

Mental wellness
and wellbeing
are possible for
every young
person.



real.
Because it's your life



We work with young people, and their families, to create opportunities that help them feel great about themselves, their lives and their futures.

What we do

Across the Wairarapa, Real provides counselling support to young people aged 12-24 years, and their families, who are affected by the use of alcohol and other drugs. It is a free service.

We support young people to build their ability to cope with life challenges and make positive decisions by offering:

- » Comprehensive assessment
- » Individual counselling sessions
- » Group sessions ('Smashed n' Stoned' Program)
- » Referral to a detox facility and residential treatment, if required
- » Counselling support for whānau and friends who are affected by their loved one's substance use
- » Education workshops.

We work closely with schools and mental health services to support young people to build confidence, resilience and self-esteem, plus strengthen relationships with their whānau and friends.

A bit more about us

Real is the youth brand of Pathways – an organisation with more than 25 years' experience in delivering mental health and wellbeing services in New Zealand communities. We're all part of the Wise Group. Read more about Real and the Wise Group at www.wisegroup.co.nz.

Read more about us at
www.real.org.nz/wairarapa



How to get Real

Please contact our Real Wairarapa team if you have any questions or would like to connect with our services.

Real Wairarapa


Level 1, Department Building
35-37 Chapel Street
Masterton 5810



PO Box 147, Masterton 5840

 06 370 6100

@ wairarapa@real.org.nz



 real.org.nz

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