

*Life can be tough sometimes.
That's where we step in.*

Small improvements can make a world of difference

Free wellbeing support is available **right here** through our Health Coaches, Health Improvement Practitioners and Awhi Ora Support Workers.

- *Understand your medications*
- *Learn about common health conditions (diabetes, high blood pressure, gout)*
- *Healthy eating and exercise*
- *Manage stress*

Ask your clinic team today
aklwellbeingcollab.co.nz

*Life can be tough sometimes.
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Feeling stressed?

Ask for help.

Right here,

Right now.

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- Stress, sleep and mood management
- Cope with life's challenges
- Connect to peer/community services (WINZ, housing, employment, etc)
- Talk about impact of health conditions

Ask your clinic team today

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*Life can be tough sometimes.
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Feeling worried?

Ask for help.

Right here,

Right now.

Free wellbeing support is available **right here** through our Health Coaches, Health Improvement Practitioners and Awhi Ora Support Workers.

- *Talk about what's bothering you*
- *Increase connection to positive supports to make you feel less alone*
- *Manage mood, sleep and stress*
- *Reduce harm of alcohol and drug use*

Ask your clinic team today

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