

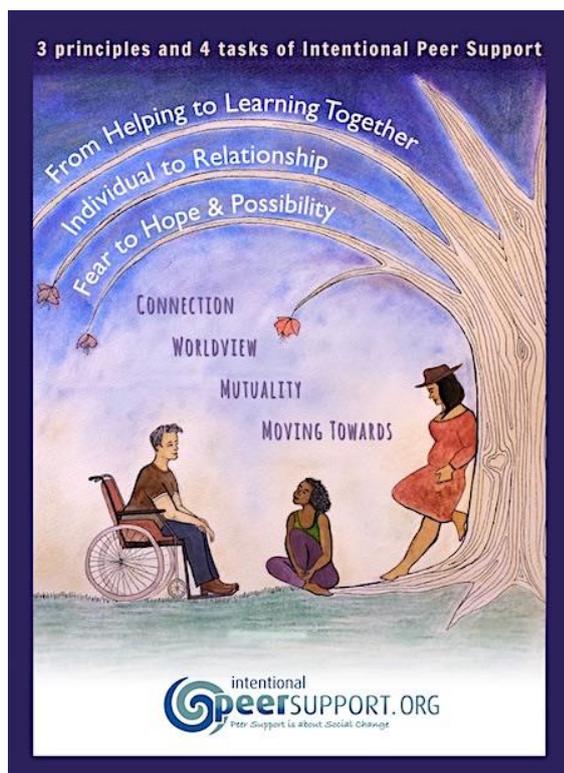
Changes at Otago Mental Health Support Trust



We have found it really supportive to build relationships with people where they feel most comfortable. As a result, we are usually not in our offices. So when people pop in to see us they can be disappointed to see the closed sign on the door.

The feedback we get is that most people prefer to meet us outside of an office environment. So the **office will now be open by appointment only**.

You can phone us on 0800 364 462 (so no cost to you) or phone or text your peer support or advocacy worker to make a day and time to catch up. Some people have at times liked to pop in for a cuppa, catch up with any staff member available or read the paper. Our work, though, focuses on building relationships between two people or in one of our groups. This is part of the Intentional Peer Support model we use here. If you want to know more about Intentional Peer Support, just ask us or go to <http://www.intentionalpeersupport.org/articles/> for more info including



Created by Jacks McNamara / www.createdbyjacks.com

the following articles; IPS: A Personal Retrospective, Peer Support: What Makes It Unique? and Defining Peer Support.

As much as possible we want people to really get to know their peer support or advocacy worker. We will be having conversations with people who access our services to write down what difference they would like to make in their lives while in the peer support relationship and how we will review how the relationship is going. So just popping in for a chat isn't about building the relationship which is what we are all about. Our library will still be available but only by appointment with your peer support or advocacy worker.

If you have any queries please feel free to contact Grant, the manager, on 0800 364 462 or email grant@omhst.org.nz