

Established in 1987, Comcare is a Charitable Trust whose purpose is to assist people who experience mental illness and addictions live well in the Canterbury community.

We can help with:

- Housing
- Adapting to living independently in the community
- Physical health and wellbeing
- Employment
- Individual, group or phone support
- Strengthening relationships with family and community
- Engagement with community based activities

With offices in Rangiora and Ashburton and a mobile service operating in Selwyn, Comcare provides a range of services to people throughout the Canterbury region.

Access to Comcare's services:

Access to Comcare's services is generally by referral from Canterbury District Health Board (CDHB) Specialist Mental Health Teams, General Practice (GPs), or other NGO mental health or addiction service providers. Some services offer self-referral options (Jobconnect, Peer Support and Activelinks).

If you wish to refer someone or would like more information about the best service to suit your needs, please contact us:

Tel: (03) 377 7020

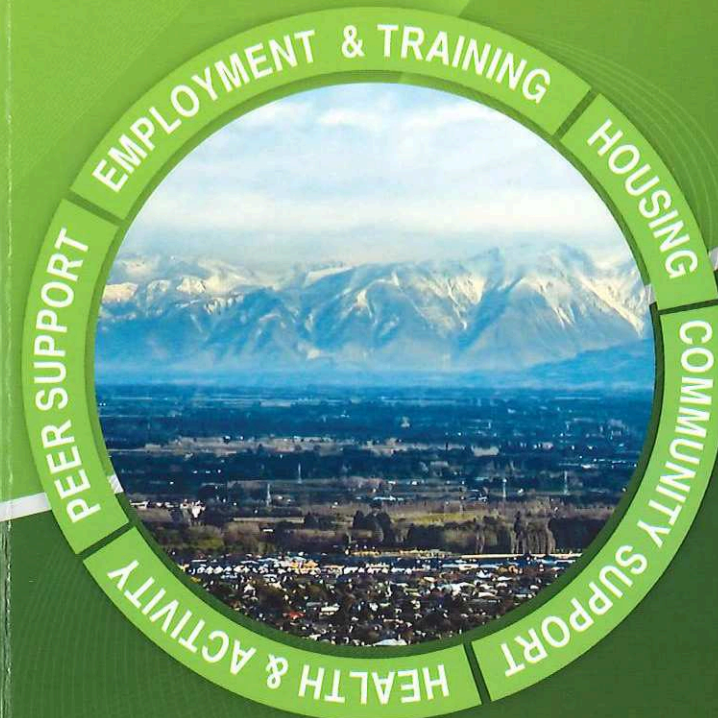
Website: www.comcare.org.nz

Email: enquiries@comcare.org.nz

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comcare

T R U S T



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

Social Housing

Comcare is a specialist registered Community Housing Provider (CHP) through the Community Housing Regulatory Authority, which is part of the New Zealand Government's Ministry of Business, Innovation and Employment (MBIE).



Community Support Services

Comcare's Community Support Services provide a broad range of support to assist people move forward in their daily lives. Services are available in Christchurch urban areas as well as parts of rural Canterbury.

Community Integration Service

Comcare's Community Integration Service (CIS) finds positive, creative solutions for people who are perceived by others, or view themselves to be 'stuck' in hospital or residential services, when clinically they do not require that level of care.



Activelinks

Activelinks provides support to "get active" through increasing participation in physical activity, sport, recreation and leisure pursuits. The aim of the service is to promote independence and involvement in community life with a focus on health and wellbeing. Support can be individual or through a group. Services are available in Christchurch urban areas as well as parts of rural Canterbury.

Peer Services

Comcare's Peer Support Service offers both face to face and telephone support across Christchurch and North Canterbury. We also provide workshops and tools to support people to move forward, including Peer Zone and Intentional Peer Support Training. Percival House is a peer support service that provides group and/or individual support for people in North Canterbury.



Peer Health Coaching helps a client identify ways to improve their physical health and provides short term coaching and support. Coaches work with a person on a specific health related goal over 6 sessions (plus a pre and post meeting). Clients feel more able to manage their health and have more confidence in maintaining healthy lifestyle changes after Peer Health Coaching.

Jobconnect

Comcare's Jobconnect service provides full employment search and support to job seekers, and employers if required. Information and advice is part of the service as well as assisting people select suitable training options for those wishing to update their skills as part of their employment seeking journey. Services are available in Christchurch urban areas as well as parts of rural Canterbury.



Housing Support Services

Comcare's Housing Support Services offer a variety of supports to assist people to find setup and maintain and retain appropriate housing. Housing Facilitation assists people to locate, set up, and maintain independent rental tenancies, also providing access to emergency housing. Group Living offers the opportunity for an individual to become a flatmate in a semi-supported environment. Home rescue provides rapid intervention to prevent housing loss.

NEED TO TALK?

1737

free call or text
any time