

## Contacts:

Phone (07) 577 1457

You can speak to any staff member to discuss, or make, a referral.

## Address:

Historic Village.  
17th Avenue West.  
Tauranga.

P.O. Box 15244,  
Tauranga.



# FAMILY LINK

Support, Education and Advocacy  
Service for families and whanau  
of people experiencing mental  
unwellness and / or addictions

## Family and Whanau feedback on Family Link Services

- ◆ Enlightening. Supportive. Strategies. Discussion.
- ◆ *I find we communicate a lot more now than we used to.*
- ◆ *Taking a step away from the issues then reassessing them with the knowledge I have gained from the staff has allowed me to regain a lot of my life and regain some of my relationship with my daughter*
- ◆ *They have initiated change – changes in behaviors that have been habitual.*
- ◆ *Most definitely helpful. I would often feel we were the only parents who were going through this turmoil*

**Family Link Trustees and Staff wish to warmly acknowledge, and thank, the organisations who have funded us:**

- ◆ Bay of Plenty District Health Board
- ◆ Acorn Foundation
- ◆ COGS
- ◆ Department of Internal Affairs
- ◆ Farmers Autovillage
- ◆ TECT
- ◆ Pub Charities



[Familylink.co.nz](http://Familylink.co.nz)

## What We Do



- Face to face and / or telephone support
- Information about mental unwellness and addictions and treatment options
- Understanding family dynamics
- Encouragement and support to develop coping and care strategies
- Liaison with Mental Health and Addiction services and Community Services
- Advocacy with all services and agencies
- Family and whanau support groups
- **Family Connections program** - an educational program for family and whanau who have a loved one experiencing Borderline Personality Disorder (BPD). Sometimes called emotional dysregulation
- Free library

## Family and Whanau Support



Family and Whanau need access to services that enhance their wellbeing. We recognize and build on the resilience of family and whanau, understanding and affirming their experience of supporting someone with mental unwellness and / or addiction

We provide information, advocacy, education and support for family and whanau.

### Our Service is:

- Free to use
- Recovery focused
- Available to people over the age of 18
- Welcoming to all cultures
- Respectful of your privacy
- Mobile

## Supporting Parents Healthy Children



### How does it work?

We provide individual education and support to children and youth aged between 7 and 17

We also have education groups during the school holidays including fun activities!!

### What does Support Zone involve?

- Building resilience
- Interactive learning
- Understanding and empathy
- Understanding about mental unwellness and addiction
- Learning coping strategies
- Providing our service during school hours in school, or after school at home
- Individual support