

## What next?

Visit our website for more information on eligibility and to download our referral form. Once we receive your referral form, we'll be in touch to arrange an assessment.

Please contact us if you have any questions about the form or how we can support you.

☎ 09 638 4957

✉ [admissioncentre@odyssey.org.nz](mailto:admissioncentre@odyssey.org.nz)

ℹ [odyssey.org.nz](http://odyssey.org.nz)

Let's move forward together



## Te Wairua: Two streams of healing

Support for people living with mental health and addiction challenges



## Te Wairua

We have three Te Wairua residences – two in Auckland and one in Northland – and each offer a hopeful, compassionate environment that supports recovery.

While staying with us at Te Wairua you will be supported to develop skills and strategies to manage your emotional, spiritual, physical and social wellbeing.

We work closely with other organisations to support your recovery and wellbeing, before, during and after your stay with us.





## What to expect

Our Te Wairua services are small residences, with between 11 and 19 residents. The programme is based on a treatment approach called a therapeutic community or TC.

A TC is a supportive peer environment, where members of the community gain skills to make the changes they need to live the lives they want.

Learning occurs in the way everyone lives and works together as residents and staff, and in the roles and responsibilities shared across the community. It's all about helping you to gain skills to be more in control of your life.

During your stay with us you will also have access to our on-site nurse and visiting psychiatrist.

## We want you to experience the benefits of living a life that follows a routine.

During the week, each house follows a timetable of jobs, activities and group sessions, as well as time for recreation or relaxation.

Your week may include activities such as art therapy, gardening, sport, psycho-educational groups, such as emotional regulation, kapa haka or other tikanga Māori study and practice. You might also choose to participate in one of our work training programmes.

Weekends are more relaxed with time for visits from family and friends, and down time to reflect on your week.

## Is this for me?

Our Te Wairua residential programme is open to New Zealanders aged 18 years and over, who are seeking support with mental health challenges alongside drug or alcohol issues.

## How much will it cost?

Funding is available from many District Health Boards or other nationally-funded treatment programmes.