



Te Piki Oranga  
MĀORI WELLNESS SERVICES

## Ngā Pūkenga Manaaki Hinengaro mō ngā Tamariki me ngā Rangatahi

### *Child and Adolescent Mental Health Services (CAMHS)*

#### **24/7 helplines:**

Suicide Crisis Helpline 0508 828 865

Lifeline 0800 543 354

Depression Helpline 0800 111 757 or free text to 4202

CAMHS Nelson (03) 546 1800

CAMHS Blenheim (03) 520 9907

#### **For non-urgent assistance:**

Te Piki Oranga Child and Adolescent Mental Health Services team can offer support to whānau referred by GPs, schools, and Nelson Marlborough Health (DHB).

### **Contact us:**

To access healthcare services for yourself, whānau/client:

Call or visit one of our health hubs:

**Phone:** 0800 672 642

**Motueka:** 03 528 1046

**Web:** [www.tpo.org.nz](http://www.tpo.org.nz)

**Whakatū:** 03 546 9099

**f** [Facebook.co.tepikioranga](https://www.facebook.com/tepikioranga)

**Wairau:** 03 578 5750



**For tamariki and rangatahi under the age of 18 who have acute mental health issues or are currently withing the CAMHS services.**

## Clinical service

Qualified, experienced mental health clinicians providing a community strength and resilience-based mental health treatment and therapy service across a range of settings for tamariki/children and rangatahi/youth that is strength-based and mana enhancing.

### Specialist assessment and planning

A clinical assessment that contributes to a comprehensive management plan which states desired outcomes, determines a possible diagnosis, identifies therapeutic interventions, medications and other recommendations.

### Medical support

Help with psychiatry and psychology options as well as reviewing and monitoring medications, symptoms, treatment and progress. Includes early intervention, maintenance of overall health, relapse prevention, problem prevention, and promotion of good mental health.

### Collaboration with external support programmes

Assistance with advocating on patient's behalf with primary care providers and other agencies that offer external service to tamariki, rangatahi and their whānau.

## Pūkenga Manaaki / Navigator service

Working alongside the clinician, a nurse or other qualified mental health professional - to follow a treatment plan that provides a flexible, mobile, collaborative support service for tamariki and rangatahi to live in their community with whānau, or independently.

### Support

Support for a client's cultural and wider needs to help them with community living, education, employment and managing their diagnosis.

### Coordinating access and services

Help to access resources and services including home-based support, community support, and support to maintain independence.

### Assisting with planning and maintaining connection

Bring together health, education, vocational and social services to help create a plan for the client and whānau to manage daily activities and routines and assist in maintaining connection within the community and whānau.

## Choosing our CAMHS service

Referrals come through the CAMHS service at Nelson Marlborough Health (DHB) via a GP, schools, or other health professionals.

If the client is identified as Māori when referred, they will be offered enrolment in the Te Piki Oranga CAMHS

service for case management. With our CAMHS service, clients can access a clinician or a pūkenga manaaki/navigator to work with them and their whānau on their goals and help guide them to support services.

For more information on choosing our CAMHS service, please call us. (See back page for contact details).

