

better together...



Community Support Work Service – Mainstream

Partnerships in dreams together



Community Support Work is a support service for people experiencing mental illness. Both Mainstream and Asian services are provided by trained Support Workers. Please refer to the Community Support Work Asian brochure for further information on our Asian Service.

Support Workers use a people centred approach. We use the tools of Professor Charles Rapp's Strengths Model, Professor Mason Durie's Te Whare Tapa Wha and Mary Ellen Copeland's Wellness Recovery Action Planning (W.R.A.P.) in order to attain self-directed goals and dreams.

Support Workers assist individuals to identify their strengths and maximise their potential in their community. The Support Worker works with individuals to access essential resources within their community to increase their opportunities and choices.

Support Workers work closely with an individual's clinical key worker and or whānau or family where appropriate.

Recovery, hope and an improved quality of life are more likely to occur when services and people who use them, work together.

WHAT DO WE OFFER

- The Community Support Work (CSW) Service provides support for people experiencing mental health issues.
- Community support work offers a responsive and culturally sensitive service.
- A culturally appropriate and holistic service by engaging in positive relationships with clinical teams, the community and whanau or family.
- The CSW service is inclusive and available across the Central and South Auckland regions.

HOW TO ACCESS THIS SERVICE

Anyone over the age of 18 who has a mental health diagnosis, such as

- Schizophrenia;
- Bipolar disorder;
- Depression; or
- Anxiety disorders.

People can access this service provided they have a current clinical key worker and meet minimum criteria.

Almost anyone can make a referral to use this service. This could include self, family or whānau, GP, nurse, counsellor or psychiatrist.

If you would like further information, please contact the Community Support Work Team on 526 0320.