

Te Ara Korowai



Embracing The Path



VINCENTS ART WORKSHOP



NEWTOWN UNION HEALTH SERVICE

Peer Advocacy Is Available

Te Ara Korowai, Vincents Art Workshop and Newtown Union Health Service are providing **peer advocacy** for people who have personal experience mental health and addiction distress and live in the Capital & Coast District Health Board (CCDHB) areas of **Kāpiti, Porirua and Wellington**.

Peer Advocacy is taking up the cause of an individual or group at their request to ensure their rights are respected and their needs are addressed.

All our peer advocates have personal experience of mental health or addiction issues.

Peer advocates can:

Work with you if you have an issue that is difficult to resolve – e.g. a problem with your health professional, within education, around employment, your housing, your legal status, making a complaint or some other matter that is causing you concern.

Assist you to uphold your rights by standing up for you, sticking with you and taking your side.

Help you to know what choices you have and what the result of these choices might be

Provide information to make informed choices and **attend meetings** with you.

Offer assistance to tell other people what you want, or introduce you to others who may be useful.

Enable you to have control over your life but taking up issues on your behalf if you want them to.

Peer advocacy is free. To contact a peer advocate,



Please Call

0800 11 11 42