

# Tiaki Whānau, Tiaki Ora

## 1000 Whānau Homes

### Te Au Māori Suicide Prevention Community Programme

#### INFORMATION SHEET

It is the goal of Te Rau Ora to reach 1000 whānau homes with Tiaki Whānau, Tiaki Ora, a programme designed to build healthy whānau by increasing their awareness of risk factors to suicide and the strategies that will strengthen whānau resilience and wellbeing.

The basis of the programme is whanaungatanga and respectful information sharing rather than facilitated presentations – whānau supporting whānau.

Whānau champions will be identified in communities to deliver free toolkits to whānau in their homes. Whānau champions will meet Te Rau Ora criteria, and complete the Tiaki Whānau, Tiaki Ora orientation. Te Au will provide all training and ongoing support.

Tiaki Whānau Tiaki Ora is provided by Te Au Centre for Māori Community Suicide Prevention Programme (Te Au), a Unit within Te Rau Ora focused on Strengthening Māori Health and Well-Being.

For further programme information email [alex.milner@terauora.com](mailto:alex.milner@terauora.com).

**What is Tiaki Whānau, Tiaki Ora?** The aim for Tiaki Whānau Tiaki Ora is to build healthy whānau by increasing their awareness of risk factors to suicide and the strategies that will strengthen whānau resilience and wellbeing.

**What is a whānau champion?** Whānau champions will deliver free whānau resources into 1000 whānau homes. Whānau champions will be people nominated by local community networks and whānau and have attended a one-day orientation training by Te Au.

**What is a Community network?** Te Au will partner with local community networks to promote the programme and identify whānau champions. A community network could include local hauora providers, marae, hapū, iwi, community organisations and whānau networks.

**What are the resources developed?** Tiaki Whānau Tiaki Ora resources have been developed into a toolkit that promotes key messages and strategies to build healthy whānau, and prevent suicide.

**What makes a successful whānau champion?** A whānau champion is passionate about whānau wellbeing, has experience in whānau and community support, knowledge of whānau potential and building wellbeing.

**What is the Orientation Training?** A full day training workshop for prospective champions to fully orientate them to the programme, their roles, resources and responsibilities.  
Please bring two forms of ID to the training; one must be a Passport or Birth Certificate to aid in the sign-up process.

**How do whānau participate in Tiaki Whānau Tiaki Ora** Whānau will be invited by a whānau champion to sign on to receive a Tiaki Whānau, Tiaki Ora Whānau Self-Help Toolkit.  
The toolkit will include key messages and strategies to inform Māori of suicide prevention, building resilience, healthy whānau, and how to seek help.  
Whānau champions will follow up within 4-weeks of their first hui to get feedback from whānau about the usefulness of the programme.