Te Tumu Waiora
to head towards wellness

FAQs

Who runs Te Tumu Waiora?

Each member organisation is working to lead and implement the Te Tumu Waioia model within their local context. The national Collaborative has formed from each of these organisations coming together to ensure national consistency and shared learnings.

What sort of people will use the service?

There are no specific criteria. The focus is on supporting individuals to develop skills to better manage existing issues. Anyone of any age with any issue affecting their mental wellbeing or who would benefit from support for behavioural change can make use of the service.

It could be grief, anxiety, sleep, chronic pain or relationship issues or it may be someone who has a long term health condition who would benefit from lifestyle or behavioural support or who is struggling with compliance with treatment for a health issue.

Will the Te Tumu Waiora services continue to be free for patients?

Practices offering the Te Tumu Waiora model don't charge for the service. We hope that the model can be extended to other practices within the Collaborative when funding becomes available. More details about the allocation of primary mental health funding pledged in Budget 2019 will be known shortly.

Do you have a timeline for roll out?

Collaborative members are gearing up to deliver the model. The Collaborative's members will support their practices and other settings offering the model throughout implementation and on an ongoing basis.

Detailed implementation plans for rollout locally and regionally will be developed when future funding becomes clear.

What about other parts of New Zealand not covered by the Collaborative?

The Collaborative hopes that its membership can continue to expand to cover other parts of New Zealand.

Members are also working together on virtualisation of the model for rural and remote areas and to offer choice of access.