



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 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



Werry Workforce
WHĀRAURAU
For Infant, Child and Adolescent Mental Health

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

What's the Drive series?

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.

Watch videos on:

- Clinicians
- Medication
- Types of therapy

CLINICIANS



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

You share as much as you want to share, it's about learning skills and applying them to your life."

MEDICATION

"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."



THERAPY



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

