

Free support for young people

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

Medical

Te Tahi 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.

Mentoring

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.

Mental health

Employment

Youth workers available

Monday — Friday
9am to 5pm
027 290 6751
selwyn@tetahiyouth.org.nz

Youth/medical clinic available

12pm to 5pm Tuesday and Thursday
Rolleston Community Centre
027 228 0015
donna@tetahiyouth.org.nz

Te Tahi Youth
LIFE + WELLBEING SUPPORT

Everything you need
in one place