



# CHIC

Community Health Information Centre

Community & Public Health

A division of the Canterbury District Health Board

## STOCKLIST

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**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

[www.cph.co.nz](http://www.cph.co.nz)

Current until January 2019

**New Resources**

CHH	76	Active play guidelines for under fives: Babies 0 to 3 months
CHH	77	Active play guidelines for under fives: Infants 3 to 12 months
CHH	78	Active play guidelines for under fives: Toddlers 1 to 2 years
CHH	79	Active play guidelines for under fives: Preschool 3 to 4 years
CHH	80	Good bladder/bowel habits in children
DRU	208	Alcohol and pregnancy: What you might not know
IMM	70	Thanks for thinking about my future: Immunisations for 11 year olds
MAH	115	Let nature in: Strengthen your wellbeing – Te Reo Māori (MHAW 2018)
MNH	204	Manly As: Whatever you wear
MNH	205	Manly As: Whatever position you choose
MNH	206	Manly As: Whatever you drink
MNH	207	Manly As: Whoever you love
MNH	208	Manly As: Whatever tools you use
MNH	210	Sparklers: Balance energy highs and lows
MNH	211	Sparklers: Make it cool to be kind
MNH	212	Sparklers: Make wellbeing easy and fun
MNH	213	Sparklers: Help kids manage big emotions
MNH	214	Sparklers: Foster gratitude
MNH	215	Sparklers: Help tamariki embrace who they are
MNH	217	Let nature into your workplace (MHAW 2018)
MNH	218	Let nature in: Strengthen your wellbeing (MHAW 2018)
MNH	219	The things that make us feel all right
NUT	116	You've got this! Eat fresh fruit and vegetables everyday
NUT	116A	Eat in season – Mandarin and Nashi
NUT	116B	Eat in season – Feijoa and Passionfruit
NUT	116C	Eat in colour
NUT	116D	Eat in colour – Citrus
NUT	116E	Eat fresh for health
NUT	116F	No fake news here! Just fresh superfoods
NUT	116G	Eat fresh colours
NUT	117	We heart fresh NZ vegetables: Good for growing bodies
PHY	21	Need help to get active? (Green Prescription)

**Deleted Resources:**

CHH	68	WellChild/Tamariki Ora
CHH	70	Be Smarter
HEA	5	Whanau Ora Health Impact Assessment
HEA	22	Care Around the Clock – Older Person Flyer
HYG	8	Lift the Lip Pamphlet
HYG	23	Snacks and Drinks for Healthy Teeth
HYG	44	Sneeze Safe Sticker Sheet
IMM	14	I've been immunised
IMM	53	I've been immunised – Chinese
IMM	60	HPV Vaccine (Human Papillomavirus Vaccine)
MAH	10	I've been immunised – Te Reo Māori
MNH	70C	It's all right if you're a tad on edge this morning
MNH	70D	It's all right if you're feeling pretty stoked
MNH	74C	When did you last show a little love? A3 Poster
MNH	161	Canterbury Support Line
MNH	164	Connect with Nature (MHAW 2016) Postcard
NUT	74B	Colour your world with fresh fruit and vegetables – Asparagus/Melon/Strawberries
NUT	74C	Colour your world with fresh fruit and vegetables – Lemons/Limes/Grapefruit
NUT	74D	Colour your world with fresh fruit and vegetables – Carrots and Broccoli
NUT	92	We love our kids. So let's get them moving more than just their thumbs
NUT	92A	We love our families. But our treats may cause health problems
NUT	92B	We love our families. But we're feeding them more than they need
NUT	92C	We love our families. But we're feeding them too much junk
OLP	2	Long term Residential Care for Older People
OLP	10	Treasure our Older People
PAP	30	You and Your Teenager – Samoan
PAP	31	You and Your Teenager – Tongan
PAP	32	You and Your Teenager – Niuean
PAP	36	I've been immunised – Samoan
PAP	37	I've been immunised – Tongan
PAP	91	I've been immunised – Fijian
PAP	131	Breakfast Eaters – Tongan
PAP	132	Breakfast Eaters – Samoan
PAP	133	Breakfast Eaters – Cook Island Māori
PAP	134	Breakfast Eaters – Samoan Poster

WEB VERSION

PAP	135	Breakfast Eaters – Cook Island Māori Poster
PAP	136	Breakfast Eaters – Tongan Poster
SEH	35	Your Choice
SEH	79	Finding yourself
WOH	77	Prevention of Cervical Cancer: A Guide for Women in NZ
WOH	136	Giving birth in Canterbury: Our primary maternity units

**Updated Resources (Please check to see if you have the latest version):**

CHH	4	Well Child/Tamariki Ora. HE7012. Revised June 2018.
CHH	38	Everyone Please. HE1229, Revised June 2018.
DRU	126	I Quit Smoking for Baby and Me. HE2473. Revised June 2018.
DRU	204	Make your car smokefree. HE1803. Revised July 2018.
DRU	205	A guide to making your home and car smokefree. HE1802. Revised June 2018.
MAH	30	Cervical Screening – Te Reo Māori. HE1838. Revised August 2018.
MED	252	Acute Viral Gastroenteritis. Updated September 2017. <b>Change in title.</b>
MEH	2	The Blokes Book. Updated July 2018. <b>Now the “Reboot” edition.</b>
MNH	22	Wellbeing is important. Updated for 2018. <b>Formerly “Mental Health Education and Resource Centre”.</b>
NUT	10	Thousands of New Zealanders don’t get enough iron. Updated for 2018.
NUT	101	Eating safely when you have food allergies. Revised July 2018.
PHY	12	Obesity. Updated November 2017.
SAF	111	Food Safety in Pregnancy. Revised May 2018.
WOH	19	Cervical Smear Tests: What women want to know. HE1256. Revised May 2018.
WOH	86	Having more tests after a mammogram. HE10118. Updated June 2018. <b>Formerly “When you are recalled for Assessment”</b>

If you'd like to obtain our resources you can place orders by fax, email or through our website [www.cph.co.nz](http://www.cph.co.nz).

All resources will be sent within Canterbury, South Canterbury, West Coast and Chatham Islands free of charge.

**Christchurch Office**

310 Manchester Street  
P.O Box 1475  
Christchurch 8140  
Phone: 03 378 6721  
Fax: 03 379 6125  
Email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

**Ashburton Office**

Elizabeth Street  
P.O Box 110  
Ashburton 7740  
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**West Coast Office**

3 Tarapuhi Street  
P.O Box 443  
Greymouth 7840  
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[westcoast.chic@cdhb.health.nz](mailto:westcoast.chic@cdhb.health.nz)

**Timaru Office**

18 Woollcombe Street  
P.O Box 510  
Timaru 7940  
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Fax: 03 688 6091  
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[www.cph.co.nz](http://www.cph.co.nz)

**Online Ordering**

All resources listed can be ordered online from the Community and Public Health website ([www.cph.co.nz/Order-Resources/](http://www.cph.co.nz/Order-Resources/)), up to a maximum of 100 copies per item (except where limits apply).

Large quantities must be ordered by submitting an Order Form or contacting a CHIC office directly.

## Codes

This stocklist contains Ministry of Health (MOH) codes to help you find which resources you need, and to help us know which items you require. The **MOH codes** are found next to the item title and are prefixed with **HE** or **HP**.

Items produced by Community & Public Health have the code **CPH** in the Supplier/Code column. Items supplied by other companies have the company name or (if the name is too long) the following codes:

<b>ACantY</b>	Active Canterbury	<b>MoJ</b>	Ministry of Justice
<b>ADANZ</b>	Alcohol Drug Association NZ	<b>MoPI</b>	Ministry of Primary Industries
<b>ANX</b>	Anxiety Support Canterbury	<b>MSD</b>	Ministry of Social Development
<b>BLNZ</b>	Beef and Lamb New Zealand	<b>NISG</b>	National Influenza Specialist Group
<b>Burns</b>	Burn Support Charitable Trust Inc.	<b>NMDHB</b>	Nelson Marlborough DHB
<b>CANM</b>	Canterbury Men's Centre	<b>NZBA</b>	New Zealand Breastfeeding Authority
<b>CBN</b>	Canterbury Breast Feeding Network	<b>NZDA</b>	New Zealand Dental Association
<b>CCC</b>	Christchurch City Council	<b>NZDF</b>	NZ Drug Foundation
<b>CDHB</b>	Christchurch District Health Board	<b>NZEF</b>	New Zealand Endometriosis Foundation
<b>CEA</b>	Community Energy Action Trust	<b>NZHF</b>	New Zealand Herpes Foundation
<b>CECC</b>	Canty Employers' Chamber of Commerce	<b>NZRC</b>	New Zealand Red Cross
<b>ComC</b>	Commerce Commission of NZ	<b>NZTA</b>	New Zealand Transport Authority
<b>CS</b>	Cancer Society	<b>NZWCS</b>	New Zealand Wound Care Society
<b>DIAS</b>	Diabetes Society NZ	<b>ONZ</b>	Osteoporosis New Zealand
<b>ENZ</b>	Epilepsy New Zealand	<b>OT</b>	Oranga Tamariki
<b>FPA</b>	Family Planning	<b>PCF</b>	Prostate Cancer Foundation
<b>GRSN</b>	Gastric Reflux Support Network NZ	<b>PRI</b>	Privacy Commission
<b>Heart</b>	Heart Foundation	<b>SKIP</b>	Strategies with Kids
<b>HEPC</b>	Hepatitis C Trust	<b>SKNZ</b>	SafeKids
<b>HPA</b>	Health Promotion Agency	<b>Stroke</b>	Stroke Foundation
<b>HSQC</b>	Health Quality & Safety Commission NZ	<b>SportW</b>	Sport Waikato
<b>IMAC</b>	Immunisation Advisory Centre	<b>TANZ</b>	Tourette's Association of NZ
<b>MEN</b>	Men's Health Trust New Zealand	<b>VEG</b>	Vegetables.co.nz
<b>MHERC</b>	Mental Health Resource Centre		
<b>MHF</b>	Mental Health Foundation		
<b>MoE</b>	Ministry of Education		
<b>MoH</b>	Ministry of Health (no numerical code)		

**PLEASE USE THE CHIC CODES WHEN ORDERING ITEMS FROM THIS STOCKLIST.**

### **Quantities of Some Resources are Restricted**

A cap has been placed on some resources, due to budget constraints or supply restrictions.

Resources from Family Planning (FPA), and the Ministry of Primary Industries (MoPI) are restricted to **10 copies per month**.

Resources from the Heart Foundation (Heart) and Watties are restricted to **25 copies per month**.

Please contact the supplier if you would like more than the restricted quantity.



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## ADOLESCENT HEALTH

**Note:** Family Planning (FPA) resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
ADH 15	All about growing up	FPA	Booklet
ADH 8	The changing bodies of teenagers	MSD	Pamphlet
ADH 10	Dealing with teenage conflict	MSD	Pamphlet
ADH 21	How to get heard	MHF	Pamphlet
ADH 16	Q&A: Answers to all those interesting questions...	FPA	Booklet
ADH 12	School and education for teenagers	MSD	Pamphlet
ADH 9	Teenagers, technology and sleep	MSD	Pamphlet
ADH 11	Teenagers, their brains and hormones	MSD	Pamphlet
ADH 7	Teenagers, their friends and sex	MSD	Pamphlet
ADH 5	Your information – but is it really yours	PRI	Pocket Resource

## CHILD HEALTH

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
CHH 76	Active play guidelines for under fives: Babies 0 to 3 mths	MoH	Sheet
CHH 77	Active play guidelines for under fives: Infants 3 to 12 mths	MoH	Sheet
CHH 79	Active play guidelines for under fives: Preschool 3 to 4 yrs	MoH	Sheet
CHH 78	Active play guidelines for under fives: Toddlers 1 to 2 years	MoH	Sheet
CHH 5	Danger Signals	HE4240	Flyer
CHH 12	Ear infections, earache and glue ear	HE1414	Pamphlet
CHH 65	Everyone has a role to play in keeping kids safe	OT	Pamphlet
CHH 38	Everyone Please	HE1229	Card
CHH 68A	Free health and wellbeing checks for your child	IMAC	Card
CHH 3	Gastroesophageal Reflux	GRSN	Pamphlet
CHH 2	Going to Hospital	CDHB	Booklet
CHH 80	Good bladder/bowel habits in children	CDHB	Sheet
CHH 23	A Guide to Happy, Healthy Kids in the Home	CPH	Pamphlet
CHH 36	Keep Your Baby Safe During Sleep	HE1228	Pamphlet
CHH 14	Keeping Healthy in Early Childhood Centres	CPH	Pamphlet
CHH 39	Newborn Hearing Screening: Your Baby's Hearing...	HE2429	Pamphlet
CHH 43	Newborn Hearing Screening: Referral to Audiologist	HE1924	Pamphlet
CHH 40	Newborn Hearing Screen Results	HE1922	Pamphlet
CHH 17	Staying calm with kids	SKIP	Booklet
CHH 67	Teach your baby to drink from a cup	CPH	Pamphlet
CHH 58	Thinking about Parenting	SKIP	Booklet
CHH 61	Tips for Babies	SKIP	Booklet
CHH 60	Tips for Under fives	SKIP	Booklet
CHH 62	The Tricky Bits: Tips for under fives	SKIP	Booklet
CHH 68B	Well Child Calendar	IMAC	Book
CHH 32	Well Child/ Tamariki Ora	HE1116	Sticker Sheet
CHH 4	Well Child/ Tamariki Ora: My Health Book	HE7012	Book



**Posters**

CHIC Code	Title	Supplier/Code	Type
CHH 8	Can your child hear? – English and Te Reo Māori	HE4874	A3

**Health Professionals Only**

CHIC Code	Title	Supplier/Code	Type
CHH 71	Be Smarter Practitioner Manual ( <b>Canterbury only</b> )	SportW	Book
CHH 75	Healthy Kids: My Goals Chart	HE2539	Pad
CHH 21	Hygienic Nappy Changing...for early childhood education	CPH	Sheet
CHH 22	Keeping an Eye on Your Child's Vision (B4 School Check)	HE2278	Flyer
CHH 72	Keeping an Eye on Your Child's Hearing	HE2276	Flyer
CHH 74	Newborn Enrolment Process (Canterbury only)	CDHB	Pad
CHH 33	PEDS – Response Form	HE2315	Form
CHH 34	PEDS – Score Form	HE2316	Form
CHH 27	Referral for a Full Hearing Assessment (B4 School Check)	HE2277	Flyer
CHH 73	Referral for a Full Vision Assessment (B4 School Check)	HE2279	Flyer
CHH 69	Referral to Well Child/ Tamariki Ora Provider	CDHB	Form
CHH 41	Repeat Newborn Hearing Screen	HE1923	Pamphlet

**Midwives and Child Professionals**

CHIC Code	Title	Supplier/Code	Type
CHH 9	Your Newborn Baby's Blood Test	HE2310	Booklet

## DRUGS, ALCOHOL AND SMOKEFREE

**Note:** NZ Drug Foundation (NZDF) resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

CHIC Code	Title	Supplier/Code	Type
DRU 122F	About Alcohol	NZDF	Pocket Resource
DRU 122	About Cannabis	NZDF	Pocket Resource
DRU 122B	About LSD	NZDF	Pocket Resource
DRU 122C	About MDMA/ Ecstasy	NZDF	Pocket Resource
DRU 122E	About Methamphetamine	NZDF	Pocket Resource
DRU 122D	About Synthetic Psychoactive Substances	NZDF	Pocket Resource
DRU 34	About Weight Gain	Quitline	Sheet
DRU 97	Alcohol and Cancer Risk	CS	Sheet
DRU 208	Alcohol and pregnancy: What you might not know	HE2523	Pamphlet
DRU 59	Alcohol and your teenager	CPH	Pamphlet
<b>Canterbury, South Canterbury and West Coast variants available</b>			
DRU 48	Alcohol and You: Facts and Effects	HPA	Booklet
DRU 127	Alcohol Game Plan for bar staff	HPA	Book
DRU 129	Alcohol Game Plan for club committees	HPA	Book
DRU 81	The Complete Ban on the display of Tobacco Products	HE2381	Pamphlet
DRU 62	Concerned about someone's drinking?	HPA	Booklet
DRU 65	Cutting Down	HPA	Booklet
DRU 125	Dance Party Goers: What You Should Know	HE1304	Pamphlet
DRU 184	Drink Check	HPA	Booklet

WEB VERSION

DRU 104	Ever been hurt as a result of your drinking? (Help Seekers)	HPA	Card
DRU 117	Good One Party Register	CPH	Flyer
DRU 23	A Guide to Compliance for employers working in TV etc.	HE1721	Leaflet
DRU 205	A guide to making your home and car smokefree	HE1802	Pamphlet
DRU 63	Helping with Problem Drinking	HPA	Booklet
DRU 196	Information for Sports Clubs (Smokefree Act)	HE1602	Sheet
DRU 126	I quit smoking for baby and me	HE2473	Card
DRU 64	Is your drinking OK?	HPA	Booklet
DRU 36	Know your smoking triggers	Quitline	Sheet
DRU 100	Maintaining the Change	HPA	Booklet
DRU 204	Make your car smokefree	HE1803	Booklet
DRU 80	Me Mutu Tatou/ Let's all Quit	HE2383	Booklet
DRU 69	Meth Help: Helping you change	NZDF	Booklet
DRU 121	Mix 'n' Match Options (Mocktails Mixer Guide)	NMDHB	Sheet
DRU 37	Nicotine Patches, Gum or Lozenges	Quitline	Sheet
DRU 39	Parent Information	ADANZ	Pamphlet
DRU 106	Pot help	NZDF	Booklet
DRU 93	Quit Card	HE10141	Card
DRU 122A	Safer Partying	NZDF	Pocket Resource
DRU 79	Serving alcohol safely at workplace events	HPA	Book
DRU 55	Smoking and Pregnancy ( <b>West Coast only</b> )	CPH	Leaflet
DRU 177	Smokefree at all times	HE1510	Sticker
DRU 178	Smokefree at all times	HE1511	Window Sticker
DRU 73	Smokefree Area – Credit Card Size	HE1629	Sticker
DRU 16	Smokefree Area – Long	HE1624	Sticker
DRU 17	Smokefree Area – Long	HE1625	Window Sticker
DRU 6	Smokefree – Table Top	HE4279	Sign
DRU 99	Stopping Drinking	HPA	Book
DRU 187	Straight Up Guide to Standard Drinks	HPA	Pamphlet
THW 1B	Te Hā – Waitaha: BBQ Gathering	CDHB	Flyer
THW 1A	Te Hā – Waitaha: Couple Jogging	CDHB	Flyer
THW 1D	Te Hā – Waitaha: Dinner Party	CDHB	Flyer
THW 1	Te Hā – Waitaha: Father and Son	CDHB	Flyer
THW 1C	Te Hā – Waitaha: Pregnant Family	CDHB	Flyer
DRU 116	Time To Quit	HE1109	Booklet
DRU 38	Volatile Substances	ADANZ	Pamphlet
DRU 54	What You Need to Know to Protect Your Baby ( <b>WC only</b> )	CPH	Leaflet
DRU 21	When You Drink So Does Your Baby	HE4160	Pamphlet

**Posters**

CHIC Code	Title	Supplier/Code	Type
DRU 101	Ever been hurt as a result of your drinking? (Help Seekers)	HPA	A3
DRU 118	Good One Party Register	CPH	A3
DRU 35	Smoking: Face the Facts	HPA	A2
<b>Random selection of variants will be sent</b>			
DRU 98	When you're ready to quit smoking...	HE10144	A2
THW 4	Te Hā – Waitaha: BBQ Gathering	CDHB	A4
THW 4A	Te Hā – Waitaha: BBQ Gathering	CDHB	Long
THW 3	Te Hā – Waitaha: Couple Jogging	CDHB	A4
THW 3A	Te Hā – Waitaha: Couple Jogging	CDHB	Long
THW 6	Te Hā – Waitaha: Dinner Party	CDHB	A4
THW 6A	Te Hā – Waitaha: Dinner Party	CDHB	Long

THW 2	Te Hā – Waitaha: Father and Son	CDHB	A4
THW 2A	Te Hā – Waitaha: Father and Son	CDHB	Long
THW 5	Te Hā – Waitaha: Pregnant Family	CDHB	A4
THW 5A	Te Hā – Waitaha: Pregnant Family	CDHB	Long

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
DRU 41	Can We Call You A Taxi?	CPH	Sign
DRU 40	Doubles Served Unless Otherwise	CPH	Sign
DRU 119	Duty Manager – Small	CPH	Sign
DRU 119A	Duty Manager – Large	CPH	A4 Sign
DRU 207	Free Water Here	CPH	Sign
DRU 109	Guide to Prescribing Nicotine Replacement Therapy	HP5869	Sheet
DRU 157	The Law: We can't serve or allow intoxicated people...	CPH	Sign
DRU 108	The NZ Guidelines for Helping People Stop Smoking	HP5867	Booklet
DRU 162	No Offence! If You Look Under 25... – Alcohol	CPH	Sign
DRU 67	P**d Off: A guide for people trying to stop using meth...	NZDF	Booklet
DRU 87	The Quit Book	HE10106	Booklet
DRU 42	We Have a Safe Transport Option...	CPH	Sign

## ENVIRONMENTAL HEALTH

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
ENH 27	Community Water Fluoridation	MoH	Pamphlet
ENH 11	Energy Advice Service	CEA	Flyer
ENH 29	Get Involved: Get off the Wall	CCC	Pamphlet
ENH 5	Soil contaminants and health	HP6263	Pamphlet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
ENH 2	Save water during water shortage and stay healthy	HE4604	A4
ENH 8	Save water during water shortage and stay healthy	HE4604P	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
ENH 1	Blue Print for Safe Drinking Water	HE1331D	DVD
ENH 28	Sustainable Edible Gardens	MoE	Book

## GAY AND LESBIAN HEALTH

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
GAL 2	Gay and Lesbian Youth Support	CPH	Pamphlet
GAL 1	Pink Pages	CPH	Booklet
GAL 3	OUTline Information Helpline	MHF	Pamphlet
GAL 4	Takatāpui: Part of the whānau	MHF	A5 Booklet

## HEALTH

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
HEA 24	24 Hour Surgery: We've Moved ( <b>Christchurch only</b> )	CDHB	Flyer
HEA 18	Advance Care Planning. What matters most for your ...	HSQC	Pamphlet
HEA 21	Care Around the Clock – Man	CDHB	Flyer
HEA 21A	Care Around the Clock – Man	CDHB	Card
HEA 23	Care Around the Clock – Mother	CDHB	Flyer
HEA 23A	Care Around the Clock – Mother	CDHB	Card
HEA 22A	Care Around the Clock – Older Person	CDHB	Card
HEA 17	Important health care advice for people new to Canterbury	CDHB	Leaflet
HEA 26	My advance care plan and guide	CDHB	Booklet
HEA 20	Your Health Information: Know your privacy rights	PRI	Pamphlet

### Posters

CHIC Code	Title	Supplier/Code	Type
HEA 19	Advance Care Planning ... Let's Talk ...	CDHB	A3
HEA 21B	Care Around the Clock – Man	CDHB	A3
HEA 23B	Care Around the Clock – Mother	CDHB	A3
HEA 22B	Care Around the Clock – Older Person	CDHB	A3
HEA 8	HealthInfo Canterbury	CDHB	A4
HEA 9	HealthInfo Canterbury	CDHB	A3
HEA 27	HealthInfo Canterbury: Always on the go?	CDHB	A4
HEA 28	HealthInfo Canterbury: Always on the go?	CDHB	A3

### Health Professionals Only

CHIC Code	Title	Supplier/Code	Type
HEA 4	A Guide to Health Impact Assessment Policy Tool NZ	HP3806	Book
HEA 6	HealthInfo Canterbury	CDHB	Card
HEA 7	HealthInfo Canterbury	CDHB	Flyer
HEA 2	International Health Regulations Certificate of Vaccination	HP4410	Booklet
HEA 3	The Whānau Ora Tool	HP4589	Book

## HYGIENE AND ORAL HEALTH

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
HYG 18	Brush up on Healthy Teeth	CDHB	Sheet
HYG 14	How to Wash Your Hands	CPH	Sticker
HYG 34	It's easy to protect your family's smile (Let's Talk Teeth)	HE2248	Booklet
HYG 1	It's free and it's all good	HE2399	Pocket Resource
HYG 21	Remember to Wash Your Hands	CPH	Sheet
HYG 43	Sneeze Safe Lesson Plan	Kleenex	Leaflet
HYG 49	Stopping the germs at home	CPH	Sheet
HYG 46	Tips for a Healthy Smile – Chinese Available in Korean, Te Reo Māori, Samoan and Tongan	CDHB	Card
HYG 53	Tooth tips for mums-to-be	CPH	Sheet
HYG 54	Tooth tips for babies	CPH	Sheet
HYG 55	Tooth tips for babies and children	CPH	Sheet
HYG 56	Tooth tips for toddlers and young children	CPH	Sheet
HYG 57	Tooth tips for young children	CPH	Sheet
HYG 58	Using fluoride tablets to make fluoridated water	CDHB	Sheet
HYG 60	Wash and dry your hands for 20 seconds	HE2525	Sticker
HYG 48	Well Child Fluoride Toothpaste	CPH	Sheet

### Posters

CHIC Code	Title	Supplier/Code	Type
HYG 59	Brush baby teeth morning and night (Baby Teeth Matter)	HE2514	A2
HYG 35	Have You Heard? – Green	HE2266	A3
HYG 40	It's Easy to Protect your Family's Smile – Green	HE2269	A3
HYG 11	Lift the Lip	MoH	A3
HYG 42	Sneeze Safe	Kleenex	A3
HYG 52	Stay Clean As – Adults	HE2500	A2
HYG 22	Stay Clean As – Children	HE1125	A2
HYG 10	Take Care of Your Teeth	HE1712	A2

### Health Professionals Only

CHIC Code	Title	Supplier/Code	Type
HYG 25	Caring for Teeth – Refugees/Migrants	HE1524	Pamphlet

## IMMUNISATION

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
IMM 20	3 Things to remember after your Flu Immunisation	NISG	Flyer
IMM 2	After your child is immunised	HE1504	Flyer
IMM 62	After your immunisation	HE2502	Flyer
IMM 3	Avoid flu during pregnancy	NISG	Pamphlet
IMM 5	BCG Vaccine: After Care for Parents	HE2226	Flyer
IMM 4	BCG Vaccine: Information for Parents	HE2205	Pamphlet
IMM 6	Childhood Immunisation	HE1323	Booklet

WEB VERSION

IMM 9	Flu can be anywhere: Get immunised	CDHB	Badge
IMM 10	Flu can be anywhere: Get immunised	NISG	Pamphlet
IMM 8	Flu can be anywhere: Get immunised	CDHB	Sticker
IMM 51	Immunisation Record (for Well Child Book)	HE1309	Flyer
IMM 65	Immunise against HPV (Human Papillomavirus)	HE2012	Pamphlet
IMM 67	Immunise against chickenpox	HE2519	Pamphlet
IMM 22	Immunise against rotavirus	HE2425	Pamphlet
IMM 11	Immunise during pregnancy	HE2503	Pamphlet
IMM 68	Immunisation for older people	HE2540	Booklet
IMM 68	Immunisation for older people – large print	HE2548	Sheet
IMM 12	Immunise your child on time	HE1327	Pamphlet
IMM 15	Meningococcal Disease: Know the symptoms	HE2395	Pamphlet
IMM 54	Meningococcal Disease: Vaccination Info for Students	CPH	Pamphlet
IMM 16	NIR Information for Adults	HE2423	A5 Flyer
IMM 70	Thanks for thinking about our future: Immunisation for 11 ...	CDHB	Pamphlet
IMM 21	Why you should get immunised against the Flu	NISG	Sheet
IMM 50	Your Flu can endanger patients	NISG	Pamphlet

### Posters

CHIC Code	Title	Supplier/Code	Type
IMM 45	Avoid the flu during pregnancy	NISG	A2
IMM 44	Don't assume you're immune to measles	HE2427	A3
IMM 47	Flu can be anywhere: Get immunised	NISG	A2
IMM 43	Give me the best possible start in life (Immunise for Life)	CDHB	A3
IMM 48	Has your teen missed any immunisations?	HE2501	A3
IMM 41	Immunise – their best protection	HE1221	Long
IMM 56	Immunise against Meningococcal Disease	HE2394	A3
IMM 49	Protecting baby starts in pregnancy	HE2504	A3
IMM 63	Protection against whooping cough starts with mum	CDHB	A3
IMM 59	Thanks for thinking about our future	CDHB	A3
IMM 42	When's the best time to make sure they're immunised?	HE2375	A3

### Health Professionals Only

CHIC Code	Title	Supplier/Code	Type
IMM 29	After Your School Immunisation	HE1313	Flyer
IMM 38	Authorisation to Opt Off the NIR (NIR2)	HP3823	Form
IMM 33	BCG Information Pack	CPH	Pack
IMM 23	BCG Vaccine: Information for Health Professionals	HE2204	Card
IMM 34	Hepatitis B Pack ( <b>Canterbury and West Coast only</b> )	CPH	Pack
IMM 13	HPV Vaccine: School Consent Form	HE2044	Form
IMM 61	Immunisation: Making a choice for your children	HP5527	Booklet
IMM 35	Immunisation Articles Pack ( <b>Canty and West Coast only</b> )	CPH	Pack
IMM 25	Immunisation Certificate	HE7013	Flyer
IMM 39	Immunisation Event Form (NIR3)	HP4592	Form
IMM 26	Immunisation Handbook	HP6600	Book
IMM 27	Immunisation Guidelines: Early Childhood/Primary Schools	HE1106	Booklet
IMM 37	Immunisation Pack ( <b>Canterbury and West Coast only</b> ) (Contains MED0194 – MED0198)	CPH	Pack
IMM 24	Immunisation Register: Early Childhood/Primary Schools	HE1111	Leaflet
IMM 64	Let's talk about immunisation	HP6246	Pack/Flipchart
IMM 36	MoH Immunisation Resources ( <b>Canty and West Coast only</b> )	CPH	Pack

IMM 28	The National Immunisation Schedule	HE1308	Card
IMM 32	NIR Information Pack	CPH	Pack
IMM 40	Registration Form for Newborn (NIR1)	HP3822	Form
IMM 52	Vaccination recommended during pregnancy	CDHB	Sticker
IMM 31	Year 7 Immunisation for Tetanus, Diphtheria, Pertussis...	HE1503	Booklet
IMM 30	Year 7 Immunisation for Tetanus, ... Consent Form	HE1312	Form
IMM 66	Year 7 and 8 Immunisation	HE2432	DVD

## MĀORI HEALTH

**Note:** Family Planning (FPA) resources are restricted to **10 copies per month**. Heart Foundation (Heart) resources are restricted to **25 copies per month**. Please contact them directly for larger quantities.

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
MAH 89	Auahi Kore: I Ngā Wā Katoa	HE1512	Sticker
MAH 90	Auahi Kore: I Ngā Wā Katoa	HE1513	Window Sticker
MAH 100	B4 School Check – Te Reo Māori	HE2452	Card
MAH 102	B4 School Check: Info for Educational Sector – Te Reo	HE2440	Pamphlet
MAH 80	Breastfeeding Your Baby – Te Reo Māori	HE2099	Booklet
MAH 31	Cervical Screening: What Wahine Need to Know	HE1837	Pamphlet
MAH 31A	Cervical Smear Tests: What women need to know – Te Reo	HE2495	Sheet
MAH 55	Everyone has a role in keeping kids safe – Te Reo Māori	MSD	Pamphlet
MAH 104	Make your home a safety zone – Te Reo Māori	SKNZ	Sheet
MAH 110	Immunise against chickenpox – Te Reo Māori	HE2520	Pamphlet
MAH 108	Immunise against HPV – Te Reo Māori	HE2015	Pamphlet
MAH 23	Immunise your child on time – Te Reo Māori	HE1531	Pamphlet
MAH 112	Keeping your child safe: children's nightwear – Te Reo	ComC	Pamphlet
MAH 86	Lift the Lip – Te Reo Māori	NZDA	Pamphlet
MAH 98	Meningococcal Disease: Don't Wait... – Te Reo Māori	HE2419	Pamphlet
MAH 20	Meningococcal Disease: Know the Symptoms – Te Reo	HE2396	Pamphlet
MAH 18	My Baby Will Be Māori and Smokefree	HE8035	Pamphlet
MAH 46	Partner Abuse: This is not Love... – Te Reo Māori	HP4437	Pamphlet
MAH 99	Simple Steps to Healthier Food – Te Reo Māori	Heart	Flyer
MAH 95	Tips for a Healthy Smile – Te Reo Māori	CDHB	Flyer
MAH 81	Worried about gambling? (Choice not Chance) – Te Reo	HPA	Pamphlet

### Posters

CHIC Code	Title	Supplier/Code	Type
MAH 71	B4 School Check – Te Reo Māori	HE2466	A4
MAH 72	B4 School Check – Te Reo Māori	HE2444	A3
MAH 107	Brush baby teeth morning and night... - Te Reo Māori	HE2515	A2
MAH 30	Cervical Screening (Atawhaitia te Wharetangata)	HE1838	A3
MAH 74	Fruit and vegetables for wellbeing – Te Reo Māori	5+ A Day	A3
MAH 109	Immunise: their best protection – Te Reo Māori	HE2521	Long
MAH 59	Is your child starting school? – Te Reo Māori	HE1110	A2
MAH 115	Let nature in: Strengthen your wellbeing – Te Reo Māori	MHF	A2
MAH 87	Lift the Lip – Te Reo Māori	MoH	A3

MAH 33	My Baby will be Maori and Smokefree	HE8057	A2
MAH 96	NCSP: If you could save a life – Qiane/Māori	HE2406	A3
MAH 111	Nature is key (MHAW 2017) – Te Reo Māori	MHF	A2

**Health Professionals Only**

CHIC Code	Title	Supplier/Code	Type
MAH 24	After your school immunisation – Te Reo Māori	HE1314	Flyer
MAH 101	B4 School Check Consent Form for Parents	HE2436	Form
MAH 106	HPV Vaccine Parent Consent Form – Te Reo Māori	HE2045	Form
MAH 57	Immunisation Guidelines for Kura Kaupapa – Te Reo	HE1107	Booklet
MAH 58	Immunisation Register for Kohanga Reo and Kura Kaupapa	HE1112	Leaflet
MAH 114	Year 7 Immunisation Consent Form – Te Reo Māori	HE2330	Leaflet

**MEDICAL HEALTH****Pamphlets**

CHIC Code	Title	Supplier/Code	Type
MED 252	Acute Viral Gastroenteritis	CPH	Sheet
MED 215	Animal Petting Zoo Visits. Information for parents...	CPH	Sheet
MED 216	Animal Petting Zoo Visits. Disease preventing info	CPH	Sheet
MED 11	B4 School Check: Info for Parents and Guardians	HE2433	Pamphlet
MED 41	B4 School Check: Information for the Education Sector	HE2439	Pamphlet
MED 236	B4 School Check: Turning 4?	HE2451	Card
MED 228	Backyard Chickens: Protecting your health	CPH	Sheet
MED 113	Beg Bugs <i>Cimex lectularius</i>	CPH	Sheet
MED 239	Best friends shouldn't share everything: A quick guide ...	CPH	Pocket Resource
MED 4	Campylobacter, E. coli and Salmonella	HE1211	Pamphlet
MED 14	Cervical Smears and Human Papilloma Virus Infection	NZHF	Pamphlet
MED 40	Chickenpox (Shingles)	CPH	Sheet
MED 23	Conjunctivitis (Pink Eye)	CPH	Sheet
MED 203	Coping with the Flu at Home	CDHB	Leaflet
MED 60	Cryptosporidium and Giardia	HE1212	Pamphlet
MED 118	Diabetes and Healthy Food Choices <b>Limited to 20 copies per order</b>	DIAS	Booklet
MED 240	Epilepsy	ENZ	Pamphlet
MED 241	Epilepsy and Daily Life	ENZ	Pamphlet
MED 9	The Facts: A Guide for people with Herpes Simplex	NZHF	Pamphlet
MED 26	First Aid Precautions: Hepatitis B/AIDS	HE4264	Sticker
MED 259	Free virtual national telehealth services for Kiwis	HE2522	Pocket Resource
MED 12	Getting Ready for a Flu Pandemic	HE1717	Pamphlet
MED 24	Glandular Fever	CPH	Sheet
MED 177	Haemophilus Influenza type b (Hib)	CPH	Sheet
MED 6	Hand, Foot and Mouth Disease	CPH	Sheet
MED 133	Has your blood been exposed?	HEPC	Pocket Resource
MED 30	Head Lice	HE4189	Pamphlet
MED 127	Health-line	St John	Magnet
MED 255	Health information for farming, dairy and meat industry families	CPH	Pamphlet
MED 7	Hepatitis A	HE2518	Sheet
MED 27	Hepatitis B and C	HE4182	Pamphlet
MED 159	Hepatitis C Resource Centre	HEPC	Pamphlet
MED 231	Herpes: Myth vs Fact	NZHF	Pamphlet



WEB VERSION

MED 238	HPV and Throat Cancer	NZHF	Pamphlet
MED 8	Impetigo	CPH	Sheet
MED 129	Infectious Diseases	HE1215	Sheet
MED 63	Legionnaire's Disease	CPH	Sheet
MED 131A	Looking after your skin and treating skin infections	MoH	Booklet
MED 144	Measles	CPH	Sheet
MED 212	Meningococcal Disease: Don't Wait, Take Action	HE2417	Card
MED 251	Mumps	CPH	Sheet
MED 171	Norovirus	CPH	Sheet
MED 13	ORF Virus Disease	CPH	Sheet
MED 17	Pertussis (Whooping Cough)	CPH	Sheet
MED 57	Practical Tips for Giving Medicine to Kids	Pharmac	Pocket Resource
MED 117	Pre-Diabetes	DIAS	Pamphlet
MED 157	Reduce your risk of stroke	Stroke	Pamphlet
MED 45	Ringworm	CPH	Sheet
MED 174	Rotavirus	CPH	Sheet
MED 84	Rubella and Women	HE4172	Flyer
MED 47	Scabies	HE4191	Flyer
MED 16	Shigellosis	CPH	Sheet
MED 131	Skin Problems in Children	MoH	Sheet
MED 78	Slapped Cheek	CPH	Sheet
MED 15	Some Q & A about HPV and Genital Warts	NZHF	Pamphlet
MED 149	Staying Well with Type 2 Diabetes	DIAS	Booklet
	<b>Limited to 20 copies per order</b>		
MED 250	Stroke: Information for family, whānau and friends	Stroke	Pamphlet
MED 242	Taking your medicine safely	Pharmac	Pamphlet
MED 56	Threadworms	CPH	Sheet
MED 59	Tuberculosis (TB)	HE7023	Pamphlet
MED 173	Viral Meningitis	CPH	Sheet
MED 22	What everyone should know: Genital HPV infection	NZHF	Pamphlet
MED 158	What is a Stroke?	Stroke	Pamphlet
MED 226	What is unilateral hearing loss?	HP5819	Flyer
MED 227	What is mild hearing loss?	HP5820	Flyer
MED 154	What is the new HbA1c?	HP5405	Card
MED 258	What is Tourette Syndrome? A guide for teachers	TANZ	Pamphlet
MED 18	Yersiniosis	CPH	Sheet
MED 253	Zika Virus Disease	CPH	Sheet

### Posters

CHIC Code	Title	Supplier/Code	Type
MED 49	B4 School Check	HE2465	A4
MED 54	B4 School Check	HE2443	A3
MED 156	Checked your Blood Pressure Lately	Stroke	A3
MED 130	Infectious Diseases	HE1214	A3
MED 123	Is it a Stroke?	Stroke	A3
MED 257	Is your child starting school?	HE1108	A2
MED 214	Will you be killed by your sofa?	DIAS	A3
MED 153	Your health is important to us (Antibiotics)	CDHB	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
MED 41	B4 School Check: Information for the Education Sector	HE2439	Pamphlet
MED 237	B4 School Check: Consent Form for Parents	HE2435	Form
MED 58	Cleaning and Disinfection Guidelines	CPH	Sheet
MED 61	Enrolling with a Primary Health Organisation	HP5932	Pamphlet
MED 167	Hepatitis B Consent Form	HE1446	Form
MED 161	Hepatitis B: Information for Health Professionals	HE1401	Card
MED 163	Hepatitis B: Information for Pregnant Women	HE1402	Card
MED 162	Hepatitis B Personal Record	HE1403	Postcard
MED 249	How to classify and document pressure injuries	NZWCS	Sheet
MED 193	Latent Tuberculosis – English Available in Amharic, Arabic, Simplified Chinese, Farsi, and Somali	HE1431	Pamphlet
MED 244	Preventing Pressure Injuries. Skin Care Matters	CDHB	Pamphlet
MED 202	Registration Form for NewBorn (NIR1)	HP3822	Form
MED 254	Rheumatic fever antibiotics chart	HPA	Kit
MED 256	Staying Well with Heart Failure (Red Card)	Heart	Booklet
MED 218	Two Hep C Questions	HEPC	Booklet

**MEN'S HEALTH****Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
MEH 11	At the Birth: Dad's Survival Guide	SKIP	Pamphlet
MEH 2	The Blokes' Book Available in Chinese	CANM	Booklet
MEH 12	Congratulations Dad!	SKIP	Pamphlet
MEH 20	Fun for Older Men 2	CANM	Booklet
MEH 14	Going to be a dad	SKIP	Booklet
MEH 19	HPV and Men	NZHF	Pamphlet
MEH 21	Men's Health: Check-ups	MEN	Pamphlet
MEH 23	Men's Health: Coaching and conversations	MEN	Pamphlet
MEH 22	Men's Health: Rural men	MEN	Pamphlet
MEH 24	Men's Health: Signs and symptoms	MEN	Pamphlet
MEH 1	Men and Depression	MHF	Pamphlet
MEH 13	Men and Depression	HP5552	Sheet
MEH 7	Menz Sheds	CANM	Card
MEH 4	Prostate Cancer	CS	Sheet
MEH 16	Prostate Cancer. More info.for men, families and whānau	HE2401	A5 Booklet
MEH 26	What you should know about Prostate Cancer	PCF	Pamphlet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
MEH 25	Ask a mate how he's doing	MEN	A3
MEH 18	Man up! and give prostate cancer the finger	PCF	A3
MEH 17	What is your risk of Prostate Cancer?	HE2422	A3

## MENTAL WELLBEING

**Note:** MoPI resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
MNH 57	Alcohol or Other Drugs and Depression	HP5554	Sheet
MNH 73	All Right?	All Right?	Badge
	<b>Random selection of colours will be sent</b>		
MNH 60	Alternative Treatments for Depression	HP5557	Sheet
MNH 28	Anxiety and how to handle it	MHF	Pamphlet
MNH 130	Are you worried someone is thinking of suicide?	MHF	Booklet
MNI 2	At a Glance: Preventing Suicide...	MHF	Pamphlet
MNI 7	At a Glance: Suicide Statistics, Risk Factors...	MHF	Pamphlet
MNH 26	Borderline Personality Disorder	MHF	Pamphlet
MNH 7	Choosing a Counsellor	CPH	Pamphlet
MNH 186	Comment or No Comment	MHF	Booklet
MNH 5	Coping with grief and loss	HE2524	Pamphlet
MNH 29	Coping with Exams	CPH	Leaflet
MNH 55	Depression and other health issues	HP5549	Sheet
MNH 58	Depression during and after pregnancy	HP5555	Sheet
MNH 107	Depression in rural communities	HPA	Card
MNH 134	Depression in rural communities	HPA	Postcard
	<b>Random selection of variants will be sent</b>		
MNH 170	Earthquakes and other scary events	SKIP	Sheet
MNH 54	Facts about depression	HP5548	Sheet
MNH 184	Five Ways to Wellbeing – Arabic Available in Amharic, Chinese, Farsi, Hindi, Korean, Nepali and Somali.	All Right?	Pocket Resource
MNI 10	Generalised Anxiety Disorder	ANX	Pamphlet
MNH 61	Getting active to beat depression	HP5558	Sheet
MNH 176A	Habit Sticker	All Right?	Sticker Sheet
	<b>Random selection of colours will be sent</b>		
MNH 182	Having suicidal thoughts and finding a way back	MHF	Booklet
MNH 65	Health professionals and services	HP5562	Sheet
MNH 183	Help for the tough times	MHF	Pocket Resource
MNH 64	How you can help someone with depression	HP5561	Sheet
MNH 189	I Love Your ... Side	All Right?	Card
	<b>Random selection of colours will be sent</b>		
MNH 67	The Journal: A new tool for the Depression Campaign	HP5590	Sheet
MNH 48	Kai Xin Xing Dong (Action for happiness)	MHF	Pamphlet
MNH 157	Live Life Well: Bounce.org.nz	NZRC	Postcard
MNH 49	The Lowdown	MHF	Pocket Resource
MNH 160	Make a memory	All Right?	Bookmark
	<b>Random selection of variants will be sent</b>		
MNH 59	Managing depression and preventing relapse	HP5556	Sheet
MNH 100	Managing your financial and mental wellbeing	MoPI	Sheet
MNH 201	Matariki	All Right?	Bag
	<b>Limited to 1 per order</b>		
MNH 68	Mid Canterbury Mental Health Community Support	CPH	Pamphlet
MNH 187	My own survival plan	MHF	Booklet
MNI 9	Obsessive Compulsive Disorder	ANX	Pamphlet
MNH 178	Pacifically Fun Stuff/ Pacifically Speaking	All Right?	Pack
MNI 12	Panic and Agoraphobia	ANX	Pamphlet

WEB VERSION

MNH 179	Parenting Questions: My daily routine	All Right?	Pamphlet
MNH 179A	Parenting Questions: What I'm up to this week	All Right?	Pamphlet
MNH 142B	Parents: I know I can make a difference. I'm just ...	All Right?	Postcard
MNH 143B	Parents: I'll never be cooler for him than I am right now	All Right?	Postcard
MNH 144B	Parents: I'm learning to trust my instincts as a Mum	All Right?	Postcard
MNH 145B	Parents: My son loves his kai so meals are a great ...	All Right?	Postcard
MNH 146B	Parents: Quiet times are a real treat so we're both ...	All Right?	Postcard
MNH 147B	Parents: Some days are great, others we just ...	All Right?	Postcard
MNH 148B	Parents: You think they don't want to talk to you ...	All Right?	Postcard
MNH 149B	Parents: They love celebrating our culture. But as for ...	All Right?	Postcard
MNI 6	Postnatal Depression: Getting the support you need	MHF	Pamphlet
MNH 169	Practical tips for coping with a disaster	All Right?	Postcard
<b>Random selection of variants will be sent</b>			
MNH 9	Sailing through Stress at Work	CPH	Sheet
MNH 56	Sexuality, gender identity and depression	HP5553	Sheet
MNH 168	Six ways to help children worried about earthquakes	All Right?	Flyer
MNH 174	Sleep smarter	CDHB	Sheet
MNI 11	Social Anxiety	ANX	Pamphlet
MNH 25	Stress and how to handle it	MHF	Pamphlet
MNH 62	Stress, relaxation and sleep	HP5558	Sheet
MNH 19	Stressed out	HE7015	Booklet
MNI 14	Suicide and Self Harm	HP5551	Sheet
MNH 115	Te Waioratanga: The things that make us feel all right	All Right?	Pocket Resource
MNH 122A	Te Waioratanga: The things that make us feel ka pai	All Right?	Pocket Resource
MNH 195	Talking to your children about scary world news	MHF	Sheet
MNH 219	The things that make us feel all right	All Right?	Pocket Resource
MNH 102	Tihei Mauri Ora: Supporting whānau through suicidal...	MHF	Booklet
MNH 66	Treatment options	HP5563	Sheet
MNH 4	Understanding Anger	CPH	Pamphlet
MNI 13	Understanding Anxiety	HP5550	Sheet
MNH 6	Understanding Bereavement	CPH	Pamphlet
MNH 3	Understanding Conflict	CPH	Pamphlet
MNH 10	Understanding Decision Making	CPH	Pamphlet
MNH 1	Understanding Disaster	CPH	Pamphlet
MNH 14	Understanding Loneliness and Friendship	CPH	Pamphlet
MNH 27	Understanding Self Esteem	CPH	Pamphlet
MNH 22	Wellbeing is important	MHERC	Pamphlet
MNH 194	Whanau fun!	All Right?	Bookmark
MNH 196	What happens now? How to stay safe after a suicide ....	MHF	Leaflet
MNH 46	What happens to your mental health and addiction info...	HP5096	Pamphlet
MNH 16	What Helps Me When I'm Stressed	CPH	Sheet
MNH 86	When Someone Dies Suddenly	MoJ	Booklet
MNH 53	Winning Ways to Wellbeing	MHF	Postcard
MNH 50	Worried About Gambling? (Choice Not Chance)	HPA	Pamphlet
Available in Chinese.			

## Posters

CHIC Code	Title	Supplier/Code	Type
MNH 139	All Right? Pacific Inspiration	All Right?	A3 Set
MNH 122	All Right? – Te Reo	All Right?	A3 Set
MNH 139A	Be brave, surprise yourself and inspire others (Pacific)	All Right?	A3
MNH 30	Be Positive	CPH	A2
MNH 191	CALD Wellbeing – Hindi	All Right?	A3

WEB VERSION

Available in Chinese, Farsi, Korean, Malaysian, and Nepali

MNH 163	Connect with Nature (MHAW 2016)	MHF	A2
MNH 197	Downtime is good time	All Right?	A3 Set
MNH 150	Find your Hidden Strengths – Saucepan	All Right?	A3
MNH 72	Five Ways to Wellbeing	MHF	A2
MNH 185	Five Ways to Wellbeing – Arabic	All Right?	A3
	Available in Amharic, Chinese, Farsi, Hindi, Korean, Nepali and Somali.		
MNH 93	Free Compliments: Give one away today – Red	All Right?	A3
MNH 141	Help Canterbury feel like home	All Right?	A4
MNH 70A	It's all right to feel a little bit blue	All Right?	A3
MNH 70F	It's all right to feel lucky	All Right?	A3
MNH 140	It's all right to love your Pacific culture	All Right?	A3 Set
MNH 113	It's all right to love your Pacific culture – Orange	All Right?	A3
MNH 114	It's all right to love your Pacific culture – Purple	All Right?	A3
MNH 140A	It's all right to love your Pacific culture: Embrace...	All Right?	A3
MNH 123	It's all right to speak your Pacific language	All Right?	A3
MNH 217	Let nature into your workplace (MHAW 2018)	MHF	A2
MNH 218	Let nature in: Strengthen your wellbeing (MHAW 2018)	MHF	A2
MNH 159A	Live Life Well: Bounce.org.nz	NZRC	A2
MNH 205	Manly As: Whatever position you choose	All Right?	A3
MNH 208	Manly As: Whatever tools you use	All Right?	A3
MNH 206	Manly As: Whatever you drink	All Right?	A3
MNH 204	Manly As: Whatever you wear	All Right?	A3
MNH 207	Manly As: Whoever you love	All Right?	A3
MNH 190	Nature is key (MHAW 2017)	MHF	A2
MNH 181C	Open City: Nothing to see here	All Right?	A3
MNH 181	Open City: Sweet free things to do	All Right?	A3
MNH 181B	Open City: Unlock a hidden gem	All Right?	A3
MNH 181A	Open City: Your Mission?	All Right?	A3
MNH 137	Pause Breathe Smile	MHF	A2
MNH 180A	Parenting Questions: Child's drawing	All Right?	A3
MNH 180D	Parenting Questions: Clean hands	All Right?	A3
MNH 180C	Parenting Questions: Guitar	All Right?	A3
MNH 180	Parenting Questions: Henna hands	All Right?	A3
MNH 180B	Parenting Questions: Parent and child hands	All Right?	A3
MNH 142	Parents: I know I can make a difference. I'm just ...	All Right?	A3
MNH 143	Parents: I'll never be cooler for him than I am right now	All Right?	A3
MNH 144	Parents: I'm learning to trust my instincts as a mum	All Right?	A3
MNH 145	Parents: My son loves his kai so meals are a great ...	All Right?	A3
MNH 146	Parents: Quiet times are a real treat so we're both ...	All Right?	A3
MNH 147	Parents: Some days are great, others we just have to ...	All Right?	A3
MNH 148	Parents: You think they don't want to talk to you, but ...	All Right?	A3
MNH 149	Parents: They love celebrating their culture. But as for ...	All Right?	A3
MNH 75K	Shown a mate you care lately?	All Right?	A4
MNH 210	Sparklers: Balance energy highs and lows	All Right?	A3
MNH 214	Sparklers: Foster gratitude	All Right?	A3
MNH 213	Sparklers: Help kids manage big emotions	All Right?	A3
MNH 215	Sparklers: Help tamariki embrace who they are	All Right?	A3
MNH 211	Sparklers: Make it cool to be kind	All Right?	A3
MNH 212	Sparklers: Make wellbeing easy and fun	All Right?	A3
MNH 132C	Start with a smile: A friend at work explains jokes to me...	CECC	A4
MNH 132B	Start with a smile: I love cricket, of course, ...	CECC	A4
MNH 132	Start with a smile: Staying in the Philippines when my ...	CECC	A4
MNH 132A	Start with a smile: Where I'm from is tropical ...	CECC	A4

MNH 116	Te Waiorātanga (Kapa Haka)	All Right?	A3 Set
MNH 74J	What good things are you growing?	All Right?	A3
MNH 75J	What good things are you growing?	All Right?	A4
MNH 74I	When did you last share kai with whānau?	All Right?	A3
MNH 75I	When did you last share kai with whānau?	All Right?	A4
MNH 74L	When did you last share your hidden talent?	All Right?	A3
MNH 75L	When did you last share your hidden talent?	All Right?	A4
MNH 75C	When did you last show a little love?	All Right?	A4
MNH 74G	When was your last mate date?	All Right?	A3
MNH 75G	When was your last mate date?	All Right?	A4

### Health Professionals Only

CHIC Code	Title	Supplier/Code	Type
MNH 172	Take care of your children, but don't forget yourself	MHF	Sheet
MNH 171	Tips for coping after an earthquake	MHF	Sheet

## NUTRITION

**Note:** MoPI Resources are restricted to **10 copies per month**. Heart Foundation (Heart) and Watties resources are restricted to **25 copies per month**. Please contact the supplier directly for larger quantities.

### Pamphlets

CHIC Code	Title	Supplier/Code	Type
NUT 81	100% Water: Water is the best choice...	HPA	Kit
NUT 108	5+ A Day at work	5+A Day	Booklet
NUT 114	5+ A Day @work	5+A Day	Sheet
NUT 129	Are you drinking enough?	CDHB	Pamphlet
NUT 102	Behind the hype: Caffeine	HPA	Sheet
NUT 78	Behind the hype: Carbohydrates	HPA	Sheet
NUT 80	Behind the hype: Coconut oil	HPA	Sheet
NUT 89	Behind the hype: High protein supplements	HPA	Sheet
NUT 110	Behind the hype: Lite vs Light claims	HPA	Sheet
NUT 75	Behind the hype: Salt	HPA	Sheet
NUT 79	Behind the hype: Sports drinks	HPA	Sheet
NUT 90	Behind the hype: Sweeteners	HPA	Sheet
NUT 107	Behind the hype: Using Healthy Stars to choose...	HPA	Sheet
NUT 109	Behind the hype: Weight loss diets	HPA	Sheet
NUT 105	Benefits of drinking water	NZDA	Sheet
NUT 96	Easy ways to eat more veges	HPA	Flyer
NUT 100	Eat healthy food and move more every day	HE1333	Pamphlet
NUT 2	Eating for Healthy Babies and Toddlers from Birth to 2...	HE1521	Booklet
NUT 17	Eating for Healthy Breastfeeding Women	HE1806	Booklet
NUT 27	Eating for Healthy Children	HE1302	Booklet
NUT 4	Eating for Healthy Older People	HE1145	Booklet
NUT 16	Eating for Healthy Pregnant Women	HE1805	Booklet
NUT 101	Eating Safely When You Have Food Allergies	MoPI	Booklet
NUT 40	Feeding your baby a Vegetarian Diet	Watties	Card
NUT 130	Fibre and Fluid for Healthy Bowels	CDHB	Pamphlet
NUT 5	Finger food ideas for 9+ months /Small Meal and Lunchbox...	Watties	Card
NUT 26	Fredge	5+ A Day	Bookmark

WEB VERSION

NUT 13	Fuelled by iron	BLNZ	Booklet
NUT 6	Guide to Baby Feeding	Watties	Card
NUT 62	Healthy Breakfasts made easy	CPH	Sheet
NUT 8	Healthy eating, active living	HE1518	Booklet
NUT 1	Healthy Eating for Young People	HE1230	Booklet
NUT 36	Healthy Weight for Adults	HE1324	Booklet
NUT 128	Healthy Eating for Older People	CDHB	Leaflet
NUT 98	Healthy events and fundraisers	CPH	Booklet
NUT 122	Healthy Family Food (Migrants)	HE1523	Pamphlet
NUT 87	Healthy Lunchbox Ideas for Filipinos	CPH	Sheet
NUT 82	Here's Healthy Food	DIAS	Pamphlet
NUT 138	How to Eat More Vegetables and Fruit	CDHB	Pamphlet
NUT 134	How to Gain Weight	CDHB	Pamphlet
NUT 137	How to Look After Your Bones	CDHB	Pamphlet
NUT 131	How to Overcome a Poor Appetite	CDHB	Pamphlet
NUT 106	Hydrate yourself with water	NZDA	Sheet
NUT 9	Identifying Food Additives	MoPI	Booklet
NUT 93	Introducing the colourful world of fresh fruit and vege...	5+ A Day	Booklet
NUT 113	Iron in pregnancy: Are you getting enough?	BLNZ	Booklet
NUT 45	Ka Pai Kai: Easy steps to great lunches	CPH	Pamphlet
NUT 72	Let your baby guide you	HPA	Magnet Set
NUT 71	Let your baby guide you: what, when and how...	HPA	Pamphlet
NUT 55	Make at least ½ the meal vegetables	VEG	Flyer
NUT 132	Quick Easy Meals	CDHB	Leaflet
NUT 139	Protein	Pegasus	Flyer
NUT 73A	Seasonal Cooking in Canterbury – Autumn	CPH	Booklet
NUT 73C	Seasonal Cooking in Canterbury – Spring	CPH	Booklet
NUT 73	Seasonal Cooking in Canterbury – Summer	CPH	Booklet
NUT 73B	Seasonal Cooking in Canterbury – Winter	CPH	Booklet
NUT 133	Shopping and Cooking for One	CDHB	Leaflet
NUT 77	Simple Steps to Healthier Food	Heart	Flyer
NUT 88	Slash the Salt	Stroke	Leaflet
NUT 140	Smart snacking	Pegasus	Flyer
NUT 57	Snacks Don't Have to Come in Packets	CPH	Sheet
NUT 3	Starting Solids	HE6014	Flyer
NUT 64	Supermarket = Super Takeaways	CPH	Sheet
NUT 10	Thousands of New Zealanders aren't getting enough iron	BLNZ	Pamphlet
NUT 20	Tips for dealing with Fussy Eaters/ Feeding Toddlers...	Watties	Card
NUT 46	Vegetables for babies and young children	VEG	Flyer
NUT 15	Vegetables for children	VEG	Flyer
NUT 84	Vegetables for Pregnancy and Breastfeeding	VEG	Flyer
NUT 63	Vitamin D	CPH	Sheet
NUT 104	Water only school	NZDA	Sheet
NUT 117	We heart fresh NZ vegies: Good for growing bodies	VEG	Sheet

### **Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
NUT 76A	Colour your world... – Berry Fruit Salad	5+A Day	A4
NUT 76E	Colour your world... – Cherry Tomato Caprese	5+A Day	A4
NUT 76B	Colour your world... – Kumara and Apple Salad	5+A Day	A4
NUT 76C	Colour your world... – Nashi and Parsnip Salad	5+A Day	A4
NUT 76F	Colour your world... – New Potatoes with Chilli and Lime	5+A Day	A4

WEB VERSION

NUT 76D	Colour your world... – Orange and Avocado Salad	5+A Day	A4
NUT 74C	Colour your world... – Mushrooms and Rocket	5+A Day	A3
NUT 74F	Colour your world... – Nashi Pears	5+A Day	A3
NUT 74E	Colour your world... – Peaches & Nectarines	5+A Day	A3
NUT 112	Easy health changes: Swap this for that	HPA	A3
NUT 116G	Eat fresh colours	5+A Day	A4
NUT 116E	Eat fresh for health	5+A Day	A4
NUT 116C	Eat in colour	5+A Day	A4
NUT 116D	Eat in colour – Citrus	5+A Day	A4
NUT 116A	Eat in season – Mandarin and Nashi	5+A Day	A4
NUT 116B	Eat in season – Feijoa and Passionfruit	5+A Day	A4
NUT 48	Eat your colours – Brown	VEG	A2
NUT 51	Eat your colours – Green	VEG	A2
NUT 50	Eat your colours – Orange	VEG	A2
NUT 54	Eat your colours – Purple	VEG	A2
NUT 49	Eat your colours – Red	VEG	A2
NUT 66	Fresh NZ Grown Veges for ...	VEG	A3
NUT 65	Go Easy on Salt	Stroke	A3
NUT 68	Healthy Heart: Visual Food Guide	Heart	A4
NUT 21	Healthy Lunches Made Easy	CPH	A3
NUT 116F	No fake news here! Just fresh superfoods	5+A Day	A4
NUT 95	Salad selections	VEG	A3
NUT 67	Take the 5+ A Day Challenge	5+A Day	A3
NUT 115	We heart fresh NZ vegies: Good for growing bodies	VEG	A2
NUT 103	What are sugary drinks doing to your body?	NZDA	A3
NUT 116	You've got this! Eat fresh fruit and vegetables everyday	5+A Day	A4

**Health Professionals Only**

CHIC Code	Title	Supplier/Code	Type	
NUT 135	Cooking for Older People	CDHB	Book	\$10.00
NUT 97	Feeding Your Baby Infant Formula	HE1306	Booklet	
NUT 85	How Much Sugar is in Drinks?	CPH	A2 Poster	
NUT 18	Quick Easy Healthy Eating	CPH	Booklet	
NUT 111	Water Only Schools Toolkit	CPH	Book	
NUT 86	What to Drink	CPH	Sheet	

**OLDER PEOPLE'S HEALTH**

**Note:** MoPI Resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

CHIC Code	Title	Supplier/Code	Type
OLP 7	Ageing Well	HE1148	Booklet
OLP 6	Alcohol and Older People	HPA	Booklet
OLP 5	Good Food / Safe Food for Older People	MoPI	Pamphlet
OLP 3	Late Life Depression	MHF	Pamphlet
OLP 11	Live Stronger: Love your independence	ACC	Book
OLP 4	Retirement	MHF	Pamphlet



**Posters**

CHIC Code	Title	Supplier/Code	Type
OLP 12	Live Stronger: Love your health	ACC	A3

## PACIFIC PEOPLE'S HEALTH

**Note:** Heart Foundation (Heart) resources are restricted to **25 copies per month**. Please contact them directly for larger quantities.

Please check the language required as some pamphlets are coded for the specific language. Available languages are listed underneath the title.

**Pamphlets**

CHIC Code	Title	Supplier/Code	Type
PAP 143	B4 School Check – Samoan (Ua atoa lona 4 tausaga?) Available in Tongan	HE2453	Card
PAP 113	Breastfeeding and Working – Samoan Available in Tongan	HE2107	Pamphlet
PAP 120	Breastfeeding Your Baby – Samoan Available in Tongan	HE2100	Booklet
PAP 38	Cervical Smear Tests: What Pacific women need to know Available in Samoan and Tongan	HE1831	Pamphlet
PAP 147	Everyone has a role in keeping kids safe – Samoan	MSD	Pamphlet
PAP 150	Healthy Heart Visual Food Guide – Samoan Available in Niuean and Tongan	Heart	Sheet
PAP 155	Keeping your child safe: children's nightwear – Samoan Available in Tongan	ComC	Pamphlet
PAP 148	Make your home a safety zone – Samoan Available in Tongan	SKNZ	Sheet
PAP 139	Meningococcal Disease: Don't Wait... – Samoan Available in Tongan	HE2420	Pamphlet
PAP 126	Meningococcal Disease: Know the Symptoms – Samoan Available in Tongan	HE2397	Pamphlet
PAP 116	Partner Abuse: This is not love... – Samoan Available in Tongan	HP4433	Pamphlet
PAP 129	Tips for a Healthy Smile – Samoan Available in Tongan	CDHB	Flyer
PAP 90	Worried about gambling (Choice not Chance) – Samoan	HPA	Pamphlet

**Posters**

CHIC Code	Title	Supplier/Code	Type
PAP 109	B4 School Check – Samoan Available in Tongan	HE2467	A4
PAP 110	B4 School Check – Samoan Available in Tongan	HE2445	A3
PAP 154	Brush baby teeth morning and night... – Samoan Available in Tongan	HE2516	A2
PAP 39	Cervical Screening Available in, Fijian, Niuean, Samoan, Tokelauan and Tuvaluan	HE1823	A3
PAP 128	High Five for Clean Hands (Paseta Lima Mo Lima Mama) MoH		A2

PAP 137	NCSP: If you could save a life – Emeline/Tongan	HE2408	A3
PAP 138	NCSP: If you could save a life – Maria/Samoan	HE2410	A3
PAP 141	There's no going back... (Driveway Safety) – Samoan Available in Tongan	SKNZ	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
PAP 145	B4 School Check Consent Form for Parents Available in Tongan	HE2437	Form

**PHYSICAL ACTIVITY****Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
PHY 5	Activity guide: Cycling	MoH	Sheet
PHY 6	Activity guide: Going to the gym	MoH	Sheet
PHY 11	Activity guide: Walking	MoH	Sheet
PHY 9	Activity guide: Water activities	MoH	Sheet
PHY 30	Are you an activity provider ...? We'd like to connect	ACanty	Flyer
PHY 32	Explore AWA Trails	CPH	Pocket Resource
PHY 2	Get up, get going	MoH	Sheet
PHY 37	Happiness starts with good health	CDHB	Pamphlet
PHY 4	Keeping fit, keeping healthy	MoH	Sheet
PHY 31	Looking for physical activity information...? We can help	ACanty	Flyer
PHY 21	Need help to get active? (Green Prescription)	HP5084	Pamphlet
PHY 12	Obesity	MoH	Sheet
PHY 7	Physical activity and health conditions	MoH	Sheet
PHY 28	Sit Less, Move More	HPA	Pack
PHY 26	Sit less, move more, sleep well: Physical activity for 5–17 ...	HE2312	Pamphlet
PHY 1	Tips for getting active	MoH	Sheet
PHY 35	Walking Guide	HP5171	Card

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
PHY 39	Active Canterbury: Be active with others!	ACanty	A3
PHY 40	Active Canterbury: Creating active habits	ACanty	A3
PHY 41	Active Canterbury: Like to be more active but not sure ...	ACanty	A3
PHY 42	Active Canterbury: Movement = Opportunity	ACanty	A3
PHY 38	Active Canterbury: Sit less! Move more!	ACanty	A3
PHY 36	Got time to move? Easy ways to be more active	HPA	A3
PHY 34	Need help to get active?	MoH	A3
PHY 29	Sit Less, Move More	HPA	A3 Set
PHY 33	Stand up and get active: It can be that easy	MoH	A3

**SAFETY**

**Note:** MoPI resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SAF 56	Agrichemical Spraydrift	HE10108	Pamphlet
SAF 37	Be SunSmart	HPA	Card
SAF 49	Before you take to the water	HE9037	Flyer
SAF 59	Body Piercing and Tattooing	HE10109	Pocket Resource
SAF 93	Child Resistant Packaging	HE1322	Flyer
SAF 46	Food safety: Avoiding listeria	HE9007	Pamphlet
SAF 18	Food safety for hunters	MoPI	Booklet
SAF 22	Food safety for seafood gatherers	MoPI	Booklet
SAF 111	Food safety in pregnancy	MoPI	Booklet
SAF 19	Food safety in the home	MoPI	Booklet
SAF 117	Food safety when you have low immunity	MoPI	Booklet
SAF 40	Growing healthy little gardeners	CPH	Flyer
SAF 39	Help with online bullying, abuse and harassment in NZ	NetSafe	Pamphlet
SAF 31	Hike it, bike it, scoot it, skate it	NZTA	Leaflet
SAF 23	Hot Water burns like Fire	Burns	Booklet
SAF 4	It's Safer to wait until you're 148cm	SKNZ	Flyer
SAF 47	Keep your child safe: children's nightwear Available in Chinese	ComC	Pamphlet
SAF 84	Keep Your Head Above Water (Geothermal Pools)	HE1243	Pamphlet
SAF 17	Keep your Lunchbox Cool	MoPI	Leaflet
SAF 81	Keeping Healthy Outdoors	HE1216	Pamphlet
SAF 123	Kids Don't Bounce	SKNZ	Sheet
SAF 11	Lead and Lead Poisoning	HE4158	Flyer
SAF 45	Make your home a safety zone Available in Chinese	SKNZ	Sheet
SAF 121	Meet the Bugs	MoPI	Pamphlet
SAF 14	National Poisons Centre	CPH	Pamphlet
SAF 25	Nitrate in Drinking Water: "Blue Baby Syndrome"	CPH	Pamphlet
SAF 69	Noise around the home can cause hearing problems	HE1122	Pamphlet
SAF 36	Preventing Legionnaire's Disease: Advice for gardeners	CPH	Flyer
SAF 66	Protecting your health in an emergency	HE10163	Booklet
SAF 112	Public Health and Mahinga Kai gathered from water	CPH	Sheet
SAF 3	Recreational Water Quality: What you need to know	CPH	Pamphlet
SAF 32	Remember the two week poo(l) rule	CPH	Card
SAF 12	Repainting Lead-Based Paint	HE4157	Pamphlet
SAF 9	Safer and Healthier Gardening	HE4605	Booklet
SAF 60	Safety in Preschool Centres (Poisonous Plants)	CPH	Sheet
SAF 55	Spiders in New Zealand	HE1424	Pamphlet
SAF 33	Stop! Remember the rule before using the pool	CPH	Card
SAF 6	Unflued Gas Heaters and Your Health	HP4123	Pamphlet
SAF 64	Water Collection Tanks and Safe Household Water	HE10148	Leaflet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SAF 38	Be SunSmart	HPA	A3
SAF 52	Mosquitoes – Why We Need to Clean Up Our Backyard	HE9017	A3
SAF 71	Poisons Around the Home	HE1121	A3
SAF 34	There's no going back... (Driveway Safety)	SKNZ	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SAF 27	Does your pool meet the Water Quality Standards?	CPH	A4 Poster
SAF 26	A Guide to Health and Safety for Swimming Pool Operators	CPH	Pamphlet
SAF 29	Household Water Supplies	HE4602	Book
SAF 85	Keep Your Head Above Water	HE1248	Poster
SAF 86	Keep Your Head Above Water	HE1249	Sticker

## SEXUAL HEALTH

**Note:** Family Planning (FPA) resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SEH 15	Being Safer Sexually	HE7002	Pamphlet
SEH 29	Chlamydia Information Guide	HP4609	Pamphlet
SEH 28	Christchurch Sexual Health Centre	CDHB	Card
SEH 82	The Grandparent Pack	FPA	Booklet
SEH 80	How can I protect my child from sexual abuse?	MSD	Pamphlet
SEH 65	Keeping It Safe	FPA	Booklet
SEH 86	Nuts and bolts of it all	FPA	Pocket Resource
SEH 12	Open and Honest	FPA	Booklet
SEH 61	The Pocket Pack	FPA	Pocket Resource
SEH 1	Preventing HIV Infection	HE1102	Booklet
SEH 11	Safe Sex on a Budget	CPH	Pocket Resource
<b>Canterbury, South Canterbury and West Coast variants available</b>			
SEH 63	Sex – What's your Position?	FPA	Pocket Resource
SEH 81	Sexual Health	CPH	Pocket Resource
SEH 48	Should I have a Sexual Health Check?	HE1445	Pocket Resource
SEH 4	Talking with Your Teenager	HE1704	Leaflet
SEH 5	This isn't Love...This is Control	FPA	Pocket Resource
SEH 47	What are Genital Warts?	HE1444	Pocket Resource
SEH 46	What is Genital Herpes?	HE1443	Pocket Resource
SEH 45	What is Gonorrhoea?	HE1442	Pocket Resource
SEH 9	When You're Ready	FPA	Pamphlet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SEH 30	Are You Sharing More Than Just The Love? (Chlamydia)	HP4608	A3
SEH 76	Be a bright spark! insulate your cable	FPA	A2
SEH 54	Good Memories/ No Regrets – Green	CPH	A3
SEH 64	Good Memories/ No Regrets – Orange	CPH	A3
SEH 23	If There's a Party in Your Pants...	CPH	Long
SEH 77	Protect your hard drive from viruses	FPA	A2
SEH 78	Quench your Thirst! But cover it first	FPA	A2
SEH 66	There's a contraceptive that's right for you	FPA	A2
SEH 75	Whatever the measure, equip for pleasure	FPA	A2
SEH 74	Whatever your style, protection's worthwhile	FPA	A2

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
SEH 72	No condom no sex – Chinese	HE1621	A4 Poster
SEH 6	Voluntary Counselling and Testing for Diagnosis of HIV	HE1520	Check Card

## TREATIES, CHARTERS AND DECLARATIONS

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
TCD 4	Bangkok Charter	CPH	Leaflet
TCD 5	Melbourne Charter	CPH	Leaflet
TCD 2	Ottawa Charter	CPH	Leaflet
TCD 6	Perth Charter	CPH	Leaflet
TCD 3	Treaty of Waitangi	CPH	Leaflet

## VIOLENCE

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
VIO 14	Aroha in Action	MSD	Booklet
VIO 25	Being Sorry is not enough	MSD	Pocket Resource
VIO 23	Culture: No excuse for abuse Available in Arabic and Farsi	MSD	Booklet
VIO 16	Domestic Violence and Disabled People	MSD	Booklet
VIO 22	How can you help?	MSD	Booklet
VIO 33	Know the danger signs	MSD	Pocket Resource
VIO 7	Partner Abuse: This is not Love, This is Control Available in Farsi and Korean	HP4096	Pamphlet
VIO 13	Power to Protect: Coping with a crying baby	HE2460	Pamphlet
VIO 13A	Power to Protect: Never ever shake a baby	HE2459	DVD
VIO 10	Take the Time – Value Older People	MSD	Booklet
VIO 27	Violence at home affects children	MSD	Pocket Resource
VIO 32	You, Me/ Us	MSD	Booklet

**Posters**

CHIC Code	Title	Supplier/Code	Type
VIO 12	Are You Strong Enough? Never shake a baby	HE2463	A4
VIO 12A	Are You Strong Enough? Never shake a baby	HE2462	A3
VIO 24	Are you that someone?	MSD	A4
	<b>Random selection of variants will be sent</b>		
VIO 29	Don't be the guy who looks the other way	MSD	A2
VIO 30	If you think it's wrong, you're probably right	MSD	A2
VIO 31	The true picture of family violence in New Zealand	MSD	A2
VIO 26	We talk about family violence here...	MoH	A3
	<b>Random selection of variants will be sent</b>		
VIO 18	Workplaces / Protecting Children	MSD	A3
	<b>Random selection of variants will be sent</b>		

**Health Professionals Only**

VIO 8	Partner Abuse: This is not Love... – Farsi	HP4435	Pamphlet
VIO 9	Partner Abuse: This is not Love... – Korean	HP4434	Pamphlet

**WOMEN'S HEALTH**

**Note:** NZ Endometriosis Foundation (NZEf) resources are restricted to **10 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

CHIC Code	Title	Supplier/Code	Type
WOH 71	All about Osteoporosis	ONZ	Pamphlet
WOH 53	Being Breast Aware	CS	Flyer
WOH 102	Breastfeeding and Working	HE2106	Pamphlet
WOH 75	Breastfeeding Your Baby	HE2098	Booklet
	Available in Chinese		
WOH 44	BreastScreen Aotearoa – Korean	HE1841	Pamphlet
	Available in Simplified Chinese		
WOH 33	BSA: Information for Women aged 70 years and over	HE10120	Pamphlet
WOH 135	Canterbury Breast Feeding Support Services Information	CBN	Pamphlet
WOH 19	Cervical Smear Tests: What Women Need to Know	HE1256	Pamphlet
	Available in Cambodian, Traditional Chinese, Japanese and Korean		
WOH 70	Colposcopy	HE1202	Pamphlet
WOH 9	Early Pregnancy Loss	CPH	Pamphlet
WOH 10	Folic Acid and Iodine	HE4147	Flyer
WOH 67	A Guide to Pregnancy and Exercise	CPH	Pamphlet
WOH 13	Gynaecological Cancers: Information for All Women	CS	Pamphlet
WOH 31	Having a mammogram	HE10102	Pamphlet
WOH 86	Having more tests after a mammogram	HE10118	Pamphlet
WOH 11	More about Breastscreening and BreastScreen Aotearoa	HE10107	Booklet
WOH 65	Now that you've had your mammogram	HE10117	Pamphlet
	Available in Simplified Chinese		
WOH 138	Pelvic floor muscle exercises	CDHB	Sheet
WOH 26	Pelvic Inflammatory Disease	HE4229	Leaflet
WOH 139	Period pain, pelvic pain and other symptoms	NZEF	Pamphlet
WOH 140	Screening for breast cancer: Joining BreastScreen ...	HE1210	Pamphlet
WOH 78	Termination of Pregnancy at Lyndhurst	CDHB	Sheet

WOH 51	Understanding Cervical Smear Test Results Available in Chinese and Thai (non-MoH translations)	HE4598	Pamphlet
WOH 120	Vitamin D and your Pregnancy/Vitamin D and your baby	HP5639	Sheet
WOH 8	Your Pregnancy	HE1420	Booklet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
WOH 66	Breastfeeding: A Family Affair in all Cultures	NZBA	A3
WOH 143	Breastfeeding journeys are special, however long ...	NZBA	Long
WOH 142	Breastfeeding protects against diabetes, heart disease ...	NZBA	Long
WOH 128	NCSP: If you could save a life – Alexis	HE2411	A3
WOH 129	NCSP: If you could save a life – Emeline	HE2407	A3
WOH 130	NCSP: If you could save a life – Fang/English Available in Simplified and Traditional Chinese	HE2412	A3
WOH 131	NCSP: If you could save a life – Hyeonjoo/English Available in Korean	HE2415	A3
WOH 123	NCSP: If you could save a life – Qiane/English	HE2405	A3
WOH 124	NCSP: If you could save a life – Maria/English	HE2409	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier/Code</b>	<b>Type</b>
WOH 58	Antenatal Blood Tests	HP5729	Sheet
WOH 119	Antenatal Screening and testing for Down Syndrome...	HE2382	Booklet
WOH 84	Birth after Caesarean Section	CDHB	Sheet
WOH 20	Breast Cysts	HE1810	Sheet
WOH 16	Breast Pain (Mastalgia)	HE1814	Sheet
WOH 73	Breastfeeding Naturally	HE2255	DVD
WOH 85	Breech Birth	HP3860	Booklet
WOH 21	Ductal Carcinoma in Situ	HE1812	Sheet
WOH 15	Fibroadenoma	HE1811	Sheet
WOH 137	The Green Prescription (GRx) Process for LMCs	HP6321	Card
WOH 133	Healthy Weight Gain in Pregnancy: LMC Quick Reference	HP5900	Sheet
WOH 134	Healthy Weight Gain in Pregnancy	HP5899	Card
WOH 5	HIV Testing in Pregnancy (With Photos)	HE1832	Pamphlet
WOH 23	Smear Test Reminder Card	HE1912	Pamphlet
WOH 49	Your Antenatal and Newborn Screening Timeline	HP5240	Card

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**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre  
Community and Public Health  
(A Division of the Canterbury District Health Board)  
Code/Reference: STOCKLIST  
Authorised By: Communities Team Manager