



THE WHITE HOUSE

The White House -Te Whare Ma is a place for people who have used mental health services and our ethos is peers supporting peers

7 days a week 10am – 3pm Daily

Te Whare Ma offers:

- A place to belong
- Friendship
- Peer Support
- Activities and Events to get involved with
- Wellbeing workshops
- Opportunities to use your skills to contribute to the house
- Shower and laundry facilities
- Information about other service
- “the jug is always on!”

Reach out and make contact via one of the following options:

0800 114 976

03 546 9317

admin@thewhitehouse.org.nz

Or pop in for a visit and a cuppa!