



Who are the kaimahi?

Kaimahi (workers) have a diverse range of skills and include, social workers, counsellors, teachers, youth workers and psychologists.

They are employed by one of 13 non-government organisations (NGOs) who make up the Mana Ake provider network and work in homes, schools and communities.

The teams have a mixed skill set so they can quickly and flexibly respond to the needs of a child when a wellbeing concern arises.



MANA AKE
STRONGER FOR TOMORROW

Find your local team:

For more information about Mana Ake, visit the Canterbury Clinical Network website at ccn.health.nz/FocusAreas/ManaAke-StrongerforTomorrow.aspx

Or email us:

manaakefeedback@cdhb.health.nz

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MANA AKE
STRONGER FOR TOMORROW

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



What is Mana Ake?

Mana Ake - Stronger for Tomorrow provides wellbeing and mental health support for children aged five to 12 years old across Canterbury.

Mana Ake kaimahi (workers) work alongside schools with children and whānau, to promote wellbeing and provide support when a wellbeing or mental health concern is identified.

Mana Ake aims to intervene early to ensure the right support gets to the right children at the right time.

Mana Ake kaimahi can:

- support teachers to implement classroom programmes that promote wellbeing;
- deliver programmes that support resilience, self esteem, emotional regulation, and coping with change;
- work with children and their whānau at home and/or at school;
- connect schools and whānau to community resources that enhance wellbeing.

Who is Mana Ake for?

Mana Ake kaimahi can support groups of students or individuals who are experiencing ongoing concerns that impact their wellbeing. This includes anxiety, feeling alone, parental separation, grief and loss, and managing emotions.



How can children get support from Mana Ake?

Every school has a **liaison kaimahi**.

You can talk to your child's teacher or a member of the school staff to check whether a request for support is appropriate.

The Mana Ake team meets frequently to respond to requests for support.

Mana Ake support is available as often and as long as it is needed.

If your child does not currently attend a school, you can request support from Mana Ake at:

manaakefeedback@cdhb.health.nz

What people say about Mana Ake

"I'm really pleased with the way Mana Ake is working for my family. My child loves working with her kaimahi and she's using the tools she's been provided with to deal with feelings of anxiety. So far it has been amazing."

"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. I've been kept in the loop. The kaimahi are doing an amazing job."

"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, the school is supporting her, and there is external support that is able to come into the school for her. This is what she needed, this is what we needed, this is filling a massive gap in the system."

