



Puāwaitanga

Individual counselling, easy access, where you are.

A phone and video service to support people to improve their emotional wellbeing – their hauora. The service is an alternative to face to face counselling for people who are struggling but face challenges in accessing traditional counselling. Staff are trained professionals and counselling sessions are private, confidential and free.

The taringa (ear) and waha (mouth) on the other end of the phone will be empathetic, culturally sensitive and authentic.

Speak to counsellors about any issues, some of which might be low mood, anxiety, grief, addictions, relationship issues and low self-esteem.

FREE short-term counselling for people on a Work & Income benefit or who hold a Community Services Card



Sessions between 9am-9pm, 7 days a week

Virtual sessions offered through phone or video call

**FOR INFORMATION OR TO SIGN UP:
call 0800 782 999
or visit www.puawaitanga.nz**

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