

Centre 401 Trust was established in 1990 and is the only consumer led mental health service in Kirikiriroa.

We have a small but dedicated team that all share the lived experience of mental illness and have overcome their own challenges to reach and maintain recovery

Let us support you in your own journey towards good mental health and holistic wellbeing via....

ONE ON ONE SUPPORT

ADVOCACY

EDUCATION

CREATIVITY

centre401.co.nz

**YOU CAN ACCESS
FURTHER INFORMATION
ABOUT ALL OUR SERVICES
VIA OUR WEBSITE**

**BE KIND TO YOUR
MIND**



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

INTENTIONAL PEER SUPPORT TEAM



CONTACT US



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**Lets Work Together Towards
Good Mental Health**

WHAT IS INTENTIONAL PEER SUPPORT?

Intentional Peer Support (IPS) is a relationship based model that builds upon the existing philosophies of traditional peer support where strength, healing and recovery lies within the power of the shared lived experience.

While we all have our own unique stories, our team have all traversed the journey from unwellness to positive holistic well being and utilise their experiences to assist others within their own recovery.

The IPS team are also skilled workers who all hold relevant qualifications and receive ongoing training to be able to provide the best services possible. IPS services are overseen by our Practice Manager who has over 30 years of experience within the social services as a counselor and social worker.

Via the shared experience IPS aims to build positive reciprocal relationships that will assist you to see things from new perspectives, develop a greater awareness of your needs, and provide knowledge, tools and skills to decrease distress and reach and sustain recovery.

IPS also promotes autonomy and independence, providing support and encouragement for you to become the leader in your own wellness journey.

HOW CAN WE HELP?

ONE ON ONE SUPPORT

Once you sign up with Centre 401 you can access any of the free services we provide, this includes the option to be matched with an IPS worker who will walk along side you to overcome challenges and meet goals, and provide invaluable support and guidance to decrease distress and assist you into recovery. This can be at our centrally located office, in your own home or any place of your choosing.

GROUP WORK

The IPS team also run several recovery based groups this includes:

- Anxiety and Depression (managing and decreasing the effects of anxiety and depression)
- State of Mind (managing and decreasing the effects of auditory, visual and other unique sensory experiences)
- School of Emotions (skills and tools to best regulate emotions)
- Change Challenge (a 10 week program that supports participants to make positive and sustainable life changes)

- The Men's Walk (a 10 week group program designed specifically for men, learn what it means to be a man in a supportive environment of brotherhood and gain tools, skills and knowledge to be the best man, partner, father, son, brother and person you can be.

UPCOMING 2025 GROUPS

- DBT for Life (a Dialectical Behavioural Therapy programme that assists participants to understand, accept and successfully manage strong emotion and learn skills and tools to make positive and sustainable life changes)
- Peer Pride (an 8 week education and support programme for members of the Rainbow Community)

ADVOCACY

We provide advocacy and support to assist you in your dealings with services such as your GP, Health NZ, Work and Income, Community Mental Health and other individuals and organisations

RAINBOW SUPPORT

Education and Support Services for the LGBTQI+ Community

