



What people say about Mana Ake

"My child loves working with her kaimahi and she's using the tools she's been provided with to deal with feelings of anxiety."

"My daughter really looks forward to her time with her kaimahi. They talk through issues and concerns while doing other activities. The solutions put in place are working – she's much happier and calmer."

"Mana Ake has been a Godsend for our family. It has shown my daughter that we as her parents care and love her a lot and the school is supporting her."

The Mana Ake logo features a stylized green tree with leaves growing from a circular base containing three small mountain peaks, all set against a light green background with faint leaf patterns. Below the logo, the word "MANA AKE" is written in bold, uppercase letters, with "STRONGER FOR TOMORROW" in smaller letters underneath.

For more information about Mana Ake:

Contact:

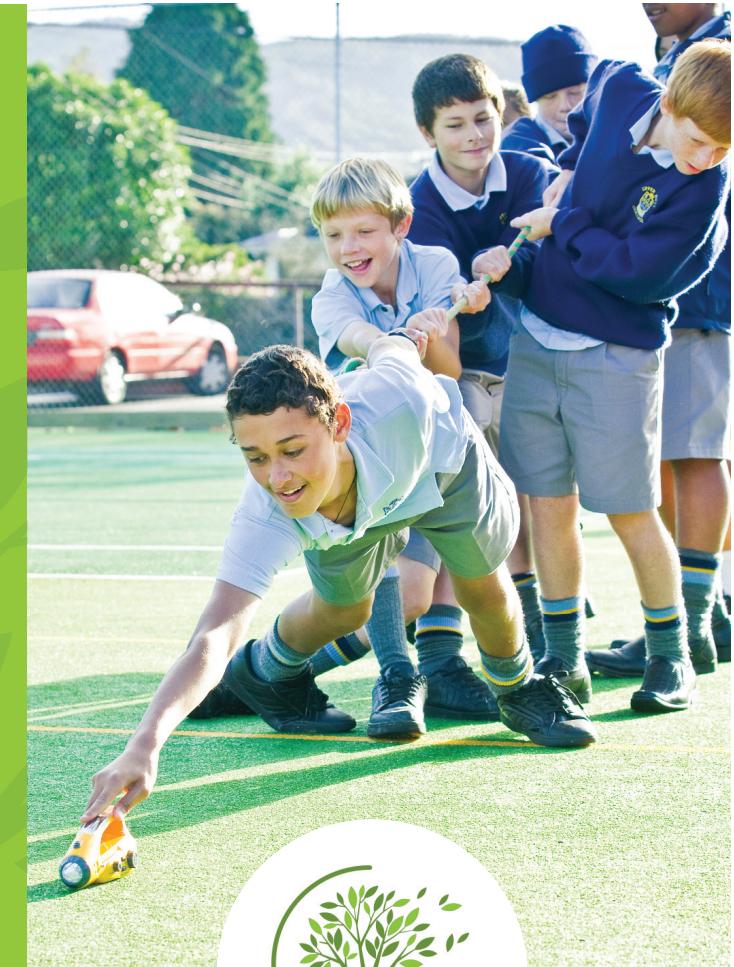
Talk: to a member of staff at your child's school
Visit: ccn.health.nz/FocusAreas/ManaAke-StrongerforTomorrow
Email: manaakefeedback@cdhb.health.nz

MINISTRY OF HEALTH
MINATE ITIOPORA

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Canterbury Clinical Network
Transforming Health Care, Whanau Ora & Waitaha

MINISTRY OF EDUCATION
TE TAHHUHU O TE MATAURANGA



The Mana Ake logo is displayed again, featuring the stylized green tree and mountains. Below the logo, the word "MANA AKE" is written in bold, uppercase letters, with "STRONGER FOR TOMORROW" in smaller letters underneath.

Enhancing wellbeing and positive mental health for children in school years 1-8 across Canterbury



How can children get support from Mana Ake?

You can talk to your child's teacher, or a member of the school staff, to check if Mana Ake is the right service to support your child. If your child does not currently attend a school, you can request support from Mana Ake directly at:

manaakefeedback@cdhb.health.nz

What is Mana Ake?

Mana Ake - Stronger for Tomorrow supports children aged 5 to 12 years old across Canterbury.

Mana Ake is for children who are experiencing circumstances that impact on their wellbeing or mental health.

The Mana Ake team works alongside schools and whānau when they have noticed a concern about a child's wellbeing or mental health.

What does Mana Ake do?

Mana Ake kaimahi (workers) can help children learn skills such as coping with change or challenges, managing their emotions, building positive relationships or overcoming grief and loss. They:

- support teachers to deliver classroom programmes that promote wellbeing;
- work with children and their whānau at home and/or at school;
- connect schools and whānau to community resources that enhance wellbeing.

