



**Mission:**

Enabling empowerment and self determination in a safe environment for adults striving for mental wellness



**Can Achieve Recovery Everyday**

DO YOU FEEL FRUSTRATED THAT YOU ARE NOT BEING LISTENED TO?

OR DO YOU FEEL YOU ARE BEING TREATED DIFFERENTLY DUE TO YOUR MENTAL HEALTH ILLNESS?

**The Mental Health Consumer Advocacy Service**

is a free service which works in partnership with you to advocate on your behalf or support you to be respected, to have your rights heard and obtain the services you need.



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Lisa Noble Design

**CARE Marlborough** is a community mental health agency providing 2 services – **Mental Health Advocacy Service** and a **Day Activity Program**

## Service Criteria

If you are 18 years and over living in Marlborough and have or have had a mental health condition.

We are a free service so drop in or ring for information.

## CARE Marlborough

Embraces and promotes the principles of recovery and works from a holistic wellbeing model. You will receive quality support that meets your needs and treats you with respect and dignity.

## Mental Health Advocacy Service

The advocacy service is open Monday-Friday 9.30-4pm

## Percy St Day Activity Program

The Centre has been developed to provide comfortable, warm and safe environment that provides opportunities to meet , be involved in different activities and share common experiences.

The centre is open daily from 9-3pm

## What can you expect at the Day Activity Program

- Support from trained peer support workers
- Information on a range of community resources and services
- Access to regular 'get active" activities
- Health and wellbeing talks
- Fun social outings
- Free computer, phone and internet access
- Yummy cooked meals 5 days a week (cost \$3)
- Access to books and information pamphlets.
- Free tea and coffee daily
- Regular CARE Marlborough newsletter/panui
- Arts and Crafts
- Family/Whanau afternoons (Saturdays)
- Pick up and drop off service



26 Percy St  
Blenheim  
Ph 03 5780302  
or 027 575 4750

## What you can expect from the Mental Health Advocacy Service

- Experienced advocates to provide information and support
- Information and access to a range of community resources and services

Advocacy support to:

- Meetings and Appointments
- Health Professionals
- Benefit issues
- Finances
- Housing
- Lifestyle and/or work support
- Letter writing



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Ph. 03 579 5304  
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