



**Supporting whānau health
and wellbeing by nurturing
connection, cultural
strength, and opportunities
for healing and wellbeing.**

Mataora

**Brief Intervention &
Support Services**

**Puhi Ka Iti Community
Medical Health Centre**

75 Huxley Road , Outer
Kaiti Gisborne 4010

Free Pone: 0800 497 836
Phone: (06) 867 8550

**Uawa Community
Medical Health Centre**

40 Banks Street
Tolaga Bay ,4046

Free Pone: 0800 674 877
Phone: (06) 8626 650

npo.org.nz



Mataora provides a free, confidential, and non-judgmental environment for individuals and whānau seeking support with mental health. Our aim is to offer brief, focused interventions to support you on your path to well-being.

How to Access Our Services

Self-Referral:

Contact us directly to arrange an appointment.

Referral via GP or Nurse:

Discuss your needs with your healthcare provider, who can refer you to our service.

CRITERIA

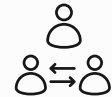
To access the Mataora service, you must be a registered patient with either Puhi Ka Iti or Uawa Medical Centre.



What We Offer :



Confidential, supportive environment



Brief, goal-focused interventions



Advocacy and guidance



Welcoming all age groups

Our Commitment

Your privacy and confidentiality are our top priorities. We are here to support you without judgment, every step of the way