

**It takes each of us to make a difference for all of us.**

**It's whānau ora, and it is the foundation that inspires every aspect of our work.**

We're Yellow Brick Road, a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

We will walk alongside any family in New Zealand who needs support, knowledge, advocacy and empowerment as their loved one journeys towards mental wellbeing.

If you are concerned about a family member, we can help you.

## Contact us to find out more

Our services are free and confidential. Contact us today to find out more.

[www.yellowbrickroad.org.nz](http://www.yellowbrickroad.org.nz)

### Nelson Office

03 546 6090

### Where to get help

#### National Helpline

24/7 Need to Talk: 1737  
(free call or text any time)

#### Lifeline NZ

24/7 Helpline: 0800 LIFELINE (0800 54 33 54)  
or free text HELP (4357)

#### Suicide Crisis Helpline

0508 TAUTOKO (0508 82 88 65)

#### Nelson - Tasman Community Assessment Team (CAT)

0800 776 364 – Press 2

## A guide to our services in Nelson



[yellowbrickroad.org.nz](http://yellowbrickroad.org.nz)

## How Supporting Families NZ can help you

Every day we set out to ensure families feel listened to, supported, equipped and ultimately confident to overcome the challenges they face. Positive change is our singular focus.

We're not just in the business of building resilience. We actively walk alongside the people we support, through all their challenges till the wellbeing of their whānau is restored.

You can have your own personal whānau support worker who will walk alongside you for as long as you need.

Our support workers are highly qualified and experienced. Some have lived experience of their own or their family members mental health challenges.

We can provide a range of **support, information, education and advocacy services** for your whānau, including:

- 1-on-1 and group support sessions
- Innovative educational programmes for adults, tamariki and rangatahi; covering a range of mental health and wellbeing topics.
- Advocacy, for when you find it difficult to access the services your whānau needs.
- Family peer support groups.
- Suicidal distress & postvention support.

We can teach you how to support your mental wellbeing and lower your stress levels, with self-care and mindfulness techniques, validation skills, communication skills and more.

All of which will help you cope better with the demands of supporting a loved one with mental health challenges.

We can also create an action plan to help you and your loved one throughout their recovery journey. We have books, articles and information about locally available services to support you.

## We respect all cultures

Our support is tailored for each individual via a myriad of different choices. We can include aspects of your culture that are important to you, such as tikanga Māori and Māori models of wellbeing.

As well as supporting people at a deeply personal level, we work with our communities to meet changing and challenging needs. Collaborating with local Iwi providers is an important part of this.



## Our services are suitable for all whānau members

The services we provide are suitable for different age ranges, including tamariki, rangatahi, adults and older people.

We provide a range of services nationally, including women-specific support, a youth growth programme and a suicide bereavement service.

We want our support to help inspire people and communities to start their journey towards mental wellbeing.

## You can access our services nationwide

Our regional branches in the North and South Island allow us to reach a broad range of communities with our services.

We also provide online services including wellbeing webinars, group support and self-development programmes.

You can also find a range of support materials and resources on our website.