



PACIFIC
ALCOHOL,
OTHER DRUGS
AND
GAMBLING
SERVICE

Monday to Friday
9.00am - 4.30pm

You can contact Tupu on
845 1810



Waitemata
District Health Board
Te Wai Awhina

tupu

Fakaalofa Lahi Atu, Talofa Lava, Kia Orana,
Malo E Lelei, Ni Sa Bula Vinaka, Welcome

Problems with alcohol or other drugs? Is gambling affecting your life?

Tupu is a team of Pacific Island workers who support Pacific people and their aiga/fanau/magafaoa who have alcohol and/or other drugs and/or gambling issues, problems or questions.

We offer a range of free support services delivered in a culturally relevant way.

At Tupu our free services include:

- consultation
- assessment
- individual counselling
- and group support (some groups are available after hours)

A service within the Pacific Mental Health & Addictions Service – Takanga A Fohe.



When you're ready!
call 845 1818
www.cads.org.nz
email us now!