

What is navigate?

Navigate is a collective of community organisations that support people dealing with mental health or addiction challenges.

We aim to provide help early, close to where you live, in a way that is right for you, and for as long as you need.

Support is available from:

- Emerge Aotearoa
- LINC Support Services
- Mental Health NZ
- Vincent House Recovery Trust
- Turning Point Trust, Junction peer support, Sage career support
- BOPDHB Needs Assessment & Service Coordination (NASC)

Is navigate for me?

Navigate is free for anyone who is dealing with difficulties like stress and anxiety, depression, or addiction.

What can I expect from navigate?

When referred to Navigate you will talk with someone to discuss your needs and the type of support you would like.

Support is practical and solutions-focused.

Working with Navigate might include:

- Learning new ways to deal with distress, improving your mood.

- Help to make healthy lifestyle choices.
- Advocacy to access social housing.
- Gaining independence, dealing with money, managing your tenancy.
- Finding work, volunteering, joining education.
- Building community connections, finding hobbies, social activities.
- Navigating onto other health providers or specialist clinical services.

How do I access navigate?

You can access Navigate in a number of ways:

- Via [navigate](#) website
- Email navigate@bopdhb.govt.nz
- Or simply call **07 557 5605**

You can expect a response from a Navigate service within 24 hours.

If it is the right service for you, then you will be offered to meet with a Support Worker to discuss your goals and plan a way forward.

Navigate is not a crisis service. If you are in need of immediate mental health and/or addiction support please call:

0800 800 508 – Tauranga

0800 77 4545 – Whakatane

For more information click here - [navigate](#)

