



NDHB Mental Health & Addictions Service
Whanau, Family & Friends Support Group

The Alcohol & Drug Service is offering a support group for whanau, family & friends who have a loved one with substance abuse/dependence issue; with or without a co-existing mental health issue.

When/Where

The group is held on a Monday afternoon from 4 to 5.30pm to enable people either working or looking after children to access this support.

First session is September 10th, 2012.

Address: 5 Three Mile Bush Road, Kamo, Whangarei

What:

This will be an open group with people being able to start and join at any point

Each session will provide an opportunity for participants to share their experience and learn from others.

The sessions are also structured to provide information /education with the capacity to have invited guest speakers able also to address group concerns and questions.

Feedback from previous participants has been positive.

People have realised that they are not alone in experiencing the stress and dilemma of being in relationship with whanau who have substance use/addiction issues

Participants have also described that it has been useful to hear from other members that things can get better, that they are not alone in their experience as a caregiver & the need for self care

Any person who has a whanau, family, friend dealing with an addiction, with or without a co-existing mental health issue is welcome to join the group.

Tea and Coffee is provided.

How to refer:

Participants can be referred to the facilitators by health or other service providers.

There is no requirement for any assessment information to be forwarded to the facilitators – unless the client consents.

Participants may also self refer by phoning the service direct with their name and contact number and consent to be contacted. Please see contact details below

In either case one of the facilitators will make phone contact prior to joining the group to identify whether there are any further issues requiring support

If you would like more information from us or advice on how to approach whanau, family with these concerns please call the facilitators.

Steve Staunton

Alex Jones

(09) 470 2706

Community Mental Health and Addiction Services

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