



## Community Support Work Ashburton/Selwyn

**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, who understand that health can be improved by a holistic life approach. This enables people to grow their confidence and their skillset in order to manage their own lives effectively. Comcare's Community Mental Health Support Workers help with activities that form part of an individual's daily routine.

Comcare works from a Recovery Orientation that identifies and builds on people's strengths. This assists them in the management of personal challenges, and in the building of confidence and resilience.

### Community Support Workers

Community Support Workers provide a broad range of support in order to develop personalised plans. Created using a holistic approach when accessing resources and opportunities, these plans encourage meaningful relationships. Support work aims to provide the skills that can create independence, maintain wellness, and manage unwellness. It assists by connecting people to long term sustainable resources and to their 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, and developing workable routines around health care needs. We encourage clients to develop and increase their independence by assisting them in the development of their own skills and abilities

### Who is eligible?

This service assists people with a primary diagnosis of a psychiatric illness/AOD, over the age of 18, living in the Canterbury region.

### Who can refer?

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

### Contact Us

Phone: 03 377 7020

Free Phone: 0800 537 3464

Website: [www.comcare.org.nz](http://www.comcare.org.nz)

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