



Te Runanga o Ngaati Naho

Ka Puta Ka Ora

Culturally Driven and Clinically Supported: Empowering whānau facing distress through Indigenous support. Embracing diversity while prioritising the healing benefits of Indigenous wisdom.

Our Pou Oranga come with a range of lived experiences and skillsets through Te Ao Māori practices and clinical expertise.

- Individual, group, and Whānau wananga available
- Therapeutic wananga
- Narrative therapy
- Support reinstating Tūpuna practices for wellness

CONTACT US



021 423 628



Teia@ngaatinaho.com

All services are free
Referrals and Self-Referrals

Helpline numbers

Lifeline: Free Txt 4357 or call
0800 543 345 for counselling
and support.

Anxiety helpline
0800 269 4389

Alcohol and Drug helpline
0800 787 797 or free txt 8681

Suicide Crisis helpline 24/7
call 0508 828 865

Counselling support
free call or txt
1737

Depression
0800 111 757
or free txt 4202

Take a photo of our
Referral QR Code

