

# WHĀRIKI HAUORA



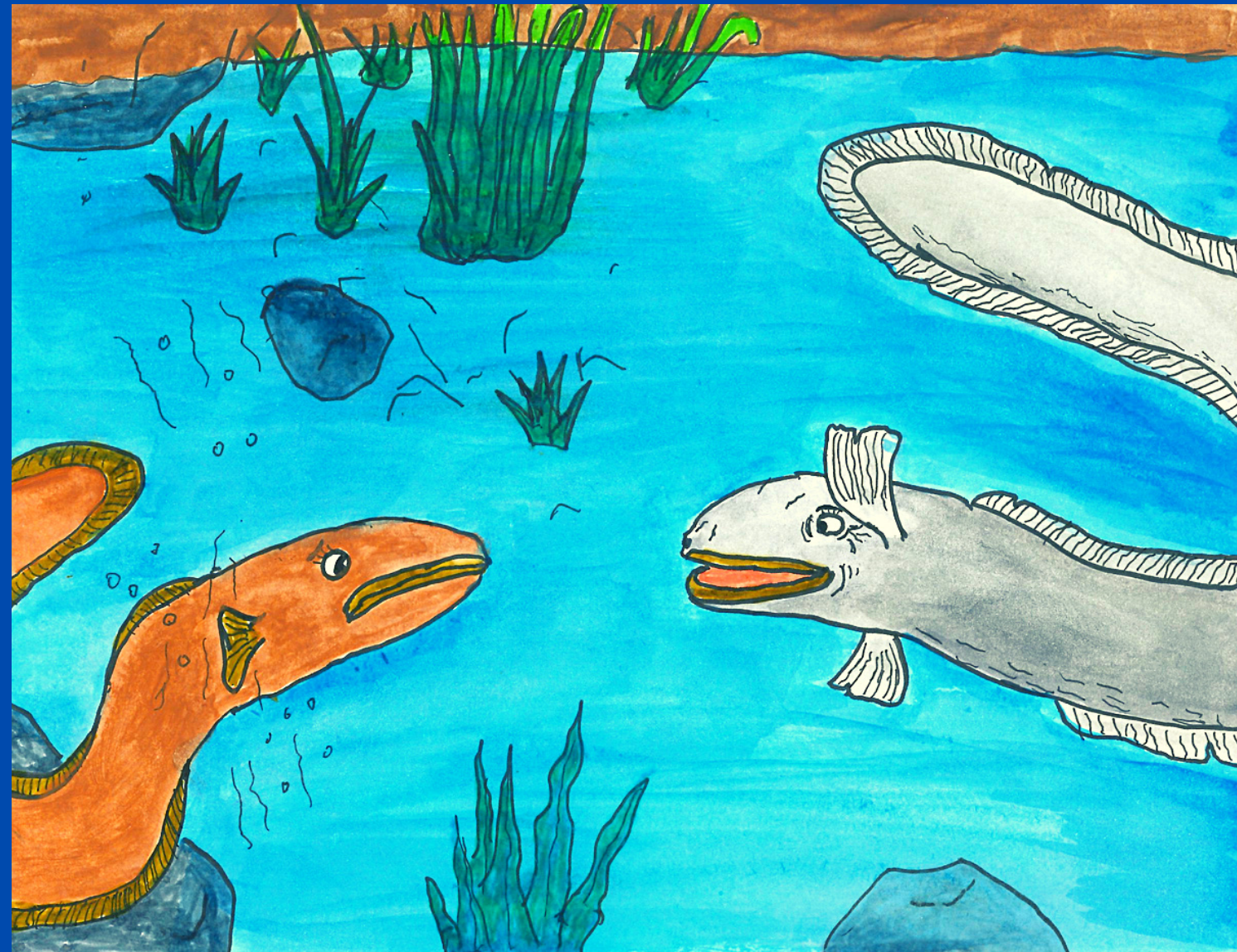
HOW



# Whāriki Hauora

*Weaving the foundations of wellbeing for the Creative sector of Aotearoa*

Whāriki Hauora (W.H) is a peer support service that has been created to support NZ creatives and those working in the entertainment/ arts adjacent sectors. Whatever role you play, we recognise that being a part of this industry can be tough. It comes with a unique set of emotional, physical and financial pressures and we are committed as a tribe to change the conversation around our own and others wellbeing.



## **How long can I use the service?**

The Whāriki Hauora Peer Service is a time-limited, focused service. Most people will use the service for six, hour-long, sessions. If needed, another two follow-up sessions can be made available.

## **What does it cost?**

Counselling and Peer Support sessions can be expensive. The creative sector has faced many challenges in the past two years and COVID has seriously impacted the industry both professionally and financially. Visits can cost anywhere between 100-120 dollars per session! **Mind and Body** are aware of the hardships our Aotearoa creatives are facing and are working with Whāriki Hauora to make sessions as accessible as possible.

Whāriki Hauora peer support and administrative services are held by Mind and Body.

At a value of \$120, Mind and Body have discounted each Whāriki Hauora session to make it as affordable as possible by cutting them dramatically to \$65. **PLUS!** Sessions are also supported from funds distributed from a mixture of donations and sponsorship, through Whāriki Hauora.

**This means that any one who engages with WH only has a financial outlay of \$15 towards each one hour meeting!!**

For some, even \$15 may be out of the budget. If that's the case speak to the service administrator and we will do what we can to help.

## **Service Hours**

The Whāriki Hauora Peer Support Service is generally offered between the hours of 8:00am to 6:00pm, Monday to Friday. Payment for each session is necessary before accessing each peer support session – you'll be provided with an invoice, including payment details. Payments can be made in cash or bank transfer.



# CONTACT

To make an appointment, to talk and organise a meeting, call

(09) 630 5909 ext. 821 (Auckland) or (03) 371 5599 ext. 851 (Christchurch)  
or email [admin@mindandbody.co.nz](mailto:admin@mindandbody.co.nz)

If you are anywhere else in the country, this service is available via video-chat.

You can also find us on Facebook  
Go to [www.facebook.com/whariki hauora](http://www.facebook.com/whariki hauora)



*\*Illustrations by Borni Te Rongopai Tukiwaho and Zach Macer*