Yellow Brick Road

Te Wahapūahoaho

Supporting families towards mental wellbeing



Welcome to Yellow Brick Road

Do you have a family or whānau member who is experiencing mental health challenges or mental illness?

Are you finding it difficult to know how to support them and how to manage your own feelings, stress and challenges?

At Yellow Brick Road, we understand your situation and can support you.



Who is Yellow Brick Road?

We are a charity that supports families and whānau who are supporting a family member with mental health challenges.

That's where we are different to other mental health sector providers – we focus on your wellbeing. We don't provide services to your family member who's experiencing mental health challenges.

We believe that supporting you to find the best solutions for your family or whānau leads to better outcomes for everyone.

We have nearly 50 years of experience working to support families in Aotearoa New Zealand.

How we can help

Ka haruru te tapuwae ki te marae, ka ea, ka ea

The sharing of both joy and anguish with whānau is healing and heartening

As family and whānau, you are often best placed to support your family member who's experiencing mental health challenges.



But this can be hard and you will need support while on that journey.

That's where we come in.

When you come to us for support, you will get your own support worker who will help you find solutions and work alongside you as you navigate your family or whānau member's mental health challenges. Sometimes our support workers have their own experience of a family or whānau member having mental illness or challenges which can help enrich the experience for you.

Our support is personalised to your needs and includes:

- One-on-one support.
- Support groups where you can meet others with similar experiences.
- Providing education and information about mental health and how to support others.
- Help navigating the mental health sector and advising how to access other kinds of services you and your family or whānau might need.
- Helping you have a voice and advocating for your family or whānau member.
- Programmes designed to support young people, tamariki and rangatahi in your family or whānau.
- Other educational and practical programmes.

How we work

We provide safe, non-judgemental opportunities for you to share your story and solve the problems and issues you face, with the help of a qualified support worker. We help you find ways to look after yourself so that you can better look after others. We suggest ways for you to manage on a daily basis, use self-care techniques, build resilience, as well as some other proven techniques.

Our work is evidence-based so you can be sure we are only providing services that are tried and tested as being effective.

We recognise it is important to align what we do with the beliefs and values of all people we support, from many different cultures as this is such a large part of family/whānau wellbeing. We uphold Te Tiriti O Waitangi, value Mātauranga Māori and draw on Te Whare Tapa Whā – a holistic model of wellbeing that underpins much of the work we do.

How to get our help

We have a number of locations across Aotearoa New Zealand.

Accessing Yellow Brick Road is easy and all our services are free and confidential.

Families and whānau can get in touch with us directly (self-refer) or other services can refer you to us with your consent. Your family or whānau member does not need a diagnosis or to be receiving mental health services.

Contact Us:

0800 732 825

referrals@yellowbrickroad.org.nz

yellowbrickroad.org.nz

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