

About Emerge Aotearoa

Emerge Aotearoa provides a wide range of community-based mental health, addiction, disability support, peer, employment, offender rehabilitation and housing services throughout New Zealand. Our wide range of recovery and rehabilitation services are designed to empower people and support them to reach their full potential. Our mahi is all about strengthening whānau so communities can thrive.

Formed in 2015 as the result of a merger between two other well-established organisations, we help people from all walks of life to reach their full potential by supporting them to improve their individual and family/whānau wellbeing. We embrace diversity and our work reflects this.

We operate in most geographic areas across New Zealand from Kaitiāia to Invercargill, employ about 1,200 staff and provide accommodation, services, and support to approximately 14,000 people. We are contracted to provide mental health, addiction, disability, offender rehabilitation and wellbeing services and have a housing portfolio that provides stable accommodation to people in a range of different situations.

As a non-governmental organisation (NGO) we prioritise people over profit, and continuously seek innovative and sustainable solutions. We combine this with professionalism and commitment of the highest quality.

Our focus is on helping people achieve their full potential, supporting individuals and whānau/families, and encouraging communities to embrace all people and their journeys.

In every aspect of our work we are committed to supporting people to live fulfilling lives within their community of choice.

Vision

Tautokohia te mana tangata
Realising potential



Ako
Walking and learning together



Whakawhanaunga
Connecting with purpose



Whakamana
Acting with integrity



Manaaki
Engaging with Respect



EMERGE
Aotearoa

Realising potential ■ Tautokohia te mana tangata

EaseUp

Freephone 0800 432 738 or 0800 4EASEUP
easeup@emergeaotearoa.org.nz
www.emergeaotearoa.org.nz

EaseUp

**Mental Wellbeing
and Alcohol/Drug
Support for Youth**



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Realising potential ■ Tautokohia te mana tangata



Who we are

EaseUp is made up of Peer Support Workers and Clinicians who work in partnership with the young person.

A Peer Support Worker has overcome challenges with their own mental wellbeing and/or alcohol and other drug issues. A Clinician is a qualified health professional, trained in the best ways to support you to achieve your goals.

What to expect

You will always know what is happening - decisions are made with you, rather than for you.

We will:

- Listen to you
- Answer your questions
- Be straight up with you
- Never judge your identity, beliefs, values or choices
- Work together to help create your goals
- Uphold your rights

EaseUp is a free and confidential service. If we feel you or someone you mention are in danger or need more support; we may discuss bringing other services on board to help.

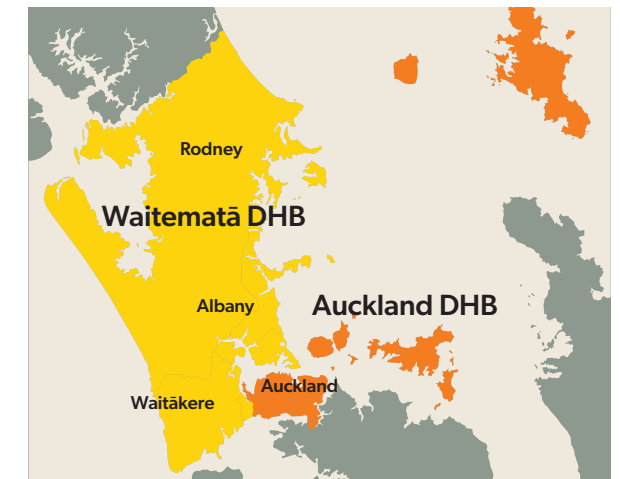
We encourage support people through this journey, such as fanau/whānau/friends. Who you have involved, for which parts and for how long is up to you. However, if you don't want others involved, we will respect this choice.

Who we can support

- Young people aged 12 – 24
- Struggling with their mental wellbeing and/or alcohol and drug use
- Living in Auckland or Waitematā

Or

- as far north as Wellsford,
- as far west as Piha,
- as far east as Tamaki,
- and as far south as Otahuhu



What is EaseUp?

EaseUp is a mobile community-based service that supports youth who are experiencing challenges with their mental wellbeing and/or alcohol and other drug issues.

The service provides holistic support to fit the needs of young person, which is delivered where the young person feels most comfortable e.g. home, local park etc.

The service offers short term brief interventions with the aim of supporting the young person and their family/whānau to manage their own wellbeing.

Young people have the opportunity to create goals - which the service will help them achieve - or they can just give the team a call for a chat.

