

West Coast Mental Health & Addictions System Co-design Information for Consumers



The government is changing New Zealand's approach to mental health and addictions. The goal is that over time people will have more support to maintain their mental wellbeing through community-led initiatives offering help in ways that work best for local people.

Health organisations around New Zealand have been asked to work with consumers on how mental health and addiction services in their region can better meet the needs of their community into the future.

Do you have experience of mental health or addiction challenges in your life in recent years? Or are you supporting someone else who has struggled with mental health or addiction issues?

Share your thoughts on what's important to help you stay mentally well and tell us about your experiences with West Coast mental health and addiction services.

You don't need to have been involved with services to take part - if you've faced any challenge to your mental wellbeing we want to hear from you!

How to be involved

1. Complete a short, anonymous survey



[Click here to access the survey online](#)

or scan the QR code with your mobile phone or tablet.

You can also download a copy of the survey form at www.westcoastpho.org.nz

The survey is open to anyone living on the West Coast and is completely anonymous.

Closing date for responses is Sunday 10 July 2022.

Printed copies of the survey are available from the West Coast Primary Health Organisation office at 163 MacKay Street, Greymouth or by phoning 03 768 6182.

2. Take part in a one-to-one interview or a workshop with others

If you are interested in sharing your story in person with someone from our team, please get in touch with us by **Thursday 30 June 2022** to talk more about this process.

Contact

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