

## OTHER SERVICES

### VOCATIONAL SERVICES

Support for any person who has experienced disability and/or mental health issues who wishes to :

- Access employment
- Access further education and training
- Access community activities
- Transition from school to work

### RESOURCE AND INFORMATION CENTRE

Open from 10.00am to 3.00pm weekdays with a wide range of resources on mental health and disability. Videos, viewing and internet facilities are also available. Operated by a pool of volunteers, the Centre also supports people who have experience of mental illness with programmes to;

- Develop personal, work and peer supports skills
- Build self esteem and assertiveness
- Identify and develop coping skills

### LIKE MINDS LIKE MINE



Addresses stigma and discrimination by

- Increasing leadership by people with experience of mental illness
- Community workshops that give insight into the challenges faced by people with experience of mental illness

## SUPPORTING FAMILIES WAIRARAPA PATHWAYS TO WELLBEING

### *Nga Ara Oranga*

Promoting Wellbeing by:

- Providing information on mental health and disability
- Supporting people with disability into employment and further education
- Supporting families/whanau with mental health information and advocacy
- Reducing stigma around mental illness and disability through education and promotion

### SERVICE HOURS

Vocational Services: Monday to Wednesday

9.00am to 5.00pm

Family/Whanau Services and Like Minds

Monday to Friday

9.00am to 5.00pm

Resource and Information Centre

Monday to Friday 10.00am to 3.00pm

FOR MORE INFORMATION PLEASE CONTACT US AT:

323 QUEEN STREET (OPPOSITE TRANZIT)

PO BOX 2110 MASTERTON

PHONE: (06) 377 3081 FAX: (06) 377 5263

EMAIL: [admin@sfwai.org.nz](mailto:admin@sfwai.org.nz)



Supporting Families Wairarapa

*Awahi Whanau O Wairarapa*

*Pathways to Wellbeing Nga Ara Oranga*



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## Family/Whanau Support

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## YOUR RIGHTS

Your privacy and confidentiality will be respected at all times.

You have the right to have access to all the information we gather and hold about you at any time

### You Have The Right To:

- Respect (Mana)
- Fair Treatment (Manaakitanga)
- Dignity and Independence (Tū Rangatira Motuhake)
- Appropriate Standards (Tautikanga)
- Effective Communication (Whakawhitinga Whakaaro)
- Information (Whakamōhio)
- Choice and Consent (Whakaritenga Mōu Ake)
- Support (Tautoko)
- Rights During Teaching and Research (Ako me Te Rangahau)
- Have Your Complaints Taken Seriously (Amuamu)

## HOW TO ACCESS OUR SERVICES

If you are concerned about someone's mental health and want some support you can:

- Call us or drop in
- Ask your GP or other health professional to refer you

You are welcome to bring a family/whanau member for support

## FAMILY/WHANAU SUPPORT

Our Support Worker can assist you to acknowledge and understand mental illness in a family member or a friend. We can help with:

- Advocacy
- Education
- Support Groups

We can meet with you, your family, whanau and friends at your place or ours.

## ADVOCACY

We can help advocate for you and your family/whanau at appointments with agencies working with your family member or friend.

## SUPPORT GROUPS

Support groups for family, whanau and carers meet monthly providing opportunities to meet others who are experiencing similar situations.

Our groups promote peer support and social networking allowing families/whanau to share their stories.



## EDUCATION

Support and information on

- Mental Illness, Mental Health
- Recovery and Self-Care
- Care and Crisis Management
- The Privacy and Mental Health Acts
- Consumer rights, family rights and other related subjects
- The latest research into mental illness via our internet

## COMMUNITY EDUCATION

Tailored education to meet your groups needs around mental health issues

