

Family/ Whānau Support Services

Waitemata District

**ARE YOU NEEDING SUPPORT?**

We are a **free service** that focuses on supporting family/ whānau who have a loved one experiencing mental health distress.

At Emerge Aotearoa, we understand the important roles family/whānau can have in the recovery of their loved one.

**OUR FREE SERVICE PROVIDES**

 **SUPPORT**

On your health & wellbeing,

How to best care and support your loved one with mental health distress.

**INFORMATION/ EDUCATION**

To have a better understanding of mental health illnesses, services and supports.

 **ADVOCACY**

To empower family/whānau to confidently navigate mental health services.

Family/whānau Support Worker

Martina Gifford
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