



# HERE TOITŪ

Strengthen Weave Empower

**Here Toitū is a free service to  
help you get well and get back  
into work**



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA



Dedicated  
Support Team

## What is Here Toitū

Here Toitū is a new support service to help you to recognise your potential, get well and find meaningful work.



Flexible Medical  
Certificate

We will work closely with you to help you to set goals and aspirations. Whether that be for your health, wellbeing, learning, earning or help you find work - Here Toitū is here to help.



Wellbeing  
Action Plan

## Eligibility

You can participate in Here Toitū if you're:

- 18-64 years old
- have a medical certificate
- currently getting a benefit with Work and Income



Well-being Star  
Assessment

**Ask your GP to find out if  
you're enrolled in a  
participating practice**

## Here Toitū is here to help you:

- Identify your strengths and how to use them
- Support you back into work
- Access health and fitness providers to increase your wellbeing
- Connect with local support services

### Contact us

03 353 7890



HereToitu@pegasus.org.nz



www.pegasus.health.nz



*Ē hara taku toa, he takitahi, he toa takitini - My strength is not due to me alone, but due to the strength of many*