

# CHIC

Community Health Information Centre

Te Mana Ora | Community & Public Health  
Part of the National Public Health Service

## STOCKLIST



**Te Whatu Ora**  
Health New Zealand

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

Current until January 2024

**New Resources**

IMM0115	MMR vaccination consent form
IMM0116	After your MMR vaccination
CHH0075	My wellbeing/ oranga chart
IMM0117	We on! – Hapū māmā A3 Poster
IMM0118	We on! – Disability/ Whaikaha A3 Poster
THW0019	Do you dream of a smoke-free pregnancy?
IMM0119	Meningococcal B immunisation: Paracetamol for pēpi under 2 years
MNH0147B	Parents: Some days are great, others we just have to wing it postcard <i>Reintroduced resource.</i>
SMF0028	Vapefree smokefree Sign
SMF0029	Vapefree smokefree – Te Reo Māori Sign
MAH0147	Practical tips for giving medicine to kids – Te Reo Māori
PAP0178	Practical tips for giving medicine to kids – Samoan
PAP0178A	Practical tips for giving medicine to kids – Tongan
PAP0179	All about bowel screening – Samoan
PAP0179A	All about bowel screening – Tongan
PAP0179B	All about bowel screening – Cook Island Māori
PAP0179C	All about bowel screening – Fijian
PAP0179D	All about bowel screening – Kiribati/Gilbertese
PAP0179E	All about bowel screening – Niuean
PAP0179F	All about bowel screening – Rōtuman
PAP0179G	All about bowel screening – Tokelauan
PAP0179H	All about bowel screening – Tuvaluan
WOH0153	Cervical screening: What you need to know
WOH0154	Cervical screening: Understanding test results
WOH0155	Colposcopy: What you need to know
WOH0156	Cervical screening: Your test, your choice!
WOH0157	Cervical screening self-test: What you need to know
WOH0158	Cervical screening: How to do the HPV self-test A4 Portrait Poster
WOH0158A	Cervical screening: How to do the HPV self-test A4 Landscape Poster
WOH0159	Cervical screening: How to do the HPV self-test A3 Portrait Poster
WOH0159A	Cervical screening: How to do the HPV self-test A3 Landscape Poster
WOH0160	Ask about the new cervical screening test A4 Poster
WOH0160A	Ask about the new cervical screening test A3 Poster
MAH0148	Cervical screening: What you need to know – Te Reo Māori
MAH0149	Cervical screening: Understanding test results – Te Reo Māori
MAH0150	Colposcopy: What you need to know – Te Reo Māori
MAH0151	Cervical screening: Your test, your choice! – Te Reo Māori
MAH0152	Cervical screening self-test: What you need to know – Te Reo Māori
MAH0153	Cervical screening: How to do the HPV self-test – Te Reo Māori A4 Portrait Poster
MAH0153A	Cervical screening: How to do the HPV self-test – Te Reo Māori A3 Portrait Poster
MAH0154	Cervical screening: How to do the HPV self-test – Te Reo Māori A4 Landscape Poster
MAH0154A	Cervical screening: How to do the HPV self-test – Te Reo Māori A3 Landscape Poster
MAH0155	Ask about the new cervical screening test – Te Reo Māori A4 Poster
MAH0155A	Ask about the new cervical screening test – Te Reo Māori A3 Poster
PAP0180	Cervical screening: A talanoa about your choices Booklet
PAP0181	Cervical screening: A talanoa about your choices A4 Poster
PAP0181A	Cervical screening: A talanoa about your choices A3 Poster
MNH0276	Farmstrong: Under the pump?
DRU0122K	Cocaine
DRU0122L	Opioids
DRU0209	Serving alcohol safely at workplace events <i>Reintroduced resource</i>
PAP0182	B4 School Check: Information for parents and caregivers – Samoan

**Deleted Resources**

DRU0137	Guidelines for managing alcohol at large events
ENH0011	Keeping the community warm
HEA0017	Important health care advice for people new to Canterbury
HEA0022	Care Around the Clock - Older Person Flyer
HEA0022A	Care Around the Clock - Older Person Card
MAH0018	My pēpi is Māori and will be smokefree
MAH0031	Cervical Screening: What wāhine need to know
MNH0001	Understanding disaster
MNH0074B	When was your last moment of wonder? A4 Poster
MNH0075J	Tips and Tricks: What good things are you growing? A4 Poster
MNH0134	Depression in rural communities Card
MNH0144	Parents: I'm learning to trust my instincts as a Mum A3 Poster
MNH0180B	Parenting Questions: Child's Drawing A3 Poster
MNH0184B	Five ways to wellbeing – Chinese Pocket Resource
MNH0226	Just Ask. Just Listen – Tip cards
PAP0038	Cervical Screening: What Pacific women need to know
SAF0111	Food safety in pregnancy
SMF0019	I quit smoking for baby and me
VIO0016	Domestic violence and disabled people
VIO0017	Parents can be victims too
VIO0027	Violence at home affects children

WEB VERSION

WOH0019	Cervical Screening: What you need to know
WOH0051	Understanding cervical screening results
WOH0070	Colposcopy
WOH0101A	Cervical Smear Tests: What women need to know - Traditional Chinese
WOH0132	Cervical Smear Tests: What women need to know - Hindi

**Updated Resources – Please check you have the latest version**

CHH0080	Good bladder/bowel habits in children. Revised August 2020.
DRU0062	Concerned about someone's drinking? AL595. Revised September 2023.
GAL0002	LGBTQIA+ Youth Support. Revised for 2023.
IMM0002	After your child is immunised, NIP8866. Revised September 2023.
IMM0006	Childhood immunisation. HE1323. Revised September 2023.
IMM0024	Immunisation Register for Early Childhood Services and Primary Schools. HE1111. Revised March 2023.
IMM0027	Immunisation Guidelines for Early Childhood Services and Primary Schools. HE1106. Revised September 2023.
MAH0033	My pēpi is Māori and will be smokefree. HE8057. Revised August 2023.
MED0129	Infectious diseases Card. HE1215. Revised June 2023.
MED0130	Infectious diseases A3 Poster. HE1214. Revised June 2023.
MED0163	Hepatitis B: Information during pregnancy. HE1402. Revised April 2023.
MED0250	Stroke: Information for family, whānau and friends. Revised for 2022.
MNH0093	Free Compliments: Give one away today. Revised for 2023.
MNH0142B	Parents: I know I can make a difference. I'm just finding out how Postcard. Revised July 2023.
MNH0143B	Parents: I'll never be cooler for him than I am right now Postcard. Revised July 2023.
MNH0144B	Parents: I'm learning to trust my instincts as a Mum Postcard. Revised July 2023.
MNH0145B	Parents: My son loves his kai so meals are a great time to catch up Postcard. Revised July 2023.
MNH0146B	Parents: Quiet times are a real treat so we're both pretty keen on drawing Postcard. Revised July 2023.
MNH0148B	Parents: You think they don't want to talk to you, but they do Postcard. Revised July 2023.
MNH0149B	Parents: They love celebrating our culture. But as for tidying their rooms... Postcard. Revised July 2023.
MNH0210	Sparklers: Balance energy high and lows. Revised for 2023.
MNH0211	Sparklers: Create a culture of kindness. Revised for 2023. <b>Formerly titled "Sparklers: Make it cool to be kind".</b>
MNH0212	Sparklers: Making wellbeing easy and fun. Revised for 2023.
MNH0213	Sparklers: Help kids manage big emotions. Revised for 2023.
MNH0214	Sparklers: Foster gratitude and giving. Revised for 2023.
MNH0215	Sparklers: Help tamariki embrace who they are. Revised for 2023.
MNI0015	What are eating disorders? Revised June 2023. <b>Formerly titled "What is an eating disorder?"</b>
NUT0016	Safe and healthy eating pregnancy. HE1805. Revised June 2023. <b>Formerly titled "Eating for healthy pregnant women".</b> <i>Includes content from "Food safety in pregnancy".</i>
NUT0027	Eating for healthy children from 2 to 12 years. HE1302. Revised April 2023.

## Ordering Resources

All resources listed can be ordered online from the Te Mana Ora | Community and Public Health website ([www.cph.co.nz/Order-Resources/](http://www.cph.co.nz/Order-Resources/)) OR by emailing your local office.

You can order a maximum of 100 copies per item online (except where other limits apply). Larger quantities must be ordered by email.

Please allow at least 5 working days for delivery. Orders over a quantity of 20 may take longer depending on stock availability.

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

**Note:** You can no longer order resources by fax.  
Only online or email orders are now accepted.

### Waitaha | Canterbury and Rēkohu | Chatham Islands

310 Manchester Street  
PO Box 1475  
Christchurch 8140

waea pūkoro | phone: 03 378 6721  
īmēra | email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

### Te Tai o Poutini | West Coast

3 Tarapuhi Street  
PO Box 443  
Greymouth 7840

waea pūkoro | phone: 03 768 1160  
īmēra | email: [westcoast.chic@cdhb.health.nz](mailto:westcoast.chic@cdhb.health.nz)

### South Canterbury

18 Woolcombe Street  
PO Box 510  
Timaru 7940

waea pūkoro | phone: 03 687 2600  
īmēra | email: [timaru.chic@cdhb.health.nz](mailto:timaru.chic@cdhb.health.nz)

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

## Resource Codes

This stocklist contains Te Whatu Ora codes to help you find which resources you need, and to help us know which items you require. Former Ministry of Health resources are prefixed with **HE** or **HP**.

Items produced by Te Mana Ora | Community and Public Health have the code **CPH** in the Supplier/Code column. Items supplied by other companies have the company name or the following codes if the name is too long:

<b>ACanty</b>	Active Canterbury	<b>NMDHB</b>	Nelson Marlborough DHB
<b>ANX</b>	Anxiety Support Canterbury	<b>NPC</b>	National Poisons Centre
<b>BLNZ</b>	Beef and Lamb New Zealand	<b>NZBA</b>	New Zealand Breastfeeding Authority
<b>CANM</b>	Canterbury Men's Centre	<b>NZDA</b>	New Zealand Dental Association
<b>CCN</b>	Canterbury Clinical Network	<b>NZDF</b>	NZ Drug Foundation
<b>CDHB</b>	Te Whatu Ora Waitaha Canterbury	<b>NZEF</b>	New Zealand Endometriosis Foundation
<b>CS</b>	Cancer Society NZ	<b>NZHF</b>	New Zealand Herpes Foundation
<b>DIAS</b>	Diabetes NZ	<b>NZTA</b>	New Zealand Transport Authority
<b>ENZ</b>	Epilepsy New Zealand	<b>NZWCS</b>	New Zealand Wound Care Society
<b>FP</b>	Family Planning	<b>ONZ</b>	Osteoporosis New Zealand
<b>GRSN</b>	Gastric Reflux Support Network NZ	<b>PCF</b>	Prostate Cancer Foundation
<b>Heart</b>	Heart Foundation	<b>PRI</b>	Privacy Commission
<b>HPA</b>	Health Promotion Agency	<b>SKNZ</b>	SafeKids
<b>HQSC</b>	Health Quality & Safety Commission NZ	<b>Stroke</b>	Stroke Foundation
<b>MEN</b>	Men's Health Trust New Zealand	<b>SportW</b>	Sport Waikato
<b>MHF</b>	Mental Health Foundation	<b>VEG</b>	Vegetables.co.nz
<b>MoE</b>	Ministry of Education	<b>WomR</b>	Women's Refuge
<b>MoH</b>	Ministry of Health (no numerical code)		
<b>MoJ</b>	Ministry of Justice		
<b>MPI</b>	Ministry for Primary Industries		
<b>MSD</b>	Ministry of Social Development		

### Notes:

- SKIP (Strategies with Kids) is now called Tākai. These resources will slowly be re-branded.
- The Health Promotion Agency (HPA) is now part of Te Whatu Ora – Health New Zealand. These resources will slowly be re-branded.

**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. Supply-related restrictions are listed in the CHIC Stocklist. Please contact the supplier directly if you would like more than the restricted quantity.

Temporary limits may also apply to a specific resource for other reasons.

Check the CPH website for the current quantity limits on a resource ([www.cph.co.nz/Order-Resources/](http://www.cph.co.nz/Order-Resources/)).



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[CHIC Order Form](#)

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## Adolescent Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
ADH0010	Dealing with teenage conflict	MSD	Pamphlet
ADH0021	How to get heard	MHF	Pamphlet
ADH0012	School and education for teenagers	MSD	Pamphlet
ADH0009	Teenagers, technology and sleep	MSD	Pamphlet
ADH0011	Teenagers, their brains and hormones	MSD	Pamphlet
ADH0007	Teenagers, their friends and sex	MSD	Pamphlet
ADH0008	The changing bodies of teenagers	MSD	Pamphlet

## Child Health

**Note:** Tākai (formerly SKIP) resources are restricted to 10 copies per order.

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
CHH0076	Active play guidelines for under fives: Babies	HPA	Sheet
CHH0077	Active play guidelines for under fives: Infants	HPA	Sheet
CHH0078	Active play guidelines for under fives: Toddlers	HPA	Sheet
CHH0079	Active play guidelines for under fives: Preschool	HPA	Sheet
CHH0061	Babies' world	Tākai	Booklet
CHH0005	Danger Signals	HE4240	Flyer
CHH0012	Ear Infections, earache and glue ear	HE1414	Pamphlet
CHH0038	Everyone please	HE1229	Card
CHH0003	Gastroesophageal Reflux	GRSN	Pamphlet
CHH0002	Going to Hospital	CDHB	Book
	<b>Limited to 10 copies per order</b>		
CHH0080	Good bladder/ bowel habits in children	CDHB	Sheet
CHH0023	A guide to happy, healthy kids in the home	CPH	Sheet
CHH0036	Keep Your Baby Safe during Sleep	HE1228	Pamphlet
CHH0014	Keeping Healthy in Early Childhood Centres	CPH	Pamphlet
CHH0039	Newborn Hearing Screening: Your Baby's Hearing...	HE2429	Pamphlet
CHH0043	Newborn Hearing Screening: Referral to Audiologist	HE1924	Pamphlet
CHH0040	Newborn Hearing Screen Results	HE1922	Pamphlet
CHH0066	Our whānau tikanga	Tākai	Sheet
CHH0084	Parenting Helpline	ParentHelp	Flyer
CHH0085	Reducing food-related choking for babies and young ...	MoH	Pamphlet
CHH0017	Staying calm with kids	Tākai	Booklet
CHH0010	Staying calm with kids	Tākai	Magnet
CHH0067	Teach your baby to drink from a cup	CPH	Pamphlet
CHH0058	Thinking about parenting	Tākai	Book
CHH0062	The tricky bits	Tākai	Booklet
CHH0060	The world of under-fives	Tākai	Booklet



**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
CHH0070	Be Smarter <b>(Canterbury only)</b> <b>Limited to 4 pads per order</b>	SportW	Pad
CHH0021	Hygienic Nappy Changing...for early childhood education	CPH	Sheet
CHH0022	Keeping an Eye on Your Child's Vision (B4 School Check)	HE2278	Flyer
CHH0072	Keeping an Eye on Your Child's Hearing	HE2276	Flyer
CHH0075	My wellbeing/ oranga chart	HE2539	Pad
CHH0074	Newborn Enrolment Process <b>(Canterbury only)</b>	CDHB	Pad
CHH0033	PEDS – Response Form	HE2315	Form
CHH0034	PEDS – Score Form	HE2316	Form
CHH0027	Referral for a Full Hearing Assessment (B4 School Check)	HE2277	Flyer
CHH0073	Referral for a Full Vision Assessment (B4 School Check)	HE2279	Flyer
CHH0069	Referral to Well Child/ Tamariki Ora Provider	CDHB	Form
CHH0041	Repeat Newborn Hearing Screen	HE1923	Pamphlet

**Midwives and Child Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
CHH0009	Your Newborn Baby's Blood Test	HE2310	Booklet

## Drugs and Alcohol

**Note:** NZ Drug Foundation (NZDF) 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 or Code</b>	<b>Type</b>
DRU0097	Alcohol and Cancer Risk	CS	Sheet
DRU0208	Alcohol and pregnancy: What you might not know	HE2523	Pamphlet
DRU0059	Alcohol and your teenager <b>Canterbury, South Canterbury and West Coast variants available</b>	CPH	Pamphlet
DRU0048	Alcohol and You: Facts and Effects	Te Whatu Ora	Booklet
DRU0149	Alcohol Drug Helpline	HE2587	Card
DRU0127	Alcohol Game Plan for bar staff	AL1074	Book
DRU0129	Alcohol Game Plan for club committees	AL1073	Book
DRU0062	Concerned about someone's drinking?	AL595	Booklet
DRU0065	Cutting down	AL592	Booklet
DRU0184	Drink Check	AL531	Booklet
DRU0117	Good One Party Register	CPH	Flyer
DRU0063	Helping with Problem Drinking	AL590	Booklet
DRU0064	Is your drinking okay?	AL591	Booklet
DRU0100	Maintaining the Change	AL594	Booklet
DRU0121	Mix 'n' Match Options (Mocktails Mixer Guide)	NMDHB	Sheet
DRU0150	Ngā kaupapa here: School alcohol policies <b>Limited to 10 copies per order</b>	CPH	Leaflet
DRU0139	Objecting to a licence to sell or supply alcohol	AL1021	Booklet
DRU0209	Serving alcohol safely at workplace events	AL576	Booklet

DRU0099	Stopping Drinking	AL593	Booklet
DRU0187	Straight Up Guide to Standard Drinks	AL437	Pamphlet
DRU0146	What happens when I drink alcohol?	AL1082	Sheet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
DRU0118	Good One Party Register	CPH	A3
DRU0147	Long-term health effects of drinking alcohol	AL1063-L	A4
DRU0148	Short-term health effects of drinking alcohol	AL1063-S	A4

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
DRU0122F	About Alcohol	NZDF	Pocket Resource
DRU0122	About Cannabis	NZDF	Pocket Resource
DRU0122B	About LSD	NZDF	Pocket Resource
DRU0122C	About MDMA/ Ecstasy	NZDF	Pocket Resource
DRU0122E	About Methamphetamine	NZDF	Pocket Resource
DRU0122D	About Synthetic Psychoactive Substances	NZDF	Pocket Resource
DRU0122K	Cocaine	NZDF	Pocket Resource
DRU0122H	GHB/ GBL	NZDF	Pocket Resource
DRU0122J	Ketamine	NZDF	Pocket Resource
DRU0122L	Opioids	NZDF	Pocket Resource
DRU0122A	Safer Partying	NZDF	Pocket Resource
DRU0122I	Synthetic Cannabinoids	NZDF	Pocket Resource
DRU0122G	Synthetic Cathinones	NZDF	Pocket Resource
DRU0067	P'd Off: A guide for people trying to stop using meth...	Te Pou	Booklet

## Environmental Health

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
ENH0034	Stay cool and well this summer	CPH	Pamphlet
ENH0033	Stay warm and well this winter Canterbury and South Canterbury variants available	CPH	Pamphlet

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
ENH0028	Sustainable Edible Gardens	MoE	Book

## Gay and Lesbian Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
GAL0002	LGBTQIA+ Youth Support	CPH	Sheet
GAL0003	OutLine	OutLine	Pamphlet
GAL0004	Takatāpui: Part of the whanau <b>Limited to 10 copies per order</b>	MHF	Booklet

## Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
HEA0018	Advance Care Planning. What matters most for your...	HQSC	Pamphlet
HEA0026	My advance care plan and guide	CDHB	Booklet
HEA0030	Whenua ki te whenua: A taonga for your whanau <b>Available in Te Reo Māori</b>	HQSC	Booklet
HEA0020	Protecting your personal information: Know your privacy...	PRI	Booklet

### Posters

CHIC Code	Title	Supplier or Code	Type
HEA0019	Advance Care Planning ... Let's Talk ...	CDHB	A3
HEA0009	HealthInfo Canterbury	CDHB	A3
HEA0027	HealthInfo Canterbury: Always on the go?	CDHB	A4
HEA0028	HealthInfo Canterbury: Always on the go?	CDHB	A3

### Health Professionals Only

CHIC Code	Title	Supplier or Code	Type
HEA0006	HealthInfo Canterbury	CDHB	Card
HEA0007	HealthInfo Canterbury	CDHB	Flyer
HEA0002	International Health Regulations Certificate of Vaccination <b>Limited to 10 copies per order</b>	HP4410	Booklet
HEA0029	Shared care plans: Making a plan for your health and...	CCN	Pamphlet

## Hygiene and Oral Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
HYG0062	Are you giving germs a hand? <b>Available in Hindi and Simplified Chinese</b>	HQSC	Sheet
HYG0018	Brush up on healthy teeth!	CDHB	Sheet
HYG0061	Healthy snacks for healthy teeth	CPH	Sheet
HYG0061A	Healthy snacks for healthy teeth – Early Childhood ...	CPH	Sheet
HYG0014	How to Wash Your Hands	CPH	Sticker

WEB VERSION

HYG0034	It's easy to protect your family's smile (Let's Talk Teeth)	HE2248	Booklet
HYG0001	It's free and it's all good	HE2399	Pocket Resource
HYG0008	It's easy to protect your family's smile <b>Available in Arabic, Hindi, Japanese, Korean, Mandarin and Punjabi (Boy or Girl)</b>	NZDA	Pamphlet
HYG0021	Remember to Wash Your Hands	CPH	Sheet
HYG0049	Stopping the spread of germs at home	CPH	Sheet
HYG0053	Tooth tips for mums-to-be	CPH	Sheet
HYG0054	Tooth tips for babies	CPH	Sheet
HYG0055	Tooth tips for babies and children	CPH	Sheet
HYG0056	Tooth tips for toddlers and young children	CPH	Sheet
HYG0057	Tooth tips for young children	CPH	Sheet
HYG0060	Wash and dry your hands for 20 seconds	HE2525	Sticker

### Posters

CHIC Code	Title	Supplier or Code	Type
HYG0011	Lift the Lip	MoH	A3
HYG0052	Stay Clean As – Adults	HE2500	A2
HYG0022	Stay Clean As – Children	HE1125	A2

### Health Professionals Only

CHIC Code	Title	Supplier or Code	Type
HYG0025	Caring for Teeth – Refugees/Migrants	HE1524	Pamphlet

## Immunisation

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
IMM0002	After your child is immunised	NIP8866	Flyer
IMM0062	After your immunisation	HE2505	Flyer
IMM0111	Are your tamariki under 5 protected against measles?	HP8198	Leaflet
IMM0005	BCG Vaccine: After Care for Parents	HE2226	Flyer
IMM0004	BCG Vaccine: Information for Parents	HE2205	Pamphlet
IMM0090	Be protected against meningococcal disease <b>Limited to 20 copies per order</b>	HP8196	Pamphlet
IMM0113	Born between 1989 and 2004? Make sure you're fully...	HP8156	Leaflet
IMM0006	Childhood Immunisation	HE1323	Booklet
IMM0051	Immunisation Record (for Well Child Book)	HE1309	Flyer
IMM0065	Immunise against HPV (Human Papillomavirus)	HE2012	Pamphlet
IMM0067	Immunise against chickenpox	HE2519	Pamphlet
IMM0022	Immunise against rotavirus	HE2425	Pamphlet
IMM0011	Immunise during pregnancy	HE2503	Pamphlet
IMM0068	Immunisation for older people	HE2540	Booklet
IMM0069	Immunisation for older people – Large print	HE2548	Sheet
IMM0012	Immunise your child on time	HE1327	Pamphlet
IMM0119	Meningococcal B immunisation: Paracetamol for pēpi...	NIP8788	Flyer
IMM0015	Meningococcal Disease: Know the symptoms	HE2395	Pamphlet

WEB VERSION

IMM0016	National Immunisation Register: Information for adults...	HE2423	Flyer
IMM0080	Protecting your pēpi from flu starts in pregnancy	NIP8714	Leaflet
IMM0095	Protecting your pēpi from whooping cough starts in ...	NIP8711	Pamphlet
IMM0079	Flu: Protect yourself and your whānau	NIP8712	Leaflet
IMM0085	Protect your baby or toddler against measles	CDHB	Pamphlet
IMM0086	Protect your baby or toddler against measles	CDHB	Flyer
IMM0089	Protect your unborn child: Rubella	HE4172	Flyer
IMM0094	Set your tamariki up for a healthy future	HP8686	Leaflet
IMM0109	Tamariki under 5 years: Protect them against meningococcal	NIP8755	Pamphlet
IMM0070	Thanks for thinking about our future (Immunisation at 11)	CDHB	Pamphlet
IMM0075	When will I get the COVID-19 vaccine? <b>Limited to 1 copy per order</b>	HP7583	Pamphlet

## Posters

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
IMM0083	Are your pēpi and tamariki protected against measles?	CDHB	A3
IMM0084	Are your pēpi and tamariki protected against measles?	CDHB	A4
IMM0091	Be protected against meningococcal disease	HP8205	A3
IMM0082	Flu: Protect yourself and your whānau	NIP8713	A3
IMM0110	Free meningococcal B vaccines for all tamariki under ...	NIP8790	A3
IMM0100	Get your immunisations up to date	NIP8710	A3
IMM0048	Has your teen missed any immunisations?	HE2501	A3
IMM0101	If your child has missed an immunisation, it's OK	NIP8717	A3
IMM0041	Immunise – their best protection	HE1221	Long
IMM0056	Immunise against Meningococcal Disease	HE2394	A3
IMM0098	It's not too late to get up to date	NIP8707	A3
IMM0097	Keep your mokopuna safe	NIP8708	A3
IMM0083A	Measles vaccination is free!	CDHB	A3
IMM0084A	Measles vaccination is free!	CDHB	A4
IMM0114	Measles: Born between 1989 and 2004?	HP8152	A3
IMM0103	Pasifika: Baby's wellbeing is our first priority	NIP6724	A3
IMM0104	Pasifika: Getting all their shots for the best start in life	NIP6725	A3
IMM0102	Pasifika: Give our babies one of the best defences ...	NIP6723	A3
IMM0112	Protect against measles	HP8199	A3
IMM0108	Protect your tamariki against meningococcal disease	NIP8756	A3
IMM0099	Protect your tamariki for life	NIP8709	A3
IMM0081	Protecting your pēpi from flu starts in pregnancy	NIP8715	A3
IMM0096	Protecting your pēpi from whooping cough starts in ...	HP8574	A3
IMM0059	Thanks for thinking about our future (Immunisation at 11)	CDHB	A3
IMM0118	We On! – Disability/Whaikaha	NIP8872	A3
IMM0117	We On! – Hapū māmā	NIP8871	A3

## Health Professionals Only

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
IMM0107	After your immunisations during pregnancy	NIP8706	Sheet
IMM0115	After your MMR vaccination	HP8154	Sheet
IMM0029	After your school immunisation	HE1313	Flyer
IMM0038	Authorisation to Opt Off the NIR (NIR2)	HP3823	Form
IMM0033	BCG Information Pack	CPH	Pack

WEB VERSION

IMM0023	BCG Vaccine: Information for Health Professionals	HE2204	Card
IMM0034	Hepatitis B Pack ( <b>Canterbury and West Coast only</b> )	CPH	Pack
IMM0013	Immunise against HPV: Parent Consent Form	HE2044	Form
IMM0088	Flu vaccination consent form	HP7990	Form
IMM0092	Flu and COVID-19 vaccination consent form	Te Whatu Ora	Form
IMM0035	Immunisation Articles Pack ( <b>Canty and West Coast only</b> )	CPH	Pack
IMM0025	Immunisation Certificate	HE7013	Flyer
IMM0106	Immunisation during pregnancy consent form	NIP8705	Form
IMM0039	Immunisation Event Form (NIR3)	HP4592	Form
IMM0027	Immunisation Guidelines: Early Childhood/Primary Schools	HE1106	Booklet
IMM0037	Immunisation Pack ( <b>Canterbury and West Coast only</b> ) <b>Contains IMM0032 to IMM0036</b>	CPH	Pack
IMM0024	Immunisation Register: Early Childhood/Primary Schools	HE1111	Leaflet
IMM0064	Let's talk about immunisation	HP6246	Pack/Flipchart
IMM0115	MMR vaccination consent form	HP8105	Form
IMM0072	MMR Vaccine Consent Form	HE2597	Form
IMM0036	MoH Immunisation Resources ( <b>Canty and West Coast only</b> )	CPH	Pack
IMM0032	NIR Information Pack	CPH	Pack
IMM0040	Registration Form for Newborn (NIR1)	HP3822	Form
IMM0028	The National Immunisation Schedule	HE1308	Card
IMM0052	Vaccination recommended during pregnancy	CDHB	Sticker
IMM0105	What you need to know about immunisation ... pregnancy	NIP8704	Sheet
IMM0092	What you need to know about the flu vaccination	HP8682	Sheet
IMM0030	Year 7 Immunisation for Tetanus, ... Consent Form	HE1312	Form
IMM0066	Year 7 and 8 Immunisation <b>Limited to 1 copy per order</b>	HE2432	DVD

## Māori Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
MAH0144	All about bowel screening – Te Reo Māori	HE2616	Booklet
MAH0119	Are you giving germs a hand? – Te Reo Māori	HQSC	Sheet
MAH0089	Auahi Kore: I Ngā Wā Katoa	HE1512	Sticker
MAH0090	Auahi Kore: I Ngā Wā Katoa	HE1513	Window Sticker
MAH0100	B4 School Check – Te Reo Māori	HE2452	Card
MAH0102	B4 School Check: Info for Educational Sector – Te Reo	HE2440	Pamphlet
MAH0080	Breastfeeding Your Baby – Te Reo Māori	HE2099	Booklet
MAH0149	Cervical screening: Understanding test results – Te Reo	HE1169	Pamphlet
MAH0148	Cervical screening: What you need to know – Te Reo	HE1168	Pamphlet
MAH0151	Cervical screening: Your test, your choice! – Te Reo	HE1171	Pamphlet
MAH0152	Cervical screening self-test: What you need to know – Te Reo	HE1172	Booklet
MAH0150	Colposcopy: What you need to know – Te Reo Māori	HE1160	Pamphlet
MAH0143	Diabetes: What you need to know – Te Reo Māori	DIAS	Pamphlet
MAH0127	Don't be affected by the sun – Te Reo Māori	CS	Pamphlet
MAH0104	Healthline – Te Reo Māori	HE2590	Flyer
MAH0110	Immunise against chickenpox – Te Reo Māori	HE2520	Pamphlet
MAH0108	Immunise against HPV – Te Reo Māori	HE2015	Pamphlet
MAH0120	Let your baby guide you: what, when and ... – Te Reo	HPA	Pocket Resource
MAH0121	Let your baby guide you – Te Reo Māori	HPA	Magnet Set

WEB VERSION

MAH0136	Immunise during pregnancy – Te Reo Māori	HE2580	Booklet
MAH0086	It's easy to protect your family's smile – Te Reo Māori	NZDA	Pamphlet
MAH0098	Meningococcal Disease: Don't Wait... – Te Reo Māori	HE2419	Card
MAH0020	Meningococcal Disease: Know the Symptoms – Te Reo	HE2396	Pamphlet
MAH0128	National Bowel Screening Programme – Te Reo Māori	HP6831	Flyer
MAH0138	National Bowel Screening Programme – Te Reo (Tane)	HP8034	Flyer
MAH0137	National Bowel Screening Programme – Te Reo (Wahine)	HP8033	Flyer
MAH0145	Newborn Hearing Screening: Your Baby's ... – Te Reo	HE2474	Pamphlet
MAH0146	Parenting Helpline – Te Reo Māori	ParentHelp	Flyer
MAH0147	Practical tips for giving medicine to kids – Te Reo Māori <b>Limited to 20 copies per order</b>	Pharmac	Pocket Resource
MAH0099	Simple Steps to Healthier Food – Te Reo Māori <b>Limited to 20 copies per order</b>	Heart	Flyer
MAH0117	Sleep on side when baby's inside – Te Reo Māori	HE2572	Flyer
MAH0095	Tips for a Healthy Smile – Te Reo Māori	CDHB	Flyer
MAH0134	Vitamin D and your pregnancy/ your baby – Te Reo	HP5639	Sheet
MAH0118	What is Syphilis? – Te Reo Māori	HE2577	Pocket Resource
MAH0081	Worried about gambling? (Choice not Chance) – Te Reo	HPA	Pamphlet

## Posters

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
MAH0133	5+ A Day – Te Reo Māori	5+ A Day	A4 Set
MAH0071	B4 School Check – Te Reo Māori	HE2466	A4
MAH0072	B4 School Check – Te Reo Māori	HE2444	A3
MAH0141	Bowel screening is easy: You've got this! – Te Reo	HE2629	A3
MAH0107	Brush baby teeth morning and night ... – Te Reo	HPA	A2
MAH0030	Cervical Screening – Te Reo Māori	HE1838	A3
MAH0153	Cervical screening: How to do the HPV self-test – Te Reo	HE1172	A4
MAH0153A	Cervical screening: How to do the HPV self-test – Te Reo	HE1174	A3
MAH0154	Cervical screening: How to do the HPV self-test – Te Reo	HE1182	A4 Landscape
MAH0154A	Cervical screening: How to do the HPV self-test – Te Reo	HE1186	A3 Landscape
MAH0155	Ask about the new cervical screening test – Te Reo Māori	HE1184	A4
MAH0155A	Ask about the new cervical screening test – Te Reo Māori	HE1188	A3
MAH0122	Fruit and vegetables for wellbeing (kete) – Te Reo	5+ A Day	A3
MAH0132	How to hand rub – Te Reo Māori	HQSC	A4
MAH0109	Immunise: their best protection – Te Reo Māori	HE2521	Long
MAH0059	Is your child starting school? – Te Reo Māori	HE1110	A2
MAH0087	Lift the Lip – Te Reo Māori	MoH	A3
MAH0033	My pēpi is Māori and will be smokefree	HE8057	A2
MAH0139	National Bowel Screening Programme – Māori (Wahine)	HP8035	A3
MAH0140	National Bowel Screening Programme – Māori (Tane)	HP8036	A3
MAH0129	NBSP: This little test helps find bowel cancer... – Te Reo	HP6848	A3
MAH0096	NCSP: If you could save a life – Qiane/Māori	HE2406	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
MAH0024	After your school immunisation – Te Reo Māori	HE1314	Flyer
MAH0101	B4 School Check Consent Form – Te Reo Māori	HE2436	Form
MAH0106	HPV Vaccine Parent Consent Form – Te Reo Māori	HE2045	Form
MAH0057	Immunisation Guidelines for Early Childhood ... – Te Reo	HE1107	Booklet
MAH0058	Immunisation Register for Early Childhood ... – Te Reo	HE1112	Leaflet
MAH0131	MMR Vaccine Consent Form – Te Reo Māori	HE2599	Form
MAH0116	How to prevent pressure injuries in the home – Te Reo	NZWCS	Pamphlet
MAH0114	Year 7 Immunisation Consent Form – Te Reo Māori	HE2330	Form

## Medical Health

**Note:** Diabetes NZ (DIAS) resources are restricted to **20 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
MED0277	All about bowel screening	HE2615	Pamphlet
MED0011	B4 School Check: Information for Parents and Guardians	HE2433	Pamphlet
MED0041	B4 School Check: Information for the Education Sector	HE2439	Pamphlet
MED0236	B4 School Check: Turning 4?	HE2451	Card
MED0239	Best friends shouldn't share everything: A quick guide...	CPH	Pocket Resource
MED0004	Campylobacter, E. coli and Salmonella	HE1211	Pamphlet
MED0014	Cervical Smears and Human Papilloma Virus Infection	NZHF	Pamphlet
MED0060	Cryptosporidium and Giardia	HE1212	Pamphlet
MED0118	Diabetes and healthy food choices	DIAS	Booklet
MED0278	Diabetes: What you need to know	DIAS	Booklet
MED0240	Epilepsy	ENZ	Pamphlet
MED0241	Epilepsy and Daily Life	ENZ	Pamphlet
MED0260	Finding skin cancer early could save your life	CS	Pamphlet
MED0026	First Aid Precautions: Hepatitis B/AIDS	HE4264	Sticker
MED0259	Free telehealth services for everyone in Aotearoa <b>Limited to 20 copies per order</b>	HE2522	Pocket Resource
MED0267	Got a cold or flu? Find out what to do	HPA	Pamphlet
MED0268	Got a cold or flu? Find out what to do	HPA	Sheet
MED0030	Head Lice	HE4189	Pamphlet
MED0127	Healthline	HE2588	Magnet
MED0132	Healthline <b>Available in Korean and Simplified Chinese</b>	HE2589	Flyer
MED0255	Health information for farming, dairy and meat industry ...	CPH	Pamphlet
MED0007	Hepatitis A	HE2518	Sheet
MED0027	Hepatitis B and C	HE4182	Pamphlet
MED0231	Herpes: Myth vs Fact	NZHF	Pamphlet
MED0129	Infectious Diseases	HE1215	Card
MED0131A	Looking after your skin and treating skin infections	MoH	Booklet
MED0212	Meningococcal Disease: Don't Wait, Take Action	HE2417	Card
MED0261	National Bowel Screening Programme <b>Available in Simplified Chinese, Hindi and Korean</b>	HP6826	Flyer
MED0262	NBSP: Further investigation	HP6819	Pamphlet



WEB VERSION

MED0264	National Bowel Screening Programme: Quick guide	HP6820	Pamphlet
MED0057	Practical Tips for Giving Medicine to Kids <b>Limited to 20 copies per order</b>	Pharmac	Pocket Resource
MED0117	Pre-diabetes	DIAS	Pamphlet
MED0275	Prevention and care of burns and scalds	NZWCS	Pamphlet
MED0157	Reduce your risk of stroke	Stroke	Pamphlet
MED0047	Scabies	HE4191	Flyer
MED0131	Skin Problems in Children	MoH	Sheet
MED0149	Staying Well with Type 2 Diabetes	DIAB	Booklet
MED0250	Stroke: Information for family, whānau and friends	Stroke	Pamphlet
MED0059	Tuberculosis (TB)	HE7023	Sheet
MED0158	What is a stroke?	Stroke	Pamphlet

**Posters**

CHIC Code	Title	Supplier or Code	Type
MED0156	Arm yourself against stroke!	Stroke	A3
MED0049	B4 School Check	HE2465	A4
MED0054	B4 School Check	HE2443	A3
MED0276	Bowel screening is easy: You've got this!	HE2628	A3
MED0273	Face mask do's and don'ts	HP7433	A4
MED0272	How to hand rub <b>Available in Arabic, Hindi and Simplified and Traditional Chinese</b>	HQSC	A4
MED0274	How to use a face mask safely	HP7414	A4
MED0130	Infectious Diseases	HE1214	A3
MED0123	Is it a Stroke?	Stroke	A3
MED0257	Is your child starting school?	HE1108	A2
MED0265	NBSP: This little test helps find bowel cancer early	HP6822	A3
MED0153	Your health is important to us (Antibiotics)	CDHB	A3

**Health Professionals Only**

CHIC Code	Title	Supplier or Code	Type
MED0237	B4 School Check: Consent Form	HE2435	Form
MED0058	Cleaning and Disinfection Guidelines	CPH	Sheet
MED0271	Guiding principles for pressure injury prevention and ...	NZWCS	Book
MED0167	Hepatitis B Consent Form	HE1446	Form
MED0161	Hepatitis B: Information for Health Professionals	HE1401	Card
MED0163	Hepatitis B: Information during pregnancy	HE1402	Card
MED0162	Hepatitis B Personal Record	HE1403	Postcard
MED0249	How to classify and document pressure injuries	NZWCS	Sheet
MED0244	How to prevent pressure injuries at home <b>Available in Chinese and Hindi</b>	NZWCS	Pamphlet
MED0263	NBSP: Quick Reference Guide for Primary Healthcare...	HP6836	Leaflet
MED0269	Pressure injuries: No pressure	NZWCS	A3 Poster
MED0270	Pressure injuries: Skin matters	NZWCS	A3 Poster
MED0202	Registration Form for NewBorn (NIR1)	HP3822	Form

## Men's Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
MEH0027	Caring for someone affected by prostate cancer	PCF	A5 Booklet
MEH0019	HPV and Men	NZHF	Pamphlet
MEH0021	Men's Health: Check-ups	MEN	Pamphlet
MEH0023	Men's Health: Coaching and congratulations	MEN	Pamphlet
MEH0022	Men's Health: Rural men	MEN	Pamphlet
MEH0024	Men's Health: Signs and symptoms	MEN	Pamphlet
MEH0001	Men and Depression	MHF	Pamphlet
MEH0013	Men and Depression	HP5552	Sheet
MEH0030	Questions to ask your doctor or specialist	PCF	Booklet
MEH0028	Support groups for people affected by prostate cancer	PCF	Booklet
MEH0002	The Blokes' Book	CANM	Booklet
MEH0029	Welcome to fatherhood	Tākai	Booklet
MEH0026	What you should know about Prostate Cancer	PCF	Leaflet

### Posters

CHIC Code	Title	Supplier or Code	Type
MEH0025	Ask a mate how he's doing	MEN	A3
MEH0018	Get checked for prostate cancer	PCF	A3

## Mental Wellbeing

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
MNH0242	1737: Need to talk? <b>Limited to 20 copies per order</b>	MoH	Badge
MNH0242A	1737: Need to talk?	HE2586	Card
MNH0228	Advice on supporting your kids after a traumatic event	MoH	Sheet
MNH0057	Alcohol or Other Drugs and Depression	HP5554	Sheet
MNH0099	All Right? Rollercoaster <b>Limited to 5 copies per order</b>	All Right?	Kit
MNH0060	Alternative Treatments for Depression	HP5557	Sheet
MNH0222	Anxiety and depression is different for everyone	Te Whatu Ora	Card
MNH0028	Anxiety and how to handle it	MHF	Pamphlet
MNH0130	Are you worried someone is thinking of suicide? <b>Limited to 20 copies per order</b>	MHF	Booklet
MNI0003	Bipolar disorder	MHF	Pamphlet
MNH0026	Borderline Personality Disorder	MHF	Pamphlet
MNH0007	Choosing a Counsellor	CPH	Pamphlet
MNH0271	Chur! All good bro?	MHF	Booklet
MNH0263	Connecting through kōrero	MHF	Booklet
MNH0227	Coping after a traumatic event	MoH	Sheet
MNH0029	Coping with exams	CPH	Leaflet
MNH0005	Coping with grief and loss	HE2524	Pamphlet

WEB VERSION

MNH0270	Creating mentally healthy workplace environments for Māori	MHF	Booklet
MNH0055	Depression and other health issues	HP5549	Sheet
MNH0058	Depression during and after pregnancy	HP5555	Sheet
MNH0054	Facts about depression	HP5548	Sheet
MNH0276	Farmstrong: Under the pump?	MHF	Pamphlet
MNH0053	Five Ways to Wellbeing <b>Available in Amharic, Arabic, Farsi, Korean, Nepali and Te Reo Māori</b>	All Right?	Pocket Resource
MNH0273	Funerals in Aotearoa after a death by suicide: Guidance for bereaved...	MHF	Booklet
MNH0272	Funerals in Aotearoa after a death by suicide: Guidance for whānau...	MHF	Booklet
MNI0010	Generalised Anxiety Disorder	ANX	Pamphlet
MNH0061	Getting active to beat depression	HP5558	Sheet
MNH0182	Having suicidal thoughts and finding a way back <b>Limited to 20 copies per order</b>	MHF	Booklet
MNH0229	He waka eke noa postcards <b>Available in Arabic, Dari, Hindi, Mandarin, Nepali, Samoan, Somali, and Tigrinya</b>	All Right?	Pack
MNH0065	Health professionals and services	HP5562	Sheet
MNH0183	Help for the tough times <b>Limited to 20 copies per order</b>	MHF	Pocket Resource
MNH0064	How you can help someone with depression	HP5561	Sheet
MNH0268	Ko wai ahau?/ Who am I?	MHF	Booklet
MNH0049	The Lowdown	MHF	Pocket Resource
MNH0059	Managing depression and preventing relapse	HP5556	Sheet
MNH0250	Maramataka Calendar <b>Limited to 1 copy per order</b>	All Right?	Card
MNH0068	Mid Canterbury Mental Health and Community Support	CPH	Pamphlet
MNH0187	My own survival plan	MHF	Booklet
MNI0009	Obsessive Compulsive Disorder	ANX	Pamphlet
MNI0012	Panic and Agoraphobia	ANX	Pamphlet
MNH0179	Parenting Questions: My daily routine <b>Limited to 3 copies per order</b>	All Right?	Pamphlet
MNH0179A	Parenting Questions: What I'm up to this week <b>Limited to 3 copies per order</b>	All Right?	Pamphlet
MNH0142B	Parents: I know I can make a difference. I'm just ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0143B	Parents: I'll never be cooler for him than I am right ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0144B	Parents: I'm learning to trust my instincts as a Mum <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0145B	Parents: My son loves his kai so meals are a great ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0146B	Parents: Quiet times are a real treat so we're both ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0148B	Parents: You think they don't want to talk to you ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0149B	Parents: They love celebrating our culture. But as ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNH0147	Parents: Some days are great, others we just have ... <b>Limited to 3 copies per order</b>	All Right?	Postcard
MNI0006	Postnatal depression: Support for new parents	MHF	Pamphlet
MNH0009	Sailing through Stress at Work	CPH	Sheet
MNH0056	Sexuality, gender identity and depression	HP5553	Sheet
MNH0174	Sleep smarter	CDHB	Sheet
MNI0011	Social Anxiety	ANX	Pamphlet

WEB VERSION

MNH0099B	Sparklers Rollercoaster <b>Limited to 3 copies per order</b>	All Right?	Kit
MNH0266	Sparklers Wellbeing Wheel <b>Limited to 5 copies per order</b>	All Right?	Kit
MNH0050	Spending more on the pokies than you wanted?	CNC068	Pocket Resource
MNH0025	Stress and how to manage it	MHF	Pamphlet
MNH0062	Stress, relaxation and sleep	HP5558	Sheet
MNI0014	Suicide and self harm	HP5551	Sheet
MNH0195	Talking to your children about scary world news	MHF	Sheet
MNH0269	Te Waiorātanga Ki Waitaha	All Right?	Book
MNH0115	Te Waiorātanga: The things that make us feel all right	All Right?	Pocket Resource
MNH0024	There is a way through: A guide for people experiencing...	HE2570	Booklet
MNH0102	Tihei Mauri Ora: Supporting whānau through suicidal... <b>Limited to 20 copies per order</b>	MHF	Booklet
MNH0066	Treatment options	HP5563	Sheet
MNH0004	Understanding Anger	CPH	Pamphlet
MNI0013	Understanding Anxiety	HP5550	Sheet
MNH0003	Understanding Conflict	CPH	Pamphlet
MNH0010	Understanding Decision Making	CPH	Pamphlet
MNH0014	Understanding Loneliness and Friendship	CPH	Pamphlet
MNH0027	Understanding Self Esteem	CPH	Pamphlet
MNH0265	We're here to support you	MHF	Card
MNH0275	Wellbeing tips for managing financial stress	MHF	Sheet
MNH0196	What happens now? How to stay safe after a suicide ...	MHF	Leaflet
MNH0016	What Helps Me When I'm Stressed	CPH	Sheet
MNI0015	What are eating disorders? (SIEDS)	CDHB	Sheet
MNH0086	When Someone Dies Suddenly	MoJ	Booklet
MNH0274	Your guide to planning a safe suicide prevention event	HE2611	Booklet

## Posters

**Note:** All Right? posters are limited to **5 copies per order** – unless specified otherwise.

CHIC Code	Title	Supplier or Code	Type
MNH0262D	Awhi mai awhi atu: Family overseas (Anna)	All Right?	A4
MNH0262A	Awhi mai awhi atu: My anau/ family (Liz)	All Right?	A4
MNH0262G	Awhi mai awhi atu: My baby (Angelica)	All Right?	A4
MNH0262H	Awhi mai awhi atu: My brother (Harry and Lewis)	All Right?	A4
MNH0262	Awhi mai awhi atu: My good mates (Tai)	All Right?	A4
MNH0262B	Awhi mai awhi atu: My partner (Kieran)	All Right?	A4
MNH0262C	Awhi mai awhi atu: My sisters (Safira)	All Right?	A4
MNH0262F	Awhi mai awhi atu: My whānau (Phil)	All Right?	A4
MNH0262E	Awhi mai awhi atu: Our neighbours (Monju)	All Right?	A4
MNH0191	CALD Wellbeing – Hindi <b>Available in Farsi, Korean and Nepali</b>	All Right?	A3
MNH0150	Find your Hidden Strengths – Saucepan	All Right?	A3
MNH0185	Five Ways to Wellbeing – Arabic <b>Available in Amharic, Chinese, Farsi, Hindi, Korean, Nepali, Somali and Te Reo Māori.</b>	All Right?	A3
MNH0093	Give a free compliment <b>Limited to 3 copies per order</b>	All Right?	A3
MNH0253A	Getting Through Together	All Right?	A3 Set
MNH0255	Getting Through Together: Reassurance	All Right?	A4 Set

WEB VERSION

MNH0246	He waka eke noa: It's all right to feel a bit all over ... <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0230	He waka eke noa: It's all right to have a cry <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0248	He waka eke noa: It's all right to keep the faith <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0234	He waka eke noa: It's all right to keep ticking along <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0231	He waka eke noa: It's all right to need a hug <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0235	He waka eke noa: It's all right to reach out <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0245	He waka eke noa: It's all right to share some kai <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0233	He waka eke noa: It's all right to take a breather <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0247	He waka eke noa: It's all right to take some downtime <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0232	He waka eke noa: It's all right to talk it out <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0244B	He waka eke noa – Hindi <b>Available in Dari, Mandarin, Nepali, Samoan, Tigrinya and Urdu</b>	All Right?	A4 Set
MNH0238	He waka eke noa – Te Reo Māori	All Right?	A3 Set
MNH0070A	It's all right to feel a little bit blue	All Right?	A3
MNH0205	Manly As: Whatever position you choose <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0208	Manly As: Whatever tools you use <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0206	Manly As: Whatever you drink <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0204	Manly As: Whatever you wear <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0207	Manly As: Whoever you love <b>Limited to 20 copies per order</b>	All Right?	A3
MNH0190	Nature is key (MHAW 2017)	MHF	A2
MNH0180A	Parenting Questions: Child's drawing	All Right?	A3
MNH0180D	Parenting Questions: Clean hands	All Right?	A3
MNH0180C	Parenting Questions: Guitar	All Right?	A3
MNH0180	Parenting Questions: Henna hands	All Right?	A3
MNH0142	Parents: I know I can make a difference. I'm just ...	All Right?	A3
MNH0143	Parents: I'll never be cooler for him than I am right now	All Right?	A4
MNH0145	Parents: My son loves his kai so meals are a great ...	All Right?	A3
MNH0146	Parents: Quiet times are a real treat so we're both ...	All Right?	A3
MNH0147	Parents: Some days are great, others we just have ...	All Right?	A4
MNH0149	Parents: They love celebrating their culture. But as ...	All Right?	A3
MNH0148	Parents: You think they don't want to talk to you, ...	All Right?	A3
MNH0251A	Rainbow: However you identify – Joanne	All Right?	A4
MNH0251E	Rainbow: However you identify – Ray	All Right?	A3
MNH0251B	Rainbow: Whatever your story – Suli	All Right?	A4
MNH0251C	Rainbow: Where ever you're out – Kathryn	All Right?	A3
MNH0251G	Rainbow: Where ever you're out – Jill	All Right?	A3
MNH0251	Rainbow: Whoever you love – Heeni	All Right?	A4
MNH0075K	Shown a mate you care lately?	All Right?	A4
MNH0210	Sparklers: Balance energy highs and lows	All Right?	A3
MNH0211	Sparklers: Create a culture of kindness	All Right?	A3
MNH0214	Sparklers: Foster gratitude and giving	All Right?	A3
MNH0213	Sparklers: Help kids manage big emotions	All Right?	A3

MNH0215	Sparklers: Help tamariki embrace who they are	All Right?	A3
MNH0212	Sparklers: Make wellbeing easy and fun	All Right?	A3
MNH0116	Te Waioratanga	All Right?	A3 Set
MNH0122	Te Waioratanga: Te Reo Portraits	All Right?	A3 Set

## Nutrition

**Note:** Diabetes NZ (DIAS), Heart Foundation (Heart), Ministry for Primary Industries (MPI) and Wattie's resources are restricted to **20 copies per month**. Please contact the supplier directly for larger quantities.

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
NUT0114	5+ A Day @work	5+ A Day	Sheet
NUT0146	Behind the hype: Butter	NPA264	Sheet
NUT0102	Behind the hype: Caffeine	NPA161	Sheet
NUT0078	Behind the hype: Carbohydrates	NPA042	Sheet
NUT0080	Behind the hype: Coconut oil	NPA115	Sheet
NUT0119	Behind the hype: Energy drinks	NPA252	Sheet
NUT0151	Behind the hype: Fermented foods	NPA269	Sheet
NUT0148	Behind the hype: Food and immune function	NPA268	Sheet
NUT0079	Behind the hype: Getting good nutrition advice	NPA283	Sheet
NUT0089	Behind the hype: High protein supplements	NPA129	Sheet
NUT0110	Behind the hype: Lite vs Light claims	HPA	Sheet
NUT0149	Behind the hype: Low-carbohydrate high-fat diets	NPA267	Sheet
NUT0147	Behind the hype: Milk for infants and toddlers	NPA265	Sheet
NUT0144	Behind the hype: Nutrition supplements in pregnancy...	NPA262	Sheet
NUT0145	Behind the hype: Plant-based milk alternatives	NPA261	Sheet
NUT0075	Behind the hype: Salt	NPA110	Sheet
NUT0079	Behind the hype: Sports drinks	NPA047	Sheet
NUT0153	Behind the hype: Starting solids	NPA277	Sheet
NUT0143	Behind the hype: Sugar	HPA	Sheet
NUT0150	Behind the hype: Supporting young children to eat...	NPA278	Sheet
NUT0090	Behind the hype: Sweeteners	NPA128	Sheet
NUT0109	Behind the hype: Weight loss diets	NPA162	Sheet
NUT0105	Benefits of drinking water	NZDA	Sheet
NUT0121	Catering for meetings or events from the supermarket	HPA	Sheet
NUT0125	Catering tips for conferences and large groups	HPA	Sheet
NUT0126	Catering tips for smaller groups and events	HPA	Sheet
NUT0141	Creating the perfect healthy platter	HPA	Sheet
NUT0118J	Easy meals with vegetables: Bok Choy	HPA	Sheet
NUT0118N	Easy meals with vegetables: Broccoli	HPA	Sheet
NUT0118H	Easy meals with vegetables: Cabbage	HPA	Sheet
NUT0118	Easy meals with vegetables: Carrots	HPA	Sheet
NUT0118K	Easy meals with vegetables: Cauliflower	HPA	Sheet
NUT0118E	Easy meals with vegetables: Courgette	HPA	Sheet
NUT0118I	Easy meals with vegetables: Eggplant	HPA	Sheet
NUT0118A	Easy meals with vegetables: Kūmara	HPA	Sheet
NUT0118O	Easy meals with vegetables: Leek	HPA	Sheet
NUT0118L	Easy meals with vegetables: Potatoes	HPA	Sheet
NUT0118C	Easy meals with vegetables: Pumpkin	HPA	Sheet

WEB VERSION

NUT0118B	Easy meals with vegetables: Silverbeet	HPA	Sheet
NUT0118D	Easy meals with vegetables: Sweetcorn	HPA	Sheet
NUT0118G	Easy meals with vegetables: Spinach	HPA	Sheet
NUT0118F	Easy meals with vegetables: Tomato	HPA	Sheet
NUT0118M	Easy meals with vegetables: Watercress	HPA	Sheet
NUT0096	Easy ways to eat more veges	NPA159	Flyer
NUT0100	Eat healthy food and move more every day	HE1333	Pamphlet
NUT0108	Eating 5+ A Day every day	5+ A Day	Booklet
NUT0002	Eating for Healthy Babies and Toddlers from Birth to ...	HE1521	Booklet
NUT0017	Eating for Healthy Breastfeeding Women	HE1806	Booklet
NUT0027	Eating for healthy children from 2 to 12 years	HE1302	Booklet
NUT0004	Eating for Healthy Older People	HE1145	Booklet
NUT0016	Safe and healthy eating in pregnancy	HE1805	Booklet
NUT0101	Eating Safely When You Have Food Allergies	MPI	Booklet
NUT0040	Feeding your baby a varied and balanced vegetarian diet	Wattie's	Card
NUT0130	Fibre and fluid for healthy bowels	HealthInfo	Sheet
NUT0005	Finger food ideas for 9 months +/Lunchbox and snack ...	Wattie's	Card
NUT0026	Fredge	5+ A Day	Bookmark
NUT0013	Fuelled by iron	BLNZ	Booklet
NUT0006	Guide to baby feeding	Wattie's	Card
NUT0062	Healthy Breakfasts made easy	CPH	Sheet
NUT0008	Healthy eating, active living	HE1518	Booklet
NUT0001	Healthy Eating for Young People	HE1230	Booklet
NUT0098	Healthy events and fundraisers	CPH	Booklet
NUT0087	Healthy Lunchbox Ideas for Filipinos	CPH	Sheet
NUT0020	Helpful tips for understanding your fussy eaters/ Essential...	Wattie's	Card
NUT0082	Here's healthy food: Inā te kai ora	DIAS	Pamphlet
NUT0138	How to Eat More Vegetables and Fruit	CDHB	Pamphlet
NUT0129	How to get enough to drink	HealthInfo	Sheet
NUT0137	How to look after your bones	CDHB	Pamphlet
NUT0131	How to overcome a poor appetite	HealthInfo	Sheet
NUT0009	Identifying Food Additives	MPI	Booklet
NUT0093	Introducing the colourful world of fresh fruit and vege... <b>Limited to 10 copies per order</b>	5+ A Day	Booklet
NUT0113	Iron in pregnancy: Are you getting enough?	BLNZ	Booklet
NUT0045	Ka Pai Kai: Easy steps to great lunches!	CPH	Leaflet
NUT0072	Let your baby guide you <b>Available in Hindi, Korean, Mandarin, Punjabi and Urdu</b>	NPA096A	Magnet Set
NUT0071A	Let your baby guide you: what, when and ... – Mandarin <b>Available in Hindi, Korean, Punjabi and Urdu</b>	HPA	Pocket Resource
NUT0120	Manaaki at mahi Healthy Food Guidelines	HPA	Leaflet
NUT0132	Quick easy meals	HealthInfo	Sheet
NUT0139	Protein	Pegasus	Flyer
NUT0088	Salt and blood pressure	Stroke	Pamphlet
NUT0073A	Seasonal Cooking in Canterbury – Autumn	CPH	Booklet
NUT0133	Shopping and cooking for one	HealthInfo	Sheet
NUT0077	Simple Steps to Healthier Food	Heart	Flyer
NUT0003	Starting Solids	HE6014	Flyer
NUT0064	Supermarket = Super Takeaways	CPH	Sheet
NUT0106	Switch to water: Avoid tooth decay and excess ...	NZDA	Sheet
NUT0010	Thousands of New Zealanders aren't getting enough iron	BLNZ	Pamphlet
NUT0134	Tips to gain weight	HealthInfo	Sheet
NUT0046	Vegetables for babies and young children	VEG	Flyer

WEB VERSION

NUT0015	Vegetables for children	VEG	Flyer
NUT0084	Vegetables for Pregnancy and Breastfeeding	VEG	Flyer
NUT0063	Vitamin D	CPH	Sheet
NUT0117	We heart fresh NZ vegies: Good for growing bodies	VEG	Sheet

### Posters

CHIC Code	Title	Supplier or Code	Type
NUT0112	Easy health changes: Swap this for that	NPA156	A3
NUT0116G	Eat fresh colours	5+ A Day	A4
NUT0116E	Eat fresh for health	5+ A Day	A4
NUT0116C	Eat in colour	5+ A Day	A4
NUT0116D	Eat in colour – Citrus	5+ A Day	A4
NUT0116A	Eat in season – Mandarin and Nashi	5+ A Day	A4
NUT0116B	Eat in season – Feijoa and Passionfruit	5+ A Day	A4
NUT0021	Healthy Lunches Made Easy	CPH	A3
NUT0116F	No fake news here! Just fresh superfoods	5+ A Day	A4
NUT0103	Switch to water: Feel the difference	NZDA	A3
NUT0066	Vegetables for your mind and body	VEG	A3
NUT0142	Water is the best choice any time, any place, any activity	NPA260	A4
NUT0115	We heart fresh NZ vegies: Good for growing bodies	VEG	A2
NUT0116	You've got this! Eat fresh fruit and vegetables everyday	5+ A Day	A4

### Health Professionals Only

CHIC Code	Title	Supplier or Code	Type
NUT0097	Feeding Your Baby Infant Formula	HE1306	Booklet
NUT0085	How Much Sugar is in Drinks?	CPH	A2 Poster
NUT0018	Quick Easy Healthy Eating	CPH	Booklet
NUT0111	Water Only Schools Toolkit	CPH	Book

## Older People's Health

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
OLP0007	Ageing Well	HE1148	Booklet
OLP0006	Alcohol and Older People	AL548	Booklet
OLP0003	Depression in later life	MHF	Pamphlet
OLP0018	Eldernet	Eldernet	Card
OLP0014	Live Stronger: Love your strength	ACC	Book
OLP0015	Looking out for one another	MSD	Pamphlet
OLP0013	Super Seniors	MSD	Flyer
OLP0017	Thinking of living in a retirement village? <b>Limited to 1 copy per order</b>	Sorted	Book
OLP0019	Where from here – South Island	Eldernet	Book



**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
OLP0012	Live Stronger: Love your health/strength <b>Random selection of variants will be sent</b>	ACC	A3

## Pacific People's Health

**Note:** Heart Foundation (Heart) and Pharmac resources are restricted to **20 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**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
PAP0179	All about bowel screening – Samoan <b>Available in Cook Island Māori, Fijian, Niuean, Rotuman, Tokelauan, Tongan and Tuvaluan</b>	HE2617	Pamphlet
PAP0159	Are you giving germs a hand? – Samoan <b>Available in Tongan</b>	HQSC	Sheet
PAP0143	B4 School Check – Samoan (Ua atoa lona 4 tausaga?) <b>Available in Tongan</b>	HE2453	Card
PAP0182	B4 School Check: Information for Parents ... – Samoan <b>Available in Tongan</b>	HE2640	Pamphlet
PAP0173	BCG Vaccine: Information for parents – Tuvaluan <b>Available in Fijian</b>	HE2213	Pamphlet
PAP0120	Breastfeeding your baby – Samoan <b>Available in Tongan</b>	HE2100	Booklet
PAP0180	Cervical Screening: A talanoa about your choices	HE1175	Booklet
PAP0174	Diabetes: What you need to know – Samoan <b>Available in Tongan</b>	DIAS	Pamphlet
PAP0160	Healthline – Samoan <b>Available in Tongan</b>	HE2591	Flyer
PAP0150	Healthy Heart Visual Food Guide – Samoan <b>Available in Niuean and Tongan</b>	Heart	Sheet
PAP0155	It's easy to protect your family's smile – Samoan <b>Available in Tongan</b>	NZDA	Pamphlet
PAP0177	Make your car smokefree – Samoan <b>Available in Cook Island Māori, Fijian, Niuean and Tongan</b>	HE1803	Flyer
PAP0139	Meningococcal Disease: Don't Wait... – Samoan <b>Available in Tongan</b>	HE2420	Pamphlet
PAP0126	Meningococcal Disease: Know the Symptoms – Samoan <b>Available in Tongan</b>	HE2397	Pamphlet
PAP0161	National Bowel Screening Programme – Samoan <b>Available in Cook Island Māori, Niuean and Tongan</b>	HP6833	Flyer
PAP0178	Practical tips for giving medicine to kids – Samoan <b>Available in Tongan</b>	Pharmac	Pocket Resource
PAP0158	Sleep on side when baby's inside – Samoan <b>Available in Tongan</b>	HE2573	Flyer
PAP0164	Vitamin D and your pregnancy/ your baby – Samoan <b>Available in Tongan</b>	HP5639	Sheet
PAP0169	What is a stroke? – Samoan <b>Available in Cook Island Māori, Tongan and Tuvaluan</b>	Stroke	Pamphlet
PAP0090	Worried about gambling (Choice not Chance) – Samoan	HPA	Pamphlet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
PAP0109	B4 School Check – Samoan <b>Available in Tongan</b>	HE2467	A4
PAP0110	B4 School Check – Samoan <b>Available in Tongan</b>	HE2445	A3
PAP0170	Bowel screening is easy: You've got this! – Samoan <b>Available in Cook Island Māori, Fijian, Kiribati, Niuean, Rotuman, Tokelauan, Tongan and Tuvaluan</b>	HE2630	A3
PAP0166	Breastfeeding is welcome here – Samoan <b>Available in Cook Island Māori, Niuean and Tongan</b>	NZBA	A4
PAP0039	Cervical Screening <b>Available in, Fijian, Niuean, Samoan, Tokelauan and Tuvaluan</b>	HE1823	A3
PAP0181	Cervical Screening: A talanoa about your choices	HE1189	A4
PAP0181A	Cervical Screening: A talanoa about your choices	HE1190	A3
PAP0163	How to hand rub – Samoan <b>Available in Tongan</b>	HQSC	A4
PAP0168	Immunise: Their best protection – Samoan <b>Available in Cook Island Māori and Tongan</b>	HE2527	Long
PAP0162	National Bowel Screening Programme – Pacific	HP6875	A3
PAP0137	NCSP: If you could save a life – Emeline/Tongan	HE2408	A3
PAP0138	NCSP: If you could save a life – Maria/Samoan	HE2410	A3
PAP0175	Vegetables – Samoan <b>Available in Tongan</b>	VEG	A2

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
PAP0145	B4 School Check Consent Form – Samoan <b>Available in Tongan</b>	HE2437	Form
PAP0156	How to prevent pressure injuries at home – Samoan <b>Available in Tongan</b>	NZ WCS	Pamphlet

## Physical Activity

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
PHY0011	Activity guide: Walking	MoH	Sheet
PHY0009	Activity guide: Water activities	MoH	Sheet
PHY0030	Are you an activity provider ...? We'd like to connect	ACanty	Flyer
PHY0032	Explore AWA Trails	All Right?	Pocket Resource
PHY0031	Looking for physical activity information...? We can help	ACanty	Flyer
PHY0007	Physical activity and health conditions	MoH	Sheet
PHY0026	Sit less, move more, sleep well: Physical activity for 5...	HE2312	Pamphlet
PHY0035	Walking Guide	HP5171	Card
PHY0012	Weight management for adults	HP6765	Sheet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
PHY0039	Active Canterbury: Be active with others!	ACanty	A3
PHY0040	Active Canterbury: Creating active habits	ACanty	A3
PHY0041	Active Canterbury: Like to be more active but not ...	ACanty	A3
PHY0042	Active Canterbury: Movement = Opportunity	ACanty	A3
PHY0036	Got time to move? Easy ways to be more active	HPA	A3
PHY0033	Stand up and get active: It can be that easy	MoH	A3

## Safety

**Note:** Ministry for Primary Industries (MPI) resources are restricted to **20 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SAF0056	Agrichemical Spraydrift	HE10108	Pamphlet
SAF0036	Avoiding Legionnaire's Disease while gardening	CPH	Card
SAF0037	Be SunSmart	HPA	Card
SAF0046	Food safety: Avoiding listeria	HE9007	Pamphlet
SAF0019	Food safety at home	MPI	Booklet
SAF0018	Food safety for hunters	MPI	Booklet
SAF0022	Food safety for seafood gatherers	MPI	Booklet
SAF0117	Food safety when you have low immunity	MPI	Booklet
SAF0040	Growing healthy little gardeners	CPH	Flyer
SAF0039	Help with online bullying, abuse and harassment in NZ	NetSafe	Pamphlet
SAF0031	Hike it, bike it, scoot it, skate it	NZTA	Leaflet
SAF0084	Keep Your Head Above Water (Geothermal Pools)	HE1243	Pamphlet
SAF0017	Keep your Lunchbox Cool	MPI	Leaflet
SAF0081	Keeping Healthy Outdoors	HE1216	Pamphlet
SAF0014	National Poisons Centre: Poisoning prevention and ...	NPC	Pamphlet
SAF0025	Nitrate in Drinking Water: "Blue Baby Syndrome"	CPH	Pamphlet
SAF0069	Noise around the home can cause hearing problems	HE1122	Pamphlet
SAF0112	Public Health and Mahinga Kai gathered from water	CPH	Sheet
SAF0003	Recreational Water Quality: What you need to know	CPH	Pamphlet
SAF0032	Remember the two week poo(l) rule	CPH	Card
SAF0009	Safer and Healthier Gardening	HE4605	Booklet
SAF0060	Safety in Preschool Centres (Poisonous Plants)	CPH	Sheet
SAF0055	Spiders in New Zealand	HE1424	Sheet
SAF0033	Stop! Remember the rule before using the pool	CPH	Card
SAF0064	Water Collection Tanks and Safe Household Water	HE10148	Pamphlet
SAF0121	What causes food poisoning?	MPI	Pamphlet

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SAF0038	Be SunSmart	HPA	A3
SAF0041	Some things aren't welcome in this pool – Shark/Iceberg	CPH	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SAF0027	Does your pool meet the Water Quality Standards?	CPH	A4 Poster
SAF0026	A Guide to Health and Safety for Swimming Pool Operators	CPH	Pamphlet
SAF0029	Household Water Supplies	HE4602	Book
SAF0085	Keep Your Head Above Water	HE1248	A3 Poster
SAF0086	Keep Your Head Above Water	HE1249	Sticker

## Sexual Health

**Note:** Family Planning (FP) resources are restricted to **20 copies per month**. Please contact them directly for larger quantities.

**Pamphlets**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SEH0028	Christchurch Sexual Health Centre	CDHB	Card
SEH0080	How can I protect my child from sexual abuse?	MSD	Pamphlet
SEH0081	Sexual Health	CPH	Pocket Resource
SEH0048	Should I have a Sexual Health Check?	HE1445	Pocket Resource
SEH0005	This isn't Love...This is Control	FP	Pocket Resource
SEH0047	What are Genital Warts?	HE1444	Pocket Resource
SEH0046	What is Genital Herpes?	HE1443	Pocket Resource
SEH0045	What is Gonorrhoea?	HE1442	Pocket Resource
SEH0087	What is Syphilis?	HE2576	Pocket Resource

**Posters**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SEH0088	Syphilis: Mate Pākewakewa	CPH	A3
SEH0088A	Syphilis in pregnancy and your baby	CPH	A3

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
SEH0072	No condom no sex – Chinese	HE1621	A4 Poster
SEH0006	Voluntary Counselling and Testing for Diagnosis of HIV	HE1520	Card

## Smokefree

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
SMF0004	A guide to compliance for employers working in theatre...	HE1721	Sheet
SMF0005	About Weight Gain	Quitline	Sheet
SMF0021	Becoming smokefree	HE2595	Booklet
THW0019	Do you dream of a smoke-free pregnancy?	CDHB	Flyer
SMF0026	Information for Sports Clubs (Smokefree Act)	HE1602	Sheet
THW0007	Keen to ditch the smokes for good?	CDHB	Pamphlet
THW0001E	Keen to quit smoking for your pēpi/ baby?	CDHB	Flyer
SMF0007	Know your smoking triggers	Quitline	Sheet
SMF0024	Make your car smokefree	HE1803	Booklet
SMF0010	Me Mutu Tātou/ Let's all Quit	HE2383	Booklet
SMF0008	Nicotine Patches, Gum or Lozenges	Quitline	Sheet
SMF0025	Protect the health of your children: A guide to making ...	HE1802	Pamphlet
SMF0014	Quit Card	HE10141	Card
SMF0001	Smokefree – Table Top	HE4279	Sign
SMF0009	Smokefree Area – Credit Card Size	HE1629	Sticker
SMF0002	Smokefree Area – Long	HE1624	Sticker
SMF0003	Smokefree Area – Long	HE1625	Window Sticker
SMF0022	Smokefree at all times	HE1510	Sticker
SMF0023	Smokefree at all times	HE1511	Window Sticker
SMF0011	The Complete Ban on the display of Tobacco Products	HE2381	Pamphlet
SMF0017	Time to Quit	HE1109	Booklet
SMF0020	Vaping Facts	HE2598	Pamphlet
	<b>Available in Te Reo Māori</b>		
SMF0027	Work vehicles and transportation: Info for employers	HE1628	Sheet

### Posters

CHIC Code	Title	Supplier or Code	Type
THW0011	A free quit coach can make all the difference	CDHB	A4
THW0011A	A free quit coach can make all the difference	CDHB	A3
THW0010	Free support can be a real game changer	CDHB	A4
THW0010A	Free support can be a real game changer	CDHB	A3
THW0008	I quit smoking for my health	CDHB	A4
THW0008A	I quit smoking for my health	CDHB	A3
THW0012	I quit smoking for my whānau	CDHB	A4
THW0012A	I quit smoking for my whānau	CDHB	A3
THW0009	I quit smoking to boost my savings	CDHB	A4
THW0009A	I quit smoking to boost my savings	CDHB	A3
THW0013	I quit smoking to protect my baby	CDHB	A4
THW0013A	I quit smoking to protect my baby	CDHB	A3
THW0015	Quit for good with Smokefree support	CDHB	A4
THW0017	Smokefree support can make quitting easier	CDHB	A4
THW0016	Smokefree support made all the difference	CDHB	A4

THW0018	Smoking is not our tikanga	CDHB	A4
SMF0028	Vapefree smokefree <b>Available in Te Reo Māori. Limited to 1 copy per location.</b>	CDHB	Long
SMF0015	When you're ready to quit smoking...	HE10144	A2

## Treaties, Charters and Declarations

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
TCD0004	Bangkok Charter	CPH	Leaflet
TCD0005	Melbourne Charter	CPH	Leaflet
TCD0002	Ottawa Charter	CPH	Leaflet
TCD0006	Perth Charter	CPH	Leaflet
TCD0003	Treaty of Waitangi	CPH	Leaflet

## Violence

### Pamphlets

CHIC Code	Title	Supplier or Code	Type
VIO0014	Aroha in Action <b>Limited to 5 copies per order</b>	MSD	Booklet
VIO0025	Being Sorry is not enough	MSD	Pocket Resource
VIO0023	Culture: No excuse for abuse <b>Available in Punjabi</b>	MSD	Booklet
VIO0036	How can I help?	WomR	Pamphlet
VIO0035	It's ok to ask for help – Samoan <b>Available in Tongan</b>	MSD	Pocket Resource
VIO0013	Power to Protect: Coping with a crying baby	HE2460	Pamphlet
VIO0013A	Power to Protect: Never ever shake a baby <b>Limited to 1 copy per order</b>	HE2459	DVD
VIO0010	Take the Time – Value Older People	MSD	Booklet
VIO0037	Women's Refuge	WomR	Pamphlet

### Posters

CHIC Code	Title	Supplier or Code	Type
VIO0012	Power to Protect: Coping with a crying baby	HE2463	A4
VIO0012A	Power to Protect: Coping with a crying baby	HE2462	A3

## 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 or Code	Type
WOH0067	A Guide to Pregnancy and Exercise	CPH	Pamphlet
WOH0078	Abortion	CDHB	Sheet
WOH0071	All about Osteoporosis <b>Limited to 10 copies per order</b>	ONZ	Pamphlet
WOH0102	Breastfeeding and Working	HE2106	Pamphlet
WOH0075	Breastfeeding Your Baby <b>Available in Chinese</b>	HE2098	Booklet
WOH0044	BreastScreen Aotearoa – Korean <b>Available in Simplified Chinese</b>	HE1841	Pamphlet
WOH0033	BSA: Information for Women aged 70 years and over	HE10120	Pamphlet
WOH0154	Cervical screening: Understanding test results	HE1162	Pamphlet
WOH0153	Cervical screening: What you need to know	HE1161	Pamphlet
WOH0156	Cervical screening: Your test, your choice!	HE1164	Pamphlet
WOH0157	Cervical screening self-test: What you need to know	HE1165	Booklet
WOH0070	Colposcopy: What you need to know	HE1163	Pamphlet
WOH0139	Endometriosis: Finding a way forward with hope and ...	NZEF	Pamphlet
WOH0010	Folic Acid and Spina bifida/ Iodine and iodine deficiency	HE4147	Flyer
WOH0031	Having a mammogram	HE10102	Pamphlet
WOH0086	Having more tests after a mammogram	HE10118	Pamphlet
WOH0009	Miscarriage	CDHB	Sheet
WOH0065	Now that you've had your mammogram <b>Available in Simplified Chinese</b>	HE10117	Pamphlet
WOH0138	Pelvic floor muscle exercises	CDHB	Sheet
WOH0026	Pelvic Inflammatory Disease	HE4229	Leaflet
WOH0148	Safe sleep for PEPE	CDHB	Flyer
WOH0140	Screening for breast cancer: Joining BreastScreen...	HE1210	Pamphlet
WOH0144	Sleep on side when baby's inside <b>Available in Hindi</b>	HE2550	Flyer
WOH0120	Vitamin D and your Pregnancy/ Vitamin D and your baby <b>Available in Arabic, Hindi, Korean and Simplified Chinese</b>	HP5639	Sheet
WOH0135	Whāngai Ū/ Breastfeeding	CDHB	Leaflet
WOH0008	Your Pregnancy	HE1420	Booklet

### Posters

CHIC Code	Title	Supplier or Code	Type
WOH0160	Ask about the new cervical screening test	HE1183	A4
WOH0160A	Ask about the new cervical screening test	HE1187	A3
WOH0066	Breastfeeding: A Family Affair in all Cultures	NZBA	A3
WOH0151	Breastfeeding is welcome here	NZBA	A4
WOH0143	Breastfeeding journeys are special, however long ...	NZBA	Long
WOH0142	Breastfeeding protects against diabetes, heart disease ...	NZBA	Long
WOH0158	Cervical screening: How to do the HPV self-test	HE1166	A4 Portrait
WOH0158A	Cervical screening: How to do the HPV self-test	HE1181	A4 Landscape
WOH0159	Cervical screening: How to do the HPV self-test	HE1167	A3 Portrait

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WOH0159A	Cervical screening: How to do the HPV self-test	HE1185	A3 Landscape
WOH0128	NCSP: If you could save a life – Alexis	HE2411	A3
WOH0129	NCSP: If you could save a life – Emeline	HE2407	A3
WOH0130	NCSP: If you could save a life – Fang/English <b>Available in Simplified and Traditional Chinese</b>	HE2412	A3
WOH0131	NCSP: If you could save a life – Hyeonjoo/English <b>Available in Korean</b>	HE2415	A3
WOH0123	NCSP: If you could save a life – Qiane/English	HE2405	A3
WOH0124	NCSP: If you could save a life – Maria/English	HE2409	A3
WOH0147	Plunket Lactation and Breastfeeding Service	Plunket	A4

**Health Professionals Only**

<b>CHIC Code</b>	<b>Title</b>	<b>Supplier or Code</b>	<b>Type</b>
WOH0058	Antenatal Blood Tests	HP5729	Sheet
WOH0119	Antenatal Screening and testing for Down Syndrome...	HE2382	Booklet
WOH0084	Birth after Caesarean Section	CDHB	Sheet
WOH0018	Breast Calcifications	HE1813	Sheet
WOH0020	Breast Cysts	HE1810	Sheet
WOH0016	Breast Pain (Mastalgia)	HE1814	Sheet
WOH0073	Breastfeeding Naturally <b>Limited to 1 copy per order</b>	HE2255	DVD
WOH0085	Breech Birth	HP3860	Booklet
WOH0021	Ductal Carcinoma in Situ	HE1812	Sheet
WOH0015	Fibroadenoma	HE1811	Sheet
WOH0134	Healthy Weight Gain in Pregnancy	HP5899	Card
WOH0005	HIV Testing in Pregnancy (With Photos)	HE1832	Pamphlet
WOH0150	Kia moe ai te pēpi <b>Limited to 25 copies per order</b>	CDHB	Booklet
WOH0152	Sands Support Pack: Information for when your baby dies	HE2324	Pack
WOH0145	Sleep on side when baby's inside	HE2551	Sheet
WOH0023	Smear Test Reminder Card	HE1912	Pamphlet
WOH0049	Your Antenatal and Newborn Screening Timeline	HP5240	Card



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