

Ngaa manaaki tika moou

Tiakina koe, too whaanau
me too hapori



Me tiki aawhina i te waahi tika

Tiakina koutou ko too whaanau maa
te moohio ki whea tiki aawhina ai
ina maauui, whara raanei koe.



Rata

Haere ki te kite i
too rata moo ngaa
mate kaore i te
koohukihuki.

- Ngaa mate mauroa
- Whakahaere mamae
- Rewharewha me te
maremare tuumau



Waea-hauora (Healthline)

Waea ki 0800 611 116
moo ngaa tohutohu
hauora koreutu mai i
teetahi neehi.

- E waatea ana, ahakoa
te waa (24/7)
- E waatea ana ngaa
kaiwhakamaaori
- Ngaa tohutohu
hauora mai i
teetahi neehi



Hauata me te Hauora (A&M)

Ki te kore too rata e
waatea, haere ki too
whare A&M.

- Whara karu
- Huangoo
- Whara haakinakina
- Mate iti nei



Hoohipera

Meenaa he moorea ki
te ora me waea ki 111.

- Mamae ki te uma
- Whara ki te maahunga
- He toto nui te rere
- Hauata nui

Ngaa tohutohu aawhina

Aawhina! Kei te maauui ahau, me haere ahau ki whea?

He waahanga nui too too rata whaanau kia noho hauora too whaanau. Waea atu ki too rata moo ngaa tohutohu ture me te whakarite waa.

Ka aha meenaa kaaore aku rata?

Paatai ki oo hoa, whaanau, hoa tata meenaa e moohio ana raatou ki teetahi e noho tata ana. Ka kitea e koe he rata (me aa raatou utu) i www.healthpoint.co.nz

Kaaore au e tae atu ki ngaa rata, me aha ahau?

Hei rapu wawe i ngaa tohutohu hauora, whakapaa atu ki too rata, waea raanei ki Waea-hauora (Healthline) i **0800 611 116**, koorero raanei ki teetahi nehi. Kaaore he utu, aa, e waatea ana i te 24/7. Meenaa ehara ko te reo Paakehaa too reo tuatahi, he kaiwhakamaaori kei reira hei aawhina.

Kaaore ahau e tae atu ki ngaa rata i ngaa haora tuwhera, me haere ahau ki whea?

Kei te huaki too whare Hauata me te Hauora (A&M) tuutata i ngaa waa e kati ana too rata, aa, me whai whakamaimoa koohukihuki koe. Hei kimi i te whare A&M tuutata ki a koe, haere ki taa maatou paetukutuku countiesmanukau.health.nz

Moo aawhea ahau haere ai ki te hohipera?

Meenaa kei te taumaha koe me waea atu ki te 111. Moo ngaa aahuatanga ki te ora Te Tari Rongoa Ohore o Te Hohipera o Middlemore.



Kaaore koe i te moohio me haere ki whea?

Waea atu ki te Waea-hauora (Healthline) moo ngaa tohutohu hauora koreutu mai i teetahi nehi **0800 611 116**