

# Are you okay?



**FREE mental wellness support**

Life in rural New Zealand comes with unique pressures. Whether you're dealing with isolation, weather stress, financial pressures or just feeling overwhelmed by the demands of rural life - you don't have to face it alone.

Tend's free mental wellness service is designed with rural Kiwis in mind. No driving hours to town. No waiting weeks for appointments. Just real support when you need it.

## What we we can help with

- ✓ Work-life balance
- ✓ Feeling overwhelmed or burnt-out
- ✓ Isolation and loneliness
- ✓ Succession planning tension
- ✓ Relationship struggles
- ✓ Addictions
- ✓ Sleep problems
- ✓ Dealing with loss or grief

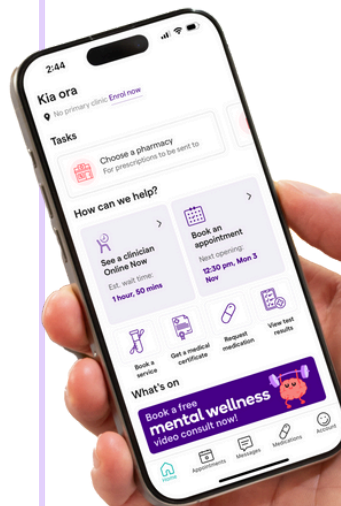
## Real support, not just a chat

Our Health Improvement Practitioners are trained professionals who understand rural life. They'll give you:

- Practical tools to manage stress
- Strategies that work with your lifestyle
- A clear action plan to move forward
- Skills you can use again and again.

## How it works - simple as

1. Download the Tend app on your phone
2. Book an appointment - often available same day
3. Talk to a qualified professional via video call
4. Get practical strategies to move forward



**Simply download the free Tend app to get started**



**tend**

Available to all New Zealanders 16+ | No referral needed | Completely free