

Are you raising tamariki?

Supporting Parents Healthy Children (SPHC) is a Ministry of Health initiative aimed at supporting parents and caregivers with mental health and addiction issues.

We will listen and talk to you about how we can support you and your whānau...



We will ask if you are a parent or caregiver to the tamariki in your whānau:
Are you a Matua, Whaea, Pāpara, Kōkā, Aunty, Uncle, Nana, Karani or Grandparent?

We will offer new ways of including tamariki in your care planning

We will ask about your tamariki and whānau relationships

We will check if you would like extra support for yourself or your tamariki

We can offer meetings which include your family members if you choose