



WHANGANUI DISTRICT HEALTH BOARD MENTAL HEALTH AND ADDICTION SERVICE

Te Awhina

Te Awhina is an acute mental health inpatient unit that provides short term intensive specialist treatment and care to people with the highest level of need. Te Awhina then works closely with the community teams to support people to return to their lives in the community as soon as possible. Phone: **(06) 348 1234**

ICAMHAS

ICAMHAS works in partnership with the infants, children and young people and their family / whanau to provide specialist treatment and a range of therapy to support wellness and healthy futures. Phone: **(06) 348 1901**

SUPP

The SUPP team provides a range of interventions in partnership with health and education providers to reduce the harm caused by alcohol and other drugs for young people.

Phone: **(06) 348 1901** or Check us out on Facebook page at **facebook.com/SUPPWhanganui**

CMH&AS

CMH&AS provide high level specialist stepped care utilising a range of therapeutic options delivered by a multidisciplinary team to support people and their families to live well.

Stanford House

Stanford House's focus is on recovery and rehabilitation, providing tangata whaiora with the opportunity to learn new skills, as well as move towards transition and independence in the community.



THIS SERVICE DIRECTORY IS PROUDLY BOUGHT TO YOU BY



Removing Barriers is made up of members from the Mental Health Support Community

Current as of October 2018

Collated by



'Please note that this directory is not necessarily extensive and only contains those services that wanted to be included'

An up-to-date directory of the local Mental Health and Addictions Services in Whanganui Region.



MENTAL HEALTH AND ADDICTIONS

REMOVING BARRIERS

SERVICE DIRECTORY



POLICE

The Police act as the frontline for Mental Health crisis situations. If you, or someone else is experiencing mental distress and you are fearful for theirs or your own safety, please contact 111 immediately.



MENTAL HEALTH ASSESSMENT AND HOME TREATMENT SERVICE

The Mental Health Assessment and Home Treatment Team provide 7-day, 24-hour assessment and short-term treatment services, including home treatment for people experiencing serious mental health problems.

If you have concerns about an individual who you feel may be suffering from serious mental illness, please contact **0800 653 358**

Available: **24 hours, 7 days a week.**



MENTAL HEALTH AND WELLBEING SUPPORT

Mental Health & Wellbeing Support specialises in providing **FREE** and **CONFIDENTIAL** support, information, education, and advocacy to those impacted by the mental health and/or addiction issues, or dementia related disorders of another family/whanau member. We offer a weekly children's group programme and peer support groups.

Support is available by home visits, appointments at our offices, any other suitable location, and via phone. We welcome referrals from all sources, including self-referrals.

Please feel welcome to contact us on **06 345 3301** or call into **210 Wicksteed Street, Wanganui** during office hours Monday – Friday.

Email: office@mhws.co.nz or find us on Facebook.



YOUTH SERVICES TRUST

Youth Services Trust Whanganui (YST) is a registered charitable trust which looks to support the development and prosperity of all youth in Whanganui aged between 14-24 years of age. YST has a doctor and nurse clinic, counsellor, youth worker and works with other service providers to offer youth specific support groups and workshops.

Nurse Clinic – Monday - Friday, 9am to 4.30pm

Appointments with the nurse can be made via texting **022 685 5912** (please include your name so we know who you are or your text may not be answered due to the volume we receive).

Doctor Clinic (appointment only) – Thursday 1.30pm to 4.30pm



FAMILY WORKS

Our vision for Aotearoa New Zealand is to be the best place in the world to grow up – a place where families and whanau truly flourish.

Our services in Whanganui include:

Social Work Counselling and Family Therapy, Parenting Education and Support, Safety Programmes for Adults and Children Who Have Experienced Family Violence Family Dispute Resolution.

Family Works is often able to offer subsidised or even free services. We want to help.

Please contact or come see us:
179 Wicksteed Street, Whanganui
 Phone: **(06) 345-6681**
 Email: familyworks-whanganui@psc.org.nz



TE ORANGANUI MENTAL HEALTH AND ADDICTION SERVICE

Working together to support tangata whai ora believing people can find their strengths and recover, with whānau as the key. Services include:

Mental Health: supporting and working with people with mental health needs.

Alcohol and other Drugs: supporting people who are wanting to change their substance use.

Alcohol and Other Drugs Programme: A six week programme where tangata whai ora support each other and learn about the effects substances are having on their lives.

Day Activity: A Monday to Friday programme for tangata whai ora encouraging new skills and experiences in the community.

Rangatahi Service: A team focusing on rangatahi with mental health needs and wanting to change their substance use.

Residential Recovery Service: A service for tangata whai ora needing residential support during social detoxification, while on the AoD programme or for mental health recovery. For all enquiries please phone: **06 349 0007**



BALANCE AOTEAROA

Balance Aotearoa Mental Health and Addiction Peer Support workers uphold the values that include creating opportunities to build mutually responsible and supportive relationships and offering people and their supporter's new ways to think about help with mental health and addiction issues.

Contact: Room 120, 1st floor Community House, **60 Ridgway Street, Whanganui.**
 Phone: **06 345 4488**
 Email: info@balancewhanganui.org.nz