



RAUKURA
Hauora o Tainui

**WHAANAU PAI
SERVICES**

Intergrated primary mental health and
addiction services

What is Whaanau Pai Service?

Whaanau Pai is a government funded initiative that aims to:

- Increase access and equity of access to primary mental health and addiction services.
- Increase choice in addressing people's holistic needs.
- Reduce wait times to get help.
- Improve outcomes and equity of outcomes.

Whaanau Pai Workforce

The team consists of:

- Health Improvement Practitioners
- Health Coaches
- Kaiarahi Tautoko (Cultural and social support workers)

• Health Improvement Practitioner (HIP)

“Te taha hinengaro-Mental wellness Health Improvement Practitioners (HIPs) are registered practitioners who provide support using brief interventions. They design a wellness plan that can include supportive networks and services.

- Help with any issue related to problems with daily living.
- See people of all ages
- See people on the same day, or referral based.
- Provide short-term self management and interventions for both physical and mental health.

• Kaiarahi Tautoko (Cultural and social support workers)

Te taha wairua/whanau and whenua-Spiritual/whanau and whenua connection to wellbeing.

Kaiarahi Tautoko work closely Health improvement practitioners, Health coaches and the general practice staff to support patients from a cultural perspective to improve health and wellbeing.

• Health Coach

Te taha tinana- Physical health Health Coaches are trained in the program to work alongside Health improvement practitioners (HIPs) and the general practice teams. They work with people to support them to make positive steps towards their health and wellbeing.

- Help patients to develop self-management skills and set goals.
- Provide health education.
- Navigation of the health and social services system.
- Emotional support for patients and whanau.

How can I access this service?

Get your doctor or Nurse to refer you to the team.

