

# Wellbeing

Let's get real 

*Real Skills for working with people and whānau  
with mental health and addiction needs*

# Tū pakari tonu mai e te Whare Tapa Whā

**Let the house of health and  
wellbeing stand strong!**

We focus on wellbeing, encompassing  
all dimensions of health: tinana  
(physical), hinengaro (mental and  
emotional), whānau (social) and  
wairua (spiritual) (Durie, 1994).

We support wellbeing as a  
key part of recovery.

Respect, Manaaki, Hope,  
Partnership, Wellbeing and  
Whanaungatanga are the  
*Let's get real values*



[tepou.co.nz/letsgetreal](https://tepou.co.nz/letsgetreal)

