



Peer-led services

Our peer-led services develop and grow the power of our 'peer' workforce. They are fully staffed and managed by people who have 'been there' and now inspire hope and recovery in others.

Based in home-like environments in the community, our peer-led services provide a person-centered alternative to a hospital admission. That means valuing the rights of people to participate in their treatment, with the ability to make their own choices.

We believe that hope and wellbeing is possible for everyone, and we work hard every day with our guests and their whanau to make it happen.

Peers offer support during the day and night – whether that's preparing meals, assisting with wellness and recovery plans, offering a range of activities or providing a listening ear.

Services include an onsite nurse who provides support with overall wellbeing, and an occupational therapist who utilizes a range of therapeutic environments and activities to support whai ora along their journey of recovery.

"As a peer myself I know what it is like to struggle, so it is a privilege to come into work everyday and help others work through their tough times."

– Pathways Peer Team Coach.

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Contact us

For more information about our peer-led services, please contact us.

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Peer-led services at Pathways

"We believe in the power of lived experience and the impact of a peer workforce"



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Peers – people who have ‘walked a similar path’

Someone who has had their own experience of mental health issues or addictions will have a unique understanding of what others experience.

Through their combination of lived experiences and training, peer support specialists provide a compassionate supportive environment.

We know how the power of peer support can change lives and strive to embed lived experience and peer principles through all our services. Peer support helps to build recovery skills, hope, and wellbeing.

There is no better person to inspire hope in those new to addictions or mental health recovery than someone who has the kinship of common experience.

Peer support

We all need someone to lend a helping hand and walk alongside us during the tough times. Who better than someone who has shared a common experience and is well practiced at using that knowledge to build trust and connection? To encourage and inspire resilience, recovery and wellbeing.

As our guest, we will welcome your whānau and others who can also give you strength. We'll support you in finding a path towards recovery that feels right and meaningful to you. We know that you are the expert in your own recovery.

We will be there to listen, to share, to guide and to support, and we'll do this in a recovery focused and trauma informed way.

"The peers would be the number one thing that made a difference. Someone came and said in a peer support way, 'This is my experience.' It just blew me away."

When they shared their stories, I thought 'Wow, I can talk, I can share what I'm going through.' This is massive."

– Guest.

Pioneering peer-led services in New Zealand

Tupu Ake, our peer-led service in South Auckland, was one of the first mental health and wellbeing peer support services of its kind in New Zealand.

Our beautiful 1912 villa in Papatoetoe has always been a place of healing and rest. It was initially a homestead, then a convent, and a rest home, before being renovated for Pathways in 2008, becoming Tupu Ake. The peaceful, park-like garden provides a quiet setting away from the hustle and bustle of everyday life.

Following national and international evaluations showing the huge benefits of Tupu Ake's peer-led approach, Pathways now provides several peer-led and peer-influenced services around the country.

Peers have helped me improve every day, and I will leave feeling driven to make a better life for myself. I now look forward to the future and feel content in the present moment.

– Guest, Tupu Ake.

