



# Pathways

Creating mental health and wellbeing opportunities that enable people to live their dreams and flourish.

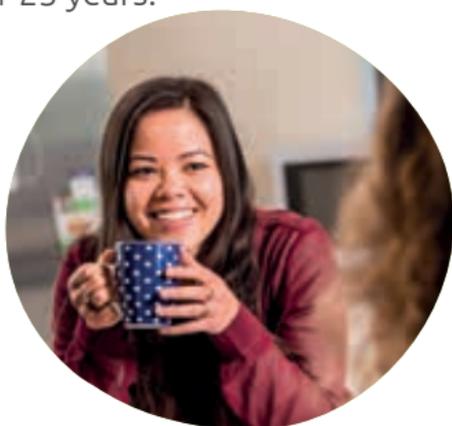


## A little about us

Pathways is a leading national provider of community-based mental health, addiction and wellbeing services.

We're passionate about supporting people with experience of mental illness and addiction to live well in the community of their choice – we've been dedicated to it for over 25 years.

We provide a range of community-based support services around practical daily living, living a healthy life, employment and housing.



## People helping people

Pathways exists solely to support the people we serve and we're committed to doing our very best for them. Our team is made up of a dedicated group of support workers, youth workers and health professionals, supported by our administration staff and leadership team.

Some of our teams include peer support specialists – people who have had specialist training in how to use their own experience of mental illness to help others on their recovery journey.



*“Hope and respect  
are at the heart of  
everything we do.”*



## Pathways services

Pathways provides a range of services around New Zealand. Please contact your regional office to find out what services are available in your location.



### **Mobile wellbeing support**

Our support staff travel to people's homes to meet with them and provide regular support. The mobile service provides flexible, responsive support based on people's needs, to help them live well independently.



### **Wellbeing respite**

Pathways' wellbeing respites offer welcoming, home-like environments where people can have a short break when they need it, to rest and focus completely on their wellbeing.



### **Addiction and recovery services**

Pathways provides a range of addiction and recovery services including counselling, group programmes, managed withdrawal and opioid substitution treatment.



### **Residential based recovery**

Our residential based recovery services provide accommodation based in the community, with staff on-site to provide support during the day and night. Usually groups of units, our residential services provide a home and support for as long as people need it. Our goal is to support people towards living independently in the community.



### **Wellbeing programmes**

Pathways' activity and learning-based day programmes are designed to help people develop skills to manage their own wellbeing and connect with their community. These programmes provide the environment and the support for people to feel safe, relaxed and open to new experiences.



### **Youth services – Real**

We provide a range of services to young people through our youth brand Real – helping young people build resilience, confidence and wellbeing.

# What's important to us?

## **Recovery, hope and respect**

We genuinely believe everyone can recover and we support them in their recovery with hope and respect.

## **Strengths focus**

We focus on supporting people to develop their strengths rather than focusing on their problems or diagnoses.

## **Total wellbeing**

Mental health is our priority, but total wellbeing is our goal, so we support people to live well in all areas of their life.

## **Recognising trauma**

We're committed to recognising the impacts trauma may have had on people and doing everything we can to help them avoid further trauma.

## **The importance of a home, a job and being connected**

Having a home, and a job if people want to work, are important to people's recovery. We work with other organisations if people need help finding a home, a job or further support.

# Accessing our services

Referrals to Pathways services are generally made through doctors or district health board community mental health teams.

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## Contact us

If you have any questions about Pathways please don't hesitate to contact us.

### **Pathways National Office**

Physical address:

Level 2, 181 Thorndon Quay,  
Pipitea, Wellington 6011

Postal address:

PO Box 7443, Newtown, Wellington 6242

04 473 9009

[contactus@pathways.co.nz](mailto:contactus@pathways.co.nz)

[www.pathways.co.nz](http://www.pathways.co.nz)

### **Regional Offices**

Contact details for our regional offices are listed on our website.



Part of the Wise Group.