

## GROW SUPPORT PSYCHOLOGICAL THERAPY

Grow Support Inc provide counselling and therapeutic services for Children, Families, and Individuals. The accredited Mental Health Practitioners specialise in Couple's counselling, Victim support, Trauma, Suicidal Ideation, Self Harm, Anxiety and Depression.

The benefit of Grow Support therapy is the Practitioners who are of Samoan and Maori backgrounds, use a diverse cultural framework to inform their services.

### How do I access Psychological Therapies



#### Step 1

I want to receive counselling or therapeutic services with a practitioner who has knowledge and experience in working with diverse cultures



#### Step 2

Make an appointment to see your Family or Local GP



#### Step 3

Our preferred referral pathway is via Wesley Mission and to be referred to Grow Support Incorporated (Ask your GP) please click on the yellow form at our website below

[www.growsupport.net/psychologicaltherapies](http://www.growsupport.net/psychologicaltherapies)



#### Step 4

Grow Support administration staff will contact you to make an appointment between Monday to Friday 9.30am to 5pm. We may be able to see clients via Zoom for Mental Health or Medical reasons

*Grow Support Incorporated is not a crisis service/centre. If you feel you or one of your family members are in danger to themselves or others please call 000 to seek professional help immediately.*