

## ANY DOOR IS THE RIGHT DOOR

The first step can be as simple as reaching out and connecting. Whether it's you or someone you know with a concern any of the organisations included in this brochure will help. And if they can't, they will find the right place for you.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

### Other Services That Offer Support:

Wairarapa Free Budget Advice	06 377 0017
Compass Health Primary Mental Health Service	06 370 8055
Changeability:	
Counselling Services	06 377 5716
Family Violence Services	06 377 0933
Women's Centre	06 378 2453
Women's Refuge	06 377 1717

### Websites / Phone Lines That Are Good:

<b>Youthline:</b>	0800 376 633
Free text 234	<a href="http://www.youthline.co.nz">www.youthline.co.nz</a>
<b>Depression Helpline:</b>	0800 111 757
	<a href="http://www.depression.org.nz">www.depression.org.nz</a>
<b>The Lowdown</b>	Free Text 5626
	<a href="http://www.thelowdown.org.nz">www.thelowdown.org.nz</a>
<b>LifeLine:</b>	0800 LIFELINE
	<a href="http://www.lifeline.org.nz">www.lifeline.org.nz</a>
<b>KidsLine</b>	0800 KIDSLINE
	<a href="http://www.kidsline.org.nz">www.kidsline.org.nz</a>
<b>Mental Health Foundation</b>	
	<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>
<b>Family Violence</b>	0800 456 450
<b>Mental Health and Addictions</b>	
	<a href="http://www.mhaid.health.nz">www.mhaid.health.nz</a>

## Wairarapa Mental Health and Addiction Services

**If you are concerned about your own, or someone else's mental health, alcohol or drug use, or gambling you can:**

- ☞ Contact your GP
- ☞ Phone one of the services in this brochure for advice or referral
- ☞ Or your family or whānau or a friend can phone or go with you to the service

## Primary Care — GPs and Practice Nurses

Screening, assessment and treatment for mild to moderate mental health and/or addiction issues can be accessed through your GP or Practice Nurse. Primary Mental Health Nurses run clinics in most GP practices, offering an increased level of individual support and improved access to services. Compass Health Primary Mental Health Service: 06 370 8055

## Child and Adolescent Mental Health Services - Te R.A.M.A.

Phone: 06 946 9808 Freephone: 24hr 0508 432 432  
Level 2, 49-51 Lincoln Road, Masterton

- Provides mental health information, assessment, treatment and support options for children/tamariki and young people/rangatahi aged 0 – 18yrs and their whānau
- Clinical consult/liaison for Primary Care, schools, local services, and parents

## Te Hauora Rūnanga O Wairarapa

Freephone: 0800 666 744  
15 Victoria Street, Masterton

### Kaupapa Māori & Whānau Centered

We provide for Individuals & in Groups:

- Mental Health Support Services
- Drug and Alcohol Clinical Assessment, Treatment & Support Service
- Koroua and Kuia Support
- Mirimiri and Rongoā Rākau
- Cultural support including te reo, waiata, whakapapa
- Family Safety Services
- Parenting Life Skills/ Peer Support/ Youth Development Support
- Whānau Ora Navigation Services
- Ka Rewa Youth Resilience Programmes
- Maara Kai

## Supporting Families Wairarapa

Phone: 06 377 3081

323 Queen Street, Masterton

Support for family/whānau/friends who care for someone with a mental health or addiction issue with education, information and advocacy

- Supporting people with experience of mental illness or other disability into employment, further education and community participation
- Resource Centre open between 10am and 3pm Mon to Friday. Come in and connect.

## King Street Artworks

Help Yourself to the Healing Power of Art

16 Queen Street, Masterton. Phone: 06 378 9777

Providing a FREE creative space for people who use, or have used mental health services and for their whānau and friends and for the whole community

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

## Oasis Network Inc

Contact Peer Advocate: Ngaru Reid

Mobile: 027 4604796 Phone: 06 929 0961

Email: [advocate03@oasisnetwork.org.nz](mailto:advocate03@oasisnetwork.org.nz)

### Peer Advocacy

- Support you to uphold your rights when you access services and entitlements and or make complaints.
- Work alongside you with health services, ACC, Work & Income, housing issues etc.
- Speak on your behalf if you request us to.

### Self Advocacy Groups

Group activities that support clients toward their recovery. Art Journaling, Creative self, Healthy Self

## Pathways — Addictions & Mental Health Support Services

Freephone: 0800 208 4278 or 06 370 6101

Departmental Building, 31 Chapel St., Masterton

### Mental Health Support Team

We support people with experience of mental illness and addictions to live well in the communities of their choice. Our MH Support team provide:

- Mobile Community Support
- Transitional Residential Services

### Addictions Team

Our qualified staff offer confidential, free and recovery focused services for individuals, family/whānau and groups. Our services include:

- Alcohol and other drug assessment and counselling—one-on-one & group
- Education sessions—for school, tertiary institutions, community groups and families
- Specialist support and referral
- Opioid Substitution programme
- Managed Withdrawal (Detox) clinical support for withdrawal with options for short term residential support.

## Adult Mental Health Services

Freephone: 24 hours - 0508 432 432

Hospital Campus, Te Ore Ore Road, Masterton

- Provides mental health information, assessment, treatment and support options for people over 18 years and their whānau
- 24/7 Mental health crisis response
- Clinical consult liaison for Hospital, Primary Care, and local agencies/services