

# Free support for young people

Te Tahī Youth services are available in the Selwyn District for 10-24 year olds

## Medical

## Mentoring

## Mental health

## Employment

Te Tahī Youth is a 'one-stop shop' for medical, sexual, and mental health services, as well as mentoring and employment support to help you find your way through life.

### What can we do?

- Health assessments
- Contraception
- Period care
- Common prescriptions
- Wellbeing support
- Educational support
- Employment support
- Mentoring and life-skills
- And more. Just ask.

### Youth workers available

Monday — Friday  
9am to 5pm  
027 290 6751  
[selwyn@tetahiyoung.org.nz](mailto:selwyn@tetahiyoung.org.nz)

### Youth/medical clinic available

12pm to 5pm Tuesday and Thursday  
Rolleston Community Centre  
027 228 0015  
[donna@tetahiyoung.org.nz](mailto:donna@tetahiyoung.org.nz)

**Te Tahī Youth**  
LIFE + WELLBEING SUPPORT

Everything you need  
in one place