

WELCOME!

We welcomed Donna Walters to the MHSS team who will be working in Family Centred Services (FCS).



MHSS Website

Check out our new website, showcasing our services, programs and news.

<https://maketuhauora.org.nz/>



Continuing our support of Titihuia's kaupapa campaigning for youth mental health. MHSS staff joined a 4km walk, encouraging our rangatahi to find different ways to support their mental health and well-being.



What's been happening



- MHSS staff engaged in the Mental Health Foundations push up challenge. Raising awareness and encouraging fitness with \$60 raised.

THANK YOU!!

St. Johns has recently donated some adorable teddy bears to be given to our clients in need of a hug. The donations are much appreciated and will be well received.



Leanne Emery from Te Whatu Ora presented to MHSS staff regarding SUDI preventions and foundations for pepe safe sleeping. How lucky are we, so informative and personable!

What is SUDI? Sudden Unexpected Death in Infancy (SUDI)

Please see foundations of safe sleeping for keeping our pēpi safe during every sleep



What's coming up



- 4th March - One of our MHSS Kaimahi will be attending the Te Manawataki Regional SUDI Prevention Wānanga.
- 17-23rd March- Neurodiversity Celebration Week - a global movement to recognise, celebrate, and support neurodivergent minds in schools, workplaces, and communities "recognising the strengths and talents of neurodivergent minds". Please see the Neurodiversity website for ways you can celebrate.

Need support?!

Are you or someone you know experiencing domestic violence, hardship, addiction, mental health and or wellbeing issues.

Contact MHSS today! You are supported locally!

Remember to keep up to date with any changes and what's new at the hauora on our Facebook page!

 Maketu Health and Social Services

 0800MAKETU