my whānau, and could use someone to talk to. ”

“

I've had worries with my mental health before; I'm not doing so well at the moment and would appreciate a bit of help. ”