

Re-centre is a private mental health clinic in Auckland, providing expert child and adolescent psychiatric and psychological care.

**Who are we?** Re-centre is a team of health professionals made up of psychiatrists, clinical psychologists, and a nurse therapist.

**What do we do?** At Re-centre, we recognise and respect your life journey. We help you understand, choose and achieve your unique and personal care pathway.

We can help with:


- \* Anxiety and distress
- \* Depression and mood problems
- \* School and social challenges
- \* Sleep
- \* Attention, impulse control and behavioural problems, including ADHD
- \* Experiences of illness, trauma, abuse or loss
- \* Substance use
- \* Obsessions and compulsions
- \* The Autistic Spectrum disorders
- \* Tourette's and Tic disorders

### *How to refer to Re-centre*

We prefer referrals to come via your GP in the first instance. Please also see our website for referral details.

Level 3, 12-16 Nicholls Lane,  
Parnell, Auckland 1010  
Phone: +64 (9) 884 8350

Fax: +64 (9) 282 4872  
referrals@recentre.co.nz  
www.re-centre.co.nz

 Re-centre

# Nurturing young minds

Proven mind health pathways



# What do we offer?



Young people can face complicated and varied challenges in everyday life.

We have a wide knowledge of the mental or 'mind health' difficulties in the growing experience of young people. The language and expectations around emotion and identity have changed, but the challenges and real solutions still remain complex.

Re-centre's specialist psychiatrists, clinical psychologists and nurses are experts in the development and care of children, young people and their families. Our specialists learn, research and work intimately within this rapidly changing space. We understand the interface with schools, healthcare services and other institutions, and we're committed to collaborative welfare for our young people.

## Consultation and assessment

Usually your care will start with an assessment by one of our psychiatrists. Together, you then develop a care pathway.

## Interventions

We provide a range of interventions personalised to your needs. These can be made up of individual and/or group sessions.

Your care may be provided by a psychiatrist, clinical psychologist, nurse therapist or a combination.

## 1:1 Personal therapy

Your Re-centre psychiatrist, clinical psychologist or nurse therapist can provide a variety of therapy modalities, using techniques and styles reflecting your personal goals, experiences, and expectations.

Re-centre personal therapy can include:

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Cognitive Behavioural Therapy

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Dialectic behavioural therapy-informed care

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## Additional support

We provide additional and complementary support for young people such as:

- Courses for young people, working together
- Family therapy
- Programmes for exercise
- Art therapy

Your specialist will discuss whether this type of support could be part of your treatment.

*Please discuss our services with your GP.*