

## PROGRAMMES, GROUPS and 1-to-1 SERVICES

We are meeting with people face-to-face at our offices. We recognise however that some people still may feel vulnerable about coming in and so we can begin our relationship with you by phone or email.



### CONTACT US: - 'FIRST STEP'

This is how we always begin with people who want to use our services.

We ask people wanting to engage with our services to email [reception@mhaps.org.nz](mailto:reception@mhaps.org.nz) or phone us on (03) 365 9479. We will then engage with them in much the same way as always, beginning with what the person either wants to tell us about themselves or if they prefer beginning by explaining how we work.

The MHAPS' worker taking the enquiry will then refer it onto whichever of their MHAPS' colleagues seems most appropriate to the person's needs. We will then make follow-up contact and move forward in ways that the person indicates would be helpful.



### MHAPS DROP IN GROUP

We have found this to be an effective place for small numbers of people to be and connect whilst they are waiting for another MHAPS' service. This group will restart during the week of June 2<sup>nd</sup>.



### 1:1 PEER SUPPORT and PEER ADVOCACY

These relationships always start with establishing a good connection between two people. **Peer Support workers** provide valuable perspective and can assist you to reduce any feelings of isolation and disconnection you may be feeling. From there they develop a mutual understanding and agreement with you on how to work together and what to focus on.

**Advocates** can help you with issues that may arise in relationships with GPs and organisations like Work and Income, Tenants' Protection Association and many other services in Canterbury. Working with you an Advocate can help ensure you are heard and improve your service experiences. As well as our general mental health focus our advocacy team includes two people who specialise in working with people who are struggling with alcohol or other drug issues.

Peer Support \* Peer Advocacy \* Consumer Participation \* Latnam Social Centre \* Programmes and Groups

Unit 4, 357 Madras Street Christchurch 8013 \* P.O. Box 21020 Edgeware Christchurch 8143  
Phone (03) 365 9479 \* Cell: 022 370 8055 \* [www.mhaps.org.nz](http://www.mhaps.org.nz) \* Charities Commission No. CC20499



## PROGRAMMES AND GROUPS

New programmes and groups starting from June 2020 onwards include: -

**RecoveryWorks:** - The next workshop-based programme is due to start in late July. We have many expressions of interest for places; however, we continue to talk with people about this and subsequent programmes that will start from October onwards.

**Thrive-** The next programme **starts on August 6th**. We have many confirmed registrations but are continuing to take expressions of interest. If you have been using MHAPS services and *Thrive* has been suggested to you then please register your interest with Hannah on [hannah@mhaps.org.nz](mailto:hannah@mhaps.org.nz)

**PeerZone:** - is a series of individual 90-minute workshops, each of which is very practical, helping you to learn, or perhaps relearn, useful life skills. During the lockdown MHAPS has been running two short programmes via ZOOM. We are looking at the merits of doing this again as well as restarting face-to-face workshops. Series three of these programmes includes these topics: - *Healthy Diet; Physical Exercise; Managing Conflict and Getting a Good Sleep*. If these topics interest you just contact Hannah on [hannah@mhaps.org.nz](mailto:hannah@mhaps.org.nz)

**Peer Discovery Groups:** - These are peer-facilitated topic-based groups that give people an opportunity to share experiences with one another, including any sense of gains and losses. Very relevant with our current sense of crisis. These small groups are also purposeful, starting with making connection, where participants identify where they are at and steadily moving forwards with anything that needs to shift. Throughout the programme the group Facilitators introduce resources and ideas with a focus on moving forwards. If this sounds like you and you need more details please contact **Nina** on [nina@mhaps.org.nz](mailto:nina@mhaps.org.nz) or phone **(03) 365 9479**.



## LATNAM COMMUNITY CENTRE

Latnam staff are in regular contact with Latnam members. They have started a closed facebook group called **Latnam Meets** for their members. This means that messenger can also be used to keep in contact. If you are, or have been a member of Latnam, and you want to have access to the is facebook group or simply connect with people you know. Right now, we don't have a firm date for restarting the face-to-face community centre. For enquiries contact **Wendy** on **(03) 365 9479** or [wendy@mhaps.org.nz](mailto:wendy@mhaps.org.nz)



## YOUTH SERVICES

We have age appropriate people working with youth and young adults, broadly defined as those aged between 17 and 25+. We have just resumed a face-to-face group for youth and this is very popular. As well as working together 1 to 1 we have a **Facebook Youth Drop In** page. For more details of how access a youth worker, the next group, or the Youth Facebook page please contact **Nina** on [nina@mhaps.org.nz](mailto:nina@mhaps.org.nz) or phone **(03) 365 9479**.



## AWARENESS CONSUMER NETWORK

The Canterbury consumer network is maintaining connection with people through email, phone and facebook. Anyone calling the office number, emailing, or leaving a message on facebook will get an answer as quickly as possible.

There are plans in the making for a virtual poetry evening. Keep a look out for notices on the MHAPS page as well as the Awareness page for an invitation to Zoom into poetry. For more information contact Claire on **(03) 365 9479** or [awareness@mhaps.org.nz](mailto:awareness@mhaps.org.nz)



## MHAPS FACEBOOK PAGE

This has always been active, however over the past several weeks it has grown further in importance as a way of reaching out and making connection. We encourage you to take a look here <https://www.facebook.com/mhapschch> and provide us with feedback, put forward suggestions for articles or material, including those things you have discovered and want to share. Our page is ably managed by Kat and she can be contacted either through the page or by email to [kat@mhaps.org.nz](mailto:kat@mhaps.org.nz)



## WHICH REMOTE MEETINGS CONNECTION(S) WORK BEST FOR YOU?

We are keen to explore the demand for online meeting spaces, but we need to know what is popular and feels most meaningful and accessible for you.



## GIVE US SOME FEEDBACK PLEASE

Please let us know if our new ways of working feel meaningful and accessible for you. And if not, please tell us what else you think we could offer?

*more over-page >>>*



## OTHER SERVICES THAT MIGHT BE HELPFUL

**WarmLine:** - Confidential phone support for people experiencing psychological distress. Ring 0800 89 WARM 0800 899276 or (03) 3798415

**1737:** – a free service if you are feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.

**Crisis Resolution:** - For urgent or crisis mental health care, Freephone 0800 920 092, (24 hours, 7 days a week).



## WORRIED ABOUT WORK OR EMPLOYMENT?

With news of job losses, predicted increases in unemployment you may understandably be concerned about your current work or feel like you are facing new barriers if you are considering entering or re-entering employment. There are several supported employment services that offer you free guidance and practical help in preparing for work identifying jobs, CV, and letter preparation, interviewing and securing employment. These services can offer you a significant advantage in a competitive job market. Importantly you don't need to be on your own and looking for work. For details about how all of this works and who offers these services contact email [ian@mhaps.org.nz](mailto:ian@mhaps.org.nz) or phone (03) 365 9479.

***Guided by the current Covid-19 alert level, MHAPS has any appropriate infection control measures in place starting from reception and through into individual meetings, groups, and programmes.***