

After your referral

After your referral is accepted, a clinician will contact you to arrange an appointment.

We welcome and encourage the involvement and participation of your family / or other important people to appointments.

If English is your second language we can arrange an interpreter, please let us know before your first appointment.

Maaori or Pacific Island cultural support is available to attend appointments with you.

Your Rights

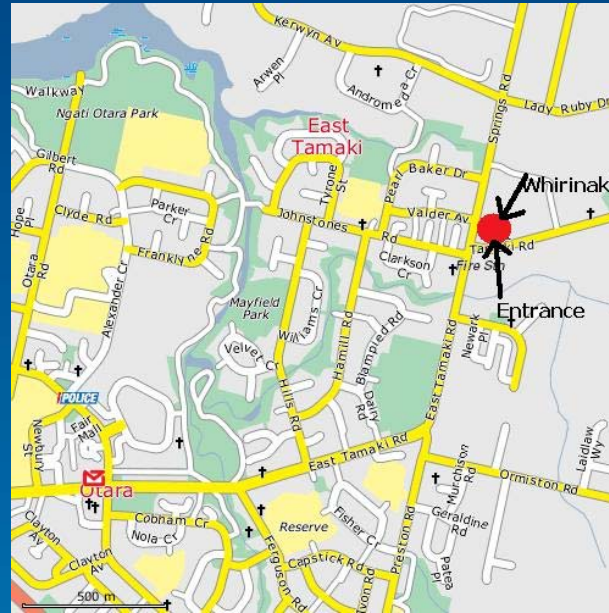
When you use health services you are protected by a number of rights. These are explained in full in 'The Code of Health & Disability Services Consumers' Rights' which applies to all health services and disability support services in New Zealand. These rights include:

- Respect and Privacy
- Fair treatment
- Dignity and independence
- Appropriate Standards
- Effective Communication
- Information
- Choice and Consent
- Support
- Rights during teaching and Research
- To have your complaints taken seriously

If you feel we have not respected your rights you may take your concern or complaint to the Team Manager or Service Manager or make a complaint to:

The Health & Disability Commissioner
Telephone 09 373 1060 or 0800 11 22 33

Our location



Plenty of parking available on site



7 Springs Road, East Tamaki
(Entrance on East Tamaki Road)
PO B ox 217198, Botany Junction,
Auckland 2164
Phone: 09 265 4000 | Fax: 09 265 4199
Email: Whirinaki@middlemore.co.nz



www.countiesmanukau.health.nz



Whirinaki



Child, Family & Youth Mental Health Services

Mental Health

Our Team

Includes experienced mental health professionals skilled in working with young people with mental health issues.

- Social Workers
- Clinical Psychologists
- Child & Adolescent Psychiatrists
- Developmental Paediatricians
- Child & Family Therapists
- Nurses
- Occupational Therapists
- Cultural Advisors
- Youth Consumer Advisor
- Peer Support Specialists
- Alcohol & Other Drug Clinicians
- Youth Health Doctors
- Eating Disorder Liaison Clinicians

Eligibility

- Children and young people experiencing significant behavioural/psychological problems and emotional distress which cannot be managed within local community resources.
- Live most of the week in Counties Manukau area, including staying at boarding school
- New Zealand resident. (Some non-New Zealand residents are eligible for publicly funded healthcare.)

What we do

Our core services include:

- Infant Mental Health Whakatupu Ora (children under the age of 4 years) and Maternal Mental Health.
- Child & Youth Mental Health (up to age of 18 years)
- Early Psychosis Intervention Team (EPIT) (16-30 year of age)

We see clients on site as well as at a number of satellite clinics, at schools, community venues and at home.

Next steps

After the assessment you/your child may be offered a range of treatments and/or interventions including:

- Family therapy
- Play therapy
- Therapeutic Story Telling Intervention (TSI)
- Individual therapy
- Cognitive Behaviour Therapy (CBT)
- Medication
- Family & Parenting Support Groups
- Dialectical Behaviour Therapy (DBT)
- Group Work (Dealing with Distress)

Referral Process

Referrals are received from health professionals, schools, Child, Youth & Family Services (CYFS), police, community services and NGO providers.

Presenting issues could include:

- Low mood
- Anxiety
- Suicidal preoccupation and self-harm
- Disruptive behaviour including aggression, hyperactivity and attention problems
- Psychosis
- Eating Disorders
- Aggressive behaviour associated with emotional distress
- Marked withdrawal or isolation
- Chronic school refusal
- ASD Spectrum

