

**ATAREIRA IS WHEN THE DAWN
OF A NEW DAY IS ABOUT TO
BREAK THROUGH...
...IT IS A TIME OF HOPE, PROMISE
AND PREPARATION**

Established in 1979
as Schizophrenia Fellowship
Wellington Branch,
Atareira is an incorporated Society
and registered charity affiliated to
Supporting Families in Mental Illness,
New Zealand

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Family Whanau Support Service



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**Is someone you
know affected by
mental health and
addiction issues?**



When a member of your family or whanau is mentally unwell everyone is affected.

Evidence shows that families and whanau who have **support and information** for themselves can make a real difference to the recovery of a family member experiencing mental health and addiction issues.

Our service provides

- Face to face and telephone contact for family and whanau members together or individually
- Information and resource material about illness, treatment options and what you can do
- Education Groups
- Support Groups
- Liaison with Mental Health & Addiction Services
- Advocacy with clinical services, community and government agencies
- Children's Programmes
- Self care strategies
- A resource library for your use

Partners, parents, siblings, children, friends and colleagues may all have questions about what is happening and need different kinds of support and information.

Our services are

- Responsive – we will contact you within two working days
- Recovery focused
- Confidential
- Mobile
- Free

Our team will assist your family and whanau to navigate their way through illness, services and agencies to get the help they need in a culturally sensitive manner.