

Te Whare Mahana Trust

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## Child and Adolescent Services

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Our aim is to provide encouragement and support and to provide skills to promote independence and well being



*Mental Health and Well being in Golden Bay*

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## Te Whare Mahana Trust

Welcome to Te Whare Mahana, an independent, Non-Government Organisation (NGO) based in Takaka, Golden Bay.

Started in 1989, it provides a range of community-based mental health services within the Golden Bay region. These include a Community Mental Health Service, an Employment and Vocational service, and a residential DBT Programme. Teams are staffed by trained professionals who are committed to providing best quality services and a genuine, warm and welcoming atmosphere for clients, their families and whanau. Golden Bay is renowned for its strong and supportive community, spirit and beautiful environment, so is an ideal setting for the Trust's services. Te Whare Mahana Trust has strong connections with other service providers and agencies within the area and works closely with Golden Bay Community Hospital and local GP's and the Community Workers.

Te Whare Mahana is rightly recognised today as a key contributor to community health in the region and as a leader in Recovery-focused, mental health service delivery.



## Support Workers can help you

Our Support Workers provide a one-on-one confidential support service for young people and assist with issues that are creating difficulties or obstacles in the young person's life.

Some of the help we provide includes:

- Providing regular contact
- Encouraging independence
- Helping to develop and achieve healthy goals
- Doing a variety of age-appropriate activities such as baking, painting, budgeting.
- Finding out strengths and likes and building on these.
- Assist with problem solving
- Confidence building

## Referrals

Individuals may refer themselves or be referred by GPs, relatives, friends, other community agencies

