

## OTHER SERVICES

### 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 assertiveness
- Identify and develop coping skills

### 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 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)



Supporting Families Wairarapa

*Awhi Whanau O Wairarapa*

*Pathways to wellbeing Nga Ara Oranga*



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## Vocational Services

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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)

## VOCATIONAL SERVICES

Supporting Families Wairarapa Vocational Services can help you to:

- Access employment
- Access further education and training
- Access community activities
- Transition for ORS funded students

## WHO CAN USE OUR SERVICE

Any person who has experienced disability and/or mental health issues. Self referrals are welcome.

## HOW WE HELP

- By developing an individual plan based on your needs and goals and working with you to achieve your goals
- Developing or updating a curriculum vitae (CV)
- By supporting you into employment, voluntary work or social/sporting activities
- By supporting you to further education or training
- On site computer for you to work on your C.V., access employment sites and information, apply on line and upgrade your computer skills.

## HELP TO ACCESS THE FOLLOWING:

- Paid employment
- Voluntary Work
- Employment Workshops
- Further Education
- Training Programmes
- Careers Information
- Job Vacancies
- Community Service
- Worksites Via Internet
- Sports
- Social and Recreational Clubs

