

**It takes each of us to make
a difference for all of us.**

**It's whānau ora, and it is the
foundation that inspires every
aspect of our work.**

We're Yellow Brick Road, a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

We will walk alongside any family in New Zealand who needs support, knowledge, advocacy and empowerment as their loved one journeys towards mental wellbeing.

If you are concerned about a family member, we can help you.

Contact us to find out more

Our services are free and confidential.
Contact us today to find out more.

www.yellowbrickroad.org.nz

New Plymouth Office

06 757 9300

Where to get help

National Helpline

24/7 Need to Talk: 1737
(free call or text any time)

Lifeline NZ

24/7 Helpline: 0800 LIFELINE (0800 54 33 54)
or free text HELP (4357)

Suicide Crisis Helpline

0508 TAUTOKO (0508 82 88 65)

Taranaki DHB Assessment & Brief Care Team

06 753 6139 – Ask for the Assessment & Brief
Care Team
Or free phone: 0508 277 478
Overnight: 06 753 6139 – Ask for the Mental
Health Triage Nurse

**A guide to
our services
in Taranaki**



Te Wahapūahoaho



Supporting families
towards mental wellbeing

yellowbrickroad.org.nz