

ABOUT US.

Te Whare Whaa Rau Ma Tahī is a Mental Health & Addiction Intentional Peer Support Service.

All of our staff are part of Mātau ā-wheako work force. Mātau ā-wheako refers to Lived Experience in all its diverse forms.

Through our work we hold, support and nurture hope and personal power for people who are experiencing mental health and addiction needs and work with them towards lives that have meaning and value to them.

*Intentional Peer support
Kaimahi
work alongside individuals
and groups of people who
experience addiction and/or
mental health challenges, to
help restore their hope and
personal power and inspire
them to move forward with
their lives.*



**Mental Health & Addictions
Intentional Peer Support
Service**

Community Response

FOR FURTHER INFORMATION ON
OUR COMMUNITY RESPONSE TEAM
PLEASE CONTACT OUR COMMUNITY
RESPONSE COORDINATOR
LILIANNA ROHAN:

☎ (07) 838 0199
✉ lilianna@centre401.co.nz
📍 306 Tristram St,
Hamilton Central



No referrals required

9AM - 4PM MONDAY - THURSDAY
9AM - 3PM FRIDAY



**TE WHARE WHAA RAU MA TAHI
Centre 401 Trust**

OUR SERVICE

Te Whare Whaa Rau Ma Tahī, Centre 401 Trust are please to announce a new and innovative service:

We will be offering community based supports to

- Individuals who have barriers accessing support due to physical health
- Individuals who have been impacted by Covid-19
- Individuals who are housebound or isolated due to physical and/or mental health struggles

This support includes:

- Providing practical care and information packages
 - Ensuring access to medical care and support
 - Providing manaakitanga, tautoko and nga korero (care, support and information) to those with mental distress.
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Self-care is not selfish

*It's not whether you get knocked down;
it's whether you get up.*

*“Though no one can go back and make a brand-new start,
anyone can start from now and make a brand-new ending.”*

Our workforce is a workforce of courage and generosity. It takes courage and strength to own your lived experiences and be “out” in a world that still sees us as different, potentially dangerous, and as lesser people or stereotypes. It takes courage to say NO, this is not right, and push to inform, challenge, and change our world. Most of all it takes generosity to turn our hard-won experiences into positive opportunities for people like us, and to support services and organisations to be most effective and responsive to the people they serve.

COMMUNITY

We are also offering Support Packages to local Community Services which include:

- *Providing existing Peer-Based workshops and programs to local community services and agencies*
 - *Providing group education and support for staff around Recovery and Intentional Peer Support Methods*
 - *Providing One on One or group education and support to members of the community*
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