



timeout contact

Timeout Contact (TOC) Supervisors take pride in working alongside children and their significant whānau members who are exposed to challenges associated with separation. TOC provides a neutrally based supervised contact service which establishes and maintains whānau bonds, it creates positive memories through the facilitation of safe and meaningful contact.

supporting parents healthy children

Supporting Parent's Healthy Children Coordinator is the primary link between the District Health Board and the needs of a community with a focus on achieving better health outcomes for children, parents and whānau as a whole. This comes from a whānau centered health viewpoint and is about analysing trends in the community and feeding this back into the system so that it evolves and produces equitable outcomes.



***Able Minds is a free,
confidential and mobile service
and people can self-refer.***

we have office presence in...

- Invercargill
- Gore
- Dunedin
- Alexandra
- Oamaru

contact us

Telephone: 0800 494 262
or email: admin@able.org.nz



“Able Minds supports tangata whiaora who are affected by mental distress or addiction and their whānau in New Zealand. Our goal is to provide individuals and families with the strength, skills, and support they need for a better life experience at home, in the community, and at work both now and into the future.”

www.able.org.nz



about us

Able Charitable Trust has been in existence for over 40 years in one form or another. In particular, it is the merger of four organisations – Supporting Families Southland, Waitaki and Central Otago and the Schizophrenia Fellowship Otago.

Its primary purpose is to provide support to whānau that have a family member affected by mental distress and/or addiction challenges. In particular it is a community based service, providing emotional support, information, advocacy and peer support groups for whānau.

Our Support workers are experts in this area – they understand the impacts mental distress and addiction, they understand the system and collaborate with the District Health Board and other services so that whānau are well resourced in the care of their loved one. It can be demanding with mental distress or addiction in the family, Able Minds builds resilience so that whānau can cope effectively with the challenges they face.



skylight waves, cumia and raw

Able Minds delivers several reputable and signature programmes in the community. Skylight Waves which is an eight week course to walk beside those who have suffered bereavement as a result of suicide and CUMIA which is designed for primary school aged children who have a family member that is affected by mental distress or addiction. Both programmes are peer support based and are designed to impart tools and skills to move forward and live well. Rangatahi and Wellbeing (RAW) is Able Minds' Youth programme where a combination of quality one on one emotional support and engagement with peer support seeks to improve the resilience of our 12 to 24 year olds and reduce mental distress and the risk of suicide.

activity centres and groups

Able Minds facilitates Activity Centres and Groups which are formalised meetings where those with mental distress and addiction issues can come for peer support but also to actively focus on their recovery by learning new skills to build self-esteem and confidence. They are proven groups led by Facilitators or Peer Support Workers to reconnect people back into the community.

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