

Resources From Wharaurau SPHC



Mātua & Whānau | Parents & Family

This page is for parents who experience mental health or addiction concerns and their family and whānau members. It contains information and resources to help you support your child/ren and to talk with them about what is going on.

For information about common mental health and addiction concerns visit the Mental Health Foundation website: [Mental Health Conditions | Mental Health Foundation](#)

Below are the links to a range of resources including [factsheets](#) that have been specially developed for parents who experience mental health or addiction problems.

Click on the titles to download these resources or visit the Wharaurau website: <https://wharaurau.org.nz/supportingparents.org/parents-family>