

## Our Values



### Whanaungatanga Relationships

That everything we do is based on the quality of relationships with others; staff, clients, family, whānau, community, partners and funders.



### Pono Trustworthy

Acting with integrity, respect and honesty. That we will be worthy of the trust that is placed in us by those who seek our support.



### Manawanui Courageous

Making a difference by taking difficult steps together. Having courageous conversations and together changing harmful behaviour.



### Ngākaunui Compassionate

That we will take time to think about others, and what they are experiencing, and respond with warmth. Caring for each other's wellbeing and potential.



### Hiringa Excellence

That we act from our knowledge of best practice and with the best outcome for all in mind. We are accountable for our actions and practice.

" *Hei ahei te whakakite o tēnei wāhi i orite ki te wakahuia he wāhi kia whakapoho, whakatiaki i a tātou katoa.*

*Let this place be seen the same as the wakahuia. A place with the purpose of treasuring and protecting all.*

## Contact Us

[www.wellstop.org.nz](http://www.wellstop.org.nz)

Eastern / Central Region:  
06 842 2430

Western Region:  
06 758 4178

Southern Region:  
04 566 4745



# WELLSTOP

◆ WHIRIA TE TANGATA ◆

Services for Adults



## Who We Are

### Welcome to WellStop

WellStop is a community-based organisation that aims to eliminate harmful sexual behaviour by enabling positive choices, strong whānau, and safer communities.

We work proactively with clients and partners in the community to achieve this.

## How We Can Help

At WellStop, we provide a range of assessment and therapy services for people of any gender or sexual orientation who have engaged in harmful sexual behaviour or who are struggling with concerning sexual thoughts and behaviours.

We work with a range of people including those with cognitive, learning or developmental disabilities. We also provide support and education for clients' families and whānau, partners or primary support people.

### Assessment

At the assessment stage, WellStop staff talk with the client and, where appropriate, their family, whānau, or support people.

Staff use this information to develop recommendations which inform therapy options. They will write a report and/or provide feedback to the referrer and client.

### Treatment

Once we understand our client's therapy needs, we work with them to develop a therapy plan to address their individual needs.

Therapy can involve both individual and group sessions. Group sessions are designed to be a safe and therapeutic space in which people can learn skills and better understand their behaviour.

The purpose of therapy is to help our clients resolve issues, understand their harmful behaviour, and to develop or enhance their skills to both prevent further harmful sexual behaviour and to build positive, fulfilling lives.

## Family, Whānau, and Support People

Positive outcomes are enhanced by the strong involvement of support people. Family, whānau, and support people are also offered support.

This might include:

- Information or counselling to help understand or cope with the impacts of the harmful behaviour.
- Helping to refer to other services or find other support.
- Help with safety planning or monitoring a safety plan that has been developed.
- Practical assistance.

## Confidentiality and Informed Consent

Respecting your confidentiality is very important to us. There are some limitations to the things that we are able to keep confidential and these will be explained to you before you agree to start treatment.

See more at:

[www.wellstop.org.nz/privacy-and-confidentiality](http://www.wellstop.org.nz/privacy-and-confidentiality)

## What We Don't Do

We are not here to judge, punish, shame or blame. WellStop is a safe, confidential space (within limits of safety) to support people and their whānau to achieve positive change. We do our work with aroha and compassion.



## Supporting Safer Communities

WellStop is committed to supporting others in the community to understand and deal with issues relating to harmful sexual behaviour and sexual violence.

We can provide support and education to organisations or institutions to help with managing adults who display harmful sexual behaviour.



You can find more about our services on our website:

[www.wellstop.org.nz](http://www.wellstop.org.nz)

## How to Access Our Services

WellStop accepts self-referrals from people who are struggling with harmful sexual behaviours and from their family, whānau, or support people. We also receive mandated referrals from government agencies and the courts.

Find out what specific Adult services are available in your area by contacting your local WellStop office.

WellStop also provided services for children and youth, and for people who have been harmed by sexual violence.

### Cost

Most of our services are fully funded by government and are available free of charge.