



Resources compiled by Vicki Marie Lenihan to support the wellbeing of the audience:

Here are some kaupapa Māori and maternal health services in and around Ōtautahi for whāea and whānau who need support. This list is not exhaustive; there are others. If these don't fit, ask your girlfriends, whānau, health providers, or one of the below to help you find one that feels right.

Wāhine Māori Services

Hākui

An online resource to connect Kāi Tahu whānau with tīpuna knowledge and practices relating to pregnancy, birthing, as well as the much-needed support tools for whānau who have lost babies through miscarriage or stillbirth.

- <https://www.hakui.nz/>

Māori Women's Welfare League

Te Rōpū Wāhine Māori Toko i te Ora (MWWL Inc) is the only national charitable Māori women's organisation in Aotearoa.

It is principally concerned with the wellbeing of Māori women and their whānau.

- <https://www.mwwl.org.nz/>
- Ōtautahi peka (branch): Helen Thoms, otautahi.mwwl@gmail.com
- Rāpaki peka: Paula Hutana, rapakimwwl@gmail.com

Hauora Practitioners

Te Waiorātanga

An evolving online directory of Ōtautahi's amazing Māori healers, well-being practitioners and whānau services, including kairongoā.

- <https://www.allright.org.nz/articles/te-waiorātanga-directory>

Hapori Māori General Practices

Some local kaupapa Māori health providers that offer wrap-around services for the whole whānau.

He Waka Tapu

Monday to Friday, 8.30am to 5pm

*No appointment needed; self-referral possible

- 0800 HE WAKA (439 252); 03 373 8150
- 161 Pages Road, Wainoni, Christchurch 8061
- <https://www.hewakatapu.org.nz/>
- reception@hewakatapu.org.nz

Purapura Whetū

Monday to Friday, 8.30am to 4.30pm

*Self-referral possible

- 0800 4 WHETU (494 388); 03 379 8001
- 166 St Asaph Street, Christchurch Central, Christchurch 8011
- <https://www.pw.maori.nz/>
- office@pw.maori.nz

Te Puawaitanga ki Ōtautahi Trust

Monday to Friday, 8.30am to 5pm

*Self-referral possible

- 0800 669 957 or 03 344 5062
- Level 3, 7 Winston Avenue, Papanui, Christchurch 8053
- <https://tepuawaitanga.maori.nz/>
- reception@tepuawaitanga.maori.nz

Local Marae

Get in touch directly to find out when health clinics and playgroups are on.

Tuahiwi

Te Ngāi Tūāhuriri Rūnanga Inc

- 03 313 5543
- 219 Tuahiwi Road, RD 1, Kaiāpoi 7691
- TuaHiwi.Marae@ngaitahu.iwi.nz

Rāpaki

Te Hapū o Ngāti Wheke

- 03 328 9415
- 37 Rāpaki Drive, RD 1, Lyttelton 8971
- <https://rapaki.iwi.nz/>
- rapaki@ngaitahu.iwi.nz

Koukourārata

Te Rūnanga o Koukourārata Society Inc

- 03 339 8308
- 9 Pūari Road, RD 2, Diamond Harbour 8972
- koukourarata@ngaitahu.iwi.nz

Ōnuku

Ōnuku Rūnanga Inc

- 03 381 2082
- 389 Ōnuku Road, Akaroa 7581
- <https://www.onuku.nz/>
- onuku@ngaitahu.iwi.nz

Wairewa

Wairewa Rūnanga Inc

- 0800 WAIREWA (924 7392)
- 4345 Christchurch Akaroa Road, RD 1, Little River 7591
- <https://www.wairewamarae.co.nz/>
- Wairewa@ngaitahu.iwi.nz

Taumutu

Te Taumutu Rūnanga Society Inc

- 03 371 2660
- Corner of Pōhau and Gullivers Roads, RD 3, Leeston 7683
- <https://tetaumuturunanga.iwi.nz/>
- taumutu@ngaitahu.iwi.nz

Rehua

Te Whatu Manawa Māoritanga o Rehua

- 03 355 5615
- 79 Springfield Road, St Albans, Christchurch 8014
- <https://rehuamarae.co.nz/>
- admin@rehuamarae.org.nz

Ngā Hau e Whā National Marae

Te Rūnanga o Ngā Maata Waka Inc

- 03 382 6628
- 250 Pages Road, Wainoni, Christchurch 8062
- <https://maatawaka.org.nz/>

Hospital Mental Health Services

These services take referrals from GPs, nurses, social workers and other health professionals.

Perinatal Wellbeing Canterbury

Community support groups for mothers and primary caregivers suffering from PND and associated anxiety disorders.

- 021 131 4352
- <https://perinatalwellbeing.org.nz/>
- operations@perinatalwellbeing.org.nz

Hauora Māori – Māori Health Services

Christchurch Hospital + Christchurch Women's Hospital

- 03 364 0640
- Ask Reception to put your call through
- 2 Riccarton Avenue, Christchurch Central, Christchurch 8011

Te Korowai Atawhai (Māori Mental Health Service)

- Te Korowai Atawhai Whare, Te Waimokihī, Building 4, Hillmorton Hospital
- 03 339 2864
- Annex Road South, Middleton, Christchurch 8024

Ranga Hauora (Burwood Hospital Māori Health Service)

- 03 383 7552
- Corner of Mairehau and Burwood Roads, Burwood, Christchurch 8083

Grief and Loss

See Hākui above, or contact your primary health provider.

Shelter

Te Whare Hauora (formerly Ōtautahi Women's Refuge) (Affiliated)

- 59 Shortland Street, Wainoni, Christchurch 8061
- 24/7 Crisis line 0800 117 474 or 03 379 6910
- <https://womensrefuge.org.nz/>
- hana@tewharehauora.com

Nāu te rourou, nāku te rourou, ka ora ai te iwi!

Cover image: Kate Stevens West, *Lying down*, 2022

Kaore i te Pai? Not All Right?

We all need a bit of support from time-to-time

If you or someone you know is struggling, there is free help available any time

24/7 free call or text **1737**

If there is an urgent threat to life or limb free call **111** immediately and ask for help