

Community Health Information Centre (CHIC) Newsletter

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New Resources



MNH0268 Ko wai ahau? Who am I?

Booklet

MHF

Revised Resources



MEH0001 Men and depression

Pamphlet

MHF – Updated November 2021



MNH0025 Stress and how to manage it

Pamphlet

Formerly “Stress and how to handle it”.

MHF – Updated for 2021



MNH0028 Anxiety and how to manage it

Pamphlet

Formerly “Anxiety and how to handle it”.

MHF – Updated for 2021



OLP0003 Depression in later life

Pamphlet

Formerly “Late life depression”.

MHF – Updated for 2021

Deleted Resources – No longer available to order







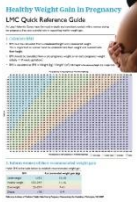
DRU0136 Premium experiences: Guidelines for hosting safe and successful large-scale wine events

Book

HPA

Order CHIC resources online from: www.cph.co.nz/order-resources/

View or order the new resources available from CHIC: www.cph.co.nz/resource_list.php?mc=999

	<p>NUT0140 Smart Snacking Flyer</p> <p>CDHB. Content now included in updated “Cooking for Older People”.</p>
	<p>OLP0016 The Choice Years Book</p> <p>MSD</p>
	<p>VIO0023B Culture is no Excuse – Farsi Booklet</p> <p>Hindi version also no longer available (VIO0023F).</p> <p>MSD</p>
	<p>VIO0028 Is it really Love? Pocket Resource</p> <p>MSD</p>
	<p>VIO0032 You, Me/ Us Booklet</p> <p>MSD</p>
	<p>WOH0133 Healthy Weight Gain in Pregnancy: LMC Quick Reference Guide Sheet – HP5900</p> <p>MoH</p>
<p>Awareness Dates Useful Websites</p>	
<p>March Poutū te-rangi Hearing Awareness Month Kidney Health Month 20 World Oral Health Day 22 World Water Day 24 World Tuberculosis Day <i>CHIC may not stock resources for featured awareness days.</i></p>	<p>www.nfd.org.nz www.kidney.health.nz www.worldoralhealthday.org www.un.org/en/events/waterday www.stoptb.org</p>

Find the latest editions of the Healthy Nibbles series online: www.cph.co.nz/your-health/healthy-nibbles/

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STOCKLIST

The latest version is now current until the end of April 2022.

Download a copy from our website or order a copy by email.

*From the Community Health Information Centre (CHIC) Staff
Free Health Resources. Supporting active and healthy lifestyles.*

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