



What people say about Mana Ake

“My child loves working with her kaimahi and she’s using the tools she’s been provided with to deal with feelings of anxiety.”

“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. ”

“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 and the school is supporting her.”



MANA AKE
STRONGER FOR TOMORROW

For more information about Mana Ake:

Contact:

Talk: to a member of staff at your child's school

Visit: ccn.health.nz/FocusAreas/ManaAke-StrongerforTomorrow

Email: manaakefeedback@cdhb.health.nz



MANA AKE
STRONGER FOR TOMORROW

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



How can children get support from Mana Ake?

You can talk to your child's teacher, or a member of the school staff, to check if Mana Ake is the right service to support your child. If your child does not currently attend a school, you can request support from Mana Ake directly at:

manaakefeedback@cdhb.health.nz

What is Mana Ake?

Mana Ake - Stronger for Tomorrow supports children aged 5 to 12 years old across Canterbury.

Mana Ake is for children who have difficulty managing their emotions, coping with parental separation, grief and loss, or who are feeling alone.

The team works alongside schools, and whānau, when they have noticed a concern about a child's wellbeing or mental health.

What does Mana Ake do?

Mana Ake kaimahi can:

- support teachers to deliver classroom programmes that promote wellbeing;
- work with children and their whānau at home and/or at school;
- connect schools and whānau to community resources that enhance wellbeing.

