

Access support for wellbeing

Make connections to local organisations that can provide support for young people.

Introduce students to local support networks, such as:

- iwi
- youth centres
- disabled youth movements, such as [i.lead](#)
- local sports, community and church groups.

Access services provided by Te Whatu Ora Health New Zealand, such as:

- kaupapa Māori wellbeing services
- pacific-led wellbeing services
- wellbeing services from local doctors
- youth wellbeing services
- rural wellbeing services
- digital tools
- helplines with trained counsellors.

For more information see: [Boost your wellbeing](#) – Te Whatu Ora Health New Zealand.

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