

You and your whānau / family can use a number of health and wellbeing services when you are enrolled with a general practice (GP). Many of these services are free. The best thing you can do for your health and wellbeing is to enrol with a GP team. Enrolling is free and once you are enrolled your GP team visits may be cheaper. Pegasus Health is a Primary Health network that delivers these services.

## Health services available

The following services are available via your GP team. Ask your GP nurse or doctor.

- Children and young people's health
- Women's health
- Older person's health
- Healthy lifestyles
- Stop smoking support
- Mental health & wellbeing support
- Support for people new to New Zealand
- General support services
- Long term conditions

## How do I enrol?

Find a Pegasus Health GP at [www.pegasus.health.nz/gp-locator](http://www.pegasus.health.nz/gp-locator) and contact one of the practices about enrolling.

## Urgent medical care after hours

Make your GP team your first call 24/7. Unless it's an emergency (when you should call 111), always make your general practice team your first call 24/7 when you or someone in your family is sick.

Even after hours a nurse is available to give free health advice. Just phone your usual general practice number.

## What if I need help finding health care?

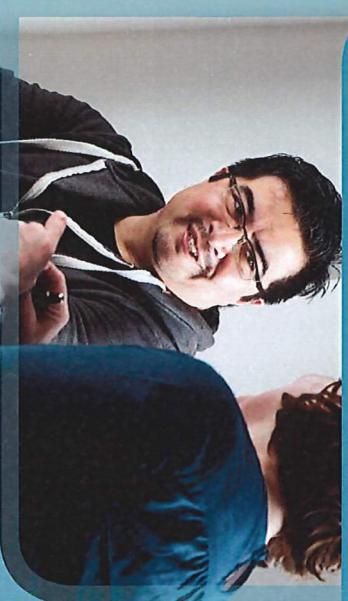
\*PCW – Partnership Community Workers can help you:

- to enrol at a Pegasus Health General Practice
- get to your doctor/hospital appointments, if transport is a problem for you
- visit Work and Income, if you find it difficult to pay for the doctor
- find other Community Services to support you.

Talk to your general practice about getting help from a PCW – Partnership Community Worker. If you don't have a regular GP go to [www.pegasus.health.nz](http://www.pegasus.health.nz) for a list of contacts or call **03 379 1739** and asked to be put through to the PCW team.

*\*Only available for those enrolled at a Pegasus Health practice.*

# Mental health & wellbeing



Health and wellbeing services for you and your whānau / family

# Mental health & wellbeing

## Brief Intervention Talking Therapies

People struggling with mental health issues can get up to five **free** sessions with a mental health clinician to assess, treat and / or refer to other health services if needed.

Our clinicians are English speaking, however interpreters are available if needed.

Sessions are **free** and confidential.

## 1737, need to talk?

Anyone feeling stressed, anxious, worried, depressed, needing advice on mental health or additions issues can **free** call or text 1737 any time, 24 hours a day to speak to a mental health clinician.



## Physical health checks

People with mental health conditions are reminded that it is just as important to look after your physical health. You should have an appointment with their GP at least once a year for a physical health check, especially if you are taking antipsychotic or opioid substitution medications.

Funding can sometimes be provided to assist with doctors fees if this is a barrier – please discuss this with your GP.

## Where to get help

Your GP is the best person to talk to about your mental health. They will be able to offer advice and point you to other services if needed.

If you don't have a regular GP, Partnership Community Workers (PCWs) can help you connect to a practice and other health care you need, including mental health services.

MHERC (Mental Health Education & Resource Centre) is also a helpful place for mental health information and services – [www.mherc.org.nz](http://www.mherc.org.nz)