



**RASNZ**  
Refugee health  
& wellbeing

# **Mental health & wellbeing support for refugee background whānau**

## Clinical Service

- Counselling
- Body therapy
- Social work
- Psychiatry
- Therapeutic and psychoeducation groups



## Cultural Service

- Community empowerment groups
- Support for clients to achieve their therapeutic goals
- Facilitation of health programmes

## Family Service

- Triple P Parenting Discussion Groups
- Individual parenting interventions
- Wrap-around family support
- Consultation and liaison with mainstream services



## Youth Service

Free, culturally-informed programmes for children and youth aged 5-25 from refugee backgrounds. Examples include:

- School holiday programmes
- Sports teams
- Youth leadership forums
- Psychosocial groups

# Referral Information

**RASNZ community services are:**

- Free,
- For anybody from a refugee or asylum seeker background,
- For any family member at any time.

**Referrals are accepted from individuals or involved services.**

**[www.rasnz.co.nz](http://www.rasnz.co.nz)**



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