



# Get the support **you need**

We're here to help you improve your overall health and wellbeing with a range of services.

✓ **Counselling Sessions**

✓ **Legal Guidance**

✓ **Menopause Support**

✓ **Health Coaching**

✓ **Career Guidance**

✓ **habithealth+**

✓ **Financial Guidance**

✓ **Rōngoa Māori Service**

✓ **Habit Health  
WellbeingHub**

**Book online: [book.habit.health/eap](https://book.habit.health/eap) Phone: 0800 327 669**

