

# Community Support Work North Canterbury Hub

Ko te whakaora, he hīkoi whakāmarama Māna anō tōna ake ara whakaora e whakarau

A Journey of discovery where an individual leads their own unique process of moving forwards

Comcare is a practical organisation, understanding that health improvement is gained from a whole of life approach that assists people grow their confidence and skills to manage their own lives. Comcare's Community Support Work offers assistance with the activities that form part of an individual's daily life. Comcare works from a Recovery orientation that identifies and builds on people's strengths to assist them to manage the challenges in life, grow personal confidence and build resilience.

**Community Support Workers** provide a broad range of support work which is developed through personalised planning based on a holistic view with an approach to accessing resources, opportunities and encouraging meaningful relationships. Our focus is to provide support and assistance to gain independence, skills towards maintaining wellness and managing un-wellness, to assist in connecting to long term sustainable resources and connections in the community.

This may cover areas such as financial management, connecting to activities and groups, relationship building with friends and family, taking first steps back to an active life and work, managing the demands of children and a home, developing workable routines around living and health care needs.

Our community support services are fully mobile and provided in Christchurch urban areas and rural districts of Ashburton, Rangiora and North Canterbury, Selwyn and Banks Peninsula.



## Who is eligible?

This service assists people with a primary diagnosis of a psychiatric illness over the ages of 18 and who live in the Canterbury region.

## Who can refer?

Referrals need to be made by health professionals. Please contact your Doctor or Specialist Mental Health Case Manager to discuss requesting a Community Support Worker.

## Contact Us

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