

werryworkforce.org



werryworkforce.org/drive-series

# **NEED HELP?**

IN CRISIS?

If this is an emergency and you feel you or someone else is at risk of harm

call **111** 

### HELPLINES

Are you are worried about your own, or someone else's mental health?

Would you like to talk to someone about it?

Text or call **1737** to talk with a trained counsellor

Suicide Crisis Helpline: (0508 TAUTOKO) 0508 828 865

#### Lifeline:

(0800 LIFELINE) 0800 543354

Youthline: 0800 376 633

Healthline: 0800 611 116





What do clinicians do? What medications are there? What does therapy look like?

### What's the Drive series?

### **CLINICIANS**

### **MEDICATION**

## **THERAPY**

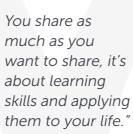
The Werry Workforce Whāraurau Drive series of videos is designed to help young people and their families navigate their way through child and adolescent mental health services.



- Clinicians
- Medication
- Types of therapy



"The central focus is on supporting people to develop a life worth living. It's a focus on doing things differently.



"Taking medication for a mood disorder doesn't at all mean you are weak. Sometimes it can be a bit harder before it gets better."







See some of the different therapies that could be offered and what clinicians do when they work with children, young people and their whānau.









