

We will listen and talk to you about how we can support you and your whānau...

We will ask if you are a parent or caregiver to the tamariki in your whānau:
Are you a Matua, Whaea, Pāpara, Kōkā, Aunty, Uncle, Nana, Karani or Grandparent?

We will ask about your tamariki and whānau relationships

We will offer new ways of including tamariki in your care planning

We can offer meetings which include your family members if you choose

We will check if you would like extra support for yourself or your tamariki



Contact us



www.supportingparents.nz

Are you raising tamariki?

Are you or is someone you know parenting with a mental illness or addiction?

We can offer support to you and your whānau

Who or what is Supporting Parents Healthy Children?

Supporting Parents Healthy Children (SPHC) is a Ministry of Health initiative aimed at supporting parents and caregivers with mental health and addiction issues.

Supporting Parents Healthy Children (SPHC) have a set of guidelines from the Ministry of Health aimed at supporting the tamariki of parents who have mental health and addiction issues.

Mental health and addiction services recognise that supporting you and your whānau can help your recovery and we want to support your tamariki to understand the changes that may be happening around them.



What can you expect from our services?

We will listen and talk with you

The wellbeing of your tamariki will become a more regular part of our conversations with you. We will ask you some questions, check if you'd like support, offer meetings with you and your whānau if you choose, and suggest some new ways of including your tamariki in your care planning.

Meetings | Hui

Meetings which include family members can be requested and will be offered more often. All families are unique so we will work together with you and our local community organisations to help your whānau get what you need.

Relationships | Whanaungatanga

To help us understand your needs we will ask about your tamariki and whānau relationships. This will include asking specific details about your tamariki, any caregiving arrangements and what supports your whānau currently have.

Support | Manaaki

We want to show aroha to your whānau through understanding, and manaaki by providing support to protect your whānau's future together.

Resources | Rauemi

We have resources available for you and your whānau. The booklets, worksheets and tip sheets all provide useful information aimed at parents, tamariki, and whānau from pregnancy through to teenage years.

We can even offer tamariki their own resources and refer them for their own support, information and education.

Find out more...

If you would like more information please speak to your key worker or you can visit www.yellowbrickroad.org.nz