



Evidence shows that families who have the support & information they need for themselves, can make a real difference to the recovery of a family member affected by mental illness.

We're here for you.

Cultural Support:

You are welcome to bring whanau or family to support you. If you wish to have a kaumatua or kai awhina present when you meet us we will help to facilitate this.



Contact Your Regional Office:

Ph: 06 757 9300

Fax: 06 757 3670

Email: manager@sftaranaki.org.nz

Website: www.supportingfamilies.org.nz/

PO Box 8291, Central
3rd Floor Brougham House
50 Devon Street West,
New Plymouth 4342
Taranaki

Opening Hours 8:30am – 5pm
Monday – Friday

Mental Health Crisis Assessment
Team 0508 2777 478

In event of Medical Emergency
call 111

A Free
Support Service for
Families & Whanau
Supporting Someone
Affected By
Mental Illness



Is someone you love affected by mental illness?

In any given year one in five New Zealanders will experience some form of mental illness.

Everyone in a family can be affected when someone has a mental illness.

It is important that everyone in the family has help to look after their own wellbeing, in order to support someone else.

We're here for you.

Parents, partners, siblings, children and friends can all have different questions about what is happening, and need different kinds of support and information.

Our services are:

- * Free
- * Mobile
- * Independent
- * Confidential

We are here to provide information about mental illness, and help family and whanau safely navigate their way through mental health services to get the help they need.

Getting the support you need couldn't be easier, just give us a call.

Our services are free, and we can arrange a time and place to meet that suits you. We can offer help with understanding mental illness, and how it can be treated. We can help with contacting mental health services, preparing for meetings, and ensuring your views are heard.

You Choose What's Best For You.

Our services include:

- * Individual and/or family meetings
- * Family Support Groups
- * Advocacy

