

Care
Kindness
Growth
Potential
Harmony
Development



Who we are

Āwhina Mai Wellbeing Services is a social enterprise of Presbyterian Support Upper South Island (PSUSI), a charity that provides a wide range of free social and health services to support vulnerable children, young people, families/whānau and older people.

Choosing to work with a therapist at Āwhina Mai ensures that you receive the professional care and support you require, while also providing vital funds to help those most in need in our community. All profits raised will support PSUSI in working towards their vision of a just, compassionate and inclusive society for all people.

Āwhina means to support, assist, help or benefit. Our Āwhina Mai logo represents the unfurling fern frond of New Zealand's native silver fern. This koru and heart shaped symbol represents care, kindness, growth, potential, harmony and development.



Professional Therapeutic Services

Our team accept self-referrals and referrals from other professional services. Our staff are qualified and registered with a professional body.

Fees for therapists vary; please get in touch with us for details or to make a booking.

Contact us today!

call / text:
027 251 9922

email:
info@awhinamai.co.nz

mail:
PO Box 13171, Christchurch 8141

appointments only:
601 Gloucester Street, Linwood
Christchurch 8062



Āwhina Mai
WELLBEING SERVICES





Kia ora, welcome!

Āwhina Mai Wellbeing Services offer professional, individual therapeutic support for children, teenagers and adults, alongside tailored parenting support.

Our group of experienced Child and Family Psychologists, Social Workers and Counsellors aim to collaboratively support you, and your whānau, to achieve your wellbeing goals.

Our dedicated team will help you to identify your strengths and challenges, and develop key strategies and skills, empowering you to move forward and live an engaged and more fulfilling life.

How we can help

Our experienced and registered staff provide expert and confidential therapy for a comprehensive range of mental health and wellbeing concerns including (but not limited to):

- Anxiety
- Depression
- Obsessive Compulsive Disorder (OCD)
- Self-esteem
- Body image and self confidence
- Disordered eating
- Trauma
- Social and behavioural concerns
- Gender dysphoria and gender identity
- Sleep and toileting concerns
- Anger and emotional regulation support
- Grief management
- Stress management

Our team of professional therapists have the skills and experience to help you find a sense of meaning, belonging and identity.

Parenting Support

We can also provide Parenting Support by developing plans to support parenting goals utilising evidenced based frameworks from programmes such as:

- 💡 Triple P positive parenting
- 💡 Tuning into Kids™ and Tuning into Teens™
- 💡 Incredible Years™

