



Kia Ora

I am Kaz the Health Improvement Practitioner at Gain Health Centre. I am a registered health professional who can teach you strategies to manage mental, emotional, and physical health problems and collaborate with you to make a plan that will enhance your wellbeing and quality of life.

Consultations take less than 30 minutes long and are focused on behavior change. This service is funded so there is no charge involved.

Below are some of the issues that you can see a HIP for.

- Anxiety, depression or low mood
- Personal or work stress
- Managing long term conditions well
- Chronic pain and fatigue
- Sleep problems
- Substance use issues
- Grief
- Feeling generally stuck and stagnant in life
- Or you are well at present but looking to refine your plan to maintain this

To book a consult please contact Gain Health Centre's reception.

<https://accessandchoice.org.nz/about-us/>