

Evidence shows that families who have the support & information they need for themselves, can make a real difference to the recovery of a family member affected by mental illness.

We're here for you.

Established in 1977, SFMI Auckland is an Incorporated Society & Registered Charity.

Contact Your Local Office:

Phone: 09 270 8543

The Cottage,
24 Station Road,
Otahuhu,
Auckland, 1062

Or Contact Our Regional Office:

Ph: 0800 sfauckland or 09 378 9134

Fax: 09 378 6783

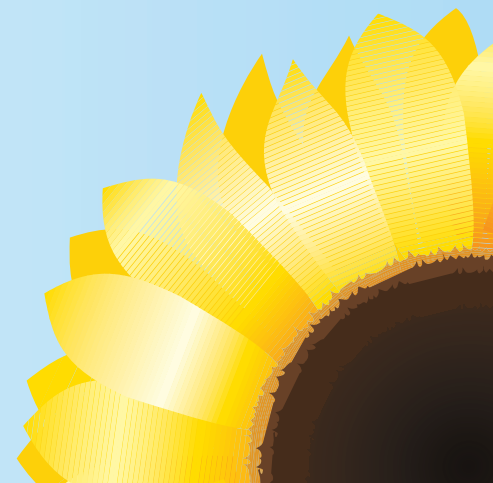
Email: admin@sfauckland.org.nz

Website: sfauckland.org.nz

423 Great North Road,
P O Box 78~122,
Grey Lynn,
Auckland, 1245,
New Zealand



**A Free
Support Service for
Families & Whanau
Supporting Someone
Affected By
Mental Illness**



Is someone you love affected by mental illness?

In any given year
one in five

New Zealanders will experience some form of mental illness.

Everyone in a family can be affected

when someone has a mental illness.

It is important that everyone in the family has help to look after **their own wellbeing**, in order to support someone else.

We're here for you.

Parents, partners, siblings, children and friends can all have different questions about what is happening, and need different kinds of support and information.

Our services are:

- * Free
- * Mobile
- * Independent
- * Confidential

We are here to provide information about mental illness, and help family and whanau safely navigate their way through mental health services to get the help they need.

Getting the support you need couldn't be easier, just give us a call.

Our services are free, and we can arrange a time and place to meet that suits you. We can offer help with understanding mental illness, and how it can be treated. We can help with contacting mental health services, preparing for meetings, and ensuring your views are heard.

You Choose What's Best For You.

Our services include:

- * Individual and/or family meetings
- * Family Support Groups
- * Advocacy
- * Cultural Support
- * A website and newsletter

Please contact us, or see our website for details:

www.sfauckland.org.nz
0800 sfauckland