

## 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

### FAMILY/WHANAU SUPPORT

We can assist you in acknowledging and understanding mental illness in a family member or a friend with:

- Support
- Advocacy
- Education
- Support groups

### 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 and Like Minds Services:

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)**

**WEBSITE: [www.sfwai.org.nz](http://www.sfwai.org.nz)**



**Supporting Families Wairarapa**  
*Awhi Whanau O Wairarapa*

*Pathways to Wellbeing Nga Ara Oranga*



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**Resource  
&  
Information  
Centre**

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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)

## SUPPORTING FAMILIES WAIRARAPA

### Resource & Information Centre

Our Resource Information and Support Centre is a welcoming place where you can access a wide range of information including information on:

- Mental health, illness and related disorders
- Internet access to mental health information and to update c.v.'s, apply online etc
- Social service agencies in the Wairarapa region
- Videos/DVD's on mental health with comfortable viewing facilities on site
- Access to government services information
- Access to educational and training course information
- Facilities for students doing mental health research or studies
- Information on legal issues, human rights and privacy, health and disability

Information in Te Reo and some Pacific Island languages

**BOOKS CAN BE BORROWED FROM THE RESOURCE CENTRE**

**OPEN MONDAY TO FRIDAY**

**10.00AM TO 3.00PM**

## The Centre is:

- Operated by a pool of volunteers
- Open to all

### VOLUNTEER PROGRAMMES

Do you have experience of mental illness and want to be more involved in your community or do you want to step back into the workforce?

Our volunteer programme:

- Supports you to develop confidence
- Supports personal development
- Offers a variety of learning opportunities

### PEER TO PEER SUPPORT GROUPS

Groups for men and women where you help yourself to get things back on track by learning to:

- Build self esteem, assertiveness
- Identify and develop coping skills
- Change negative thoughts to positive ones

### MEMBERS AND FRIENDS

Meet new people, make new friends. This group meets the second Wednesday of each month at Supporting Families at 10am for a shared morning tea. All welcome.