



"Korero Mai"

for those interested in the provision of mental health services

WHAT's ON

providing educational and recreational activities for \$5.00 and under

Whakaaro Pai

for Service Users/Tangata Whaiora by Service Users/Tangata Whaiora

Issue 55 November 2014

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...

Now the carnival is over...

Now the carnival is over and we'll always meet again...

Mental Health Awareness Week has come and gone with a wide range of successful initiatives that were different to past years and together made for a great few weeks promoting mental health, awareness and understanding.

Getting Your Head Around Dementia Public Presentation

It started with the "Getting your head around Dementia" public presentation where expert Ruth Thomas gave a two hour public presentation



Getting your head around dementia—a public presentation by Ruth Thomas

to about 80 people who braved some pretty inclement weather to attend. Fellow sponsors of Like Minds were, Positive Ageing NP, Bupa, Alzheimer's Taranaki and the NPDC.

Recognition Awards

This was followed by the inaugural "Recognition Awards for Outstanding Older Persons".

This was a superb evening with 20 nominees receiving awards for their long-term contributions to their communities of interests. The NPDC donated the use of the Debating Chamber which was packed on the night. Former Mayor Peter Tennent

The recipients of the Recognition of Older Persons Awards



presented the Awards. This was a project initiated by Positive Ageing NP and facilitated by Gordon, Like Minds Taranaki.

Hawera Social

The regular social event in Hawera was a highlight for differing reasons. Though numbers were down, this made it easier for much more interaction and under the facilitation of Nadja (Progress to Health) and Sam (Tui Ora Ltd) everyone enjoyed

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Claire, Charlene, Nadja and Rob making the most of the opportunity to dress up and get their photo taken at the Hawera Social event.

Coming Events: NOVEMBER 2014

- Every Wed: Real Arts at Real TArt, NP, 1-4pm
- Every Thur: "Mental Health Matters" Access Radio 104.4FM, 9.30am
- Wed 5 & 19: Post Natal Support Group at NP Women's Centre, 10am-12 noon
- Thur 13: Peer Support Group at Stratford 10am
- Mon 10 & 24: Peer Support Group at Hawera 10am-12pm
- Thur 20: South Taranaki Post Natal Support Group, 56 Disraeli Street, Hawera - 10am-12pm
- Thur 27: Mates Men's Meeting, 15 Dawson St, NP 2-4pm

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contd. from front cover

themselves and were treated to a very healthy lunch. STDC Mayor Ross Dunlop, who arranged for the free use of the facility, spent an hour circulating among the guests.

The public presentations on **"Managing Stress in the Workplace"** was presented by Andrew (Drew) Hignett, Professional Leader – Psychology at the Taranaki DHB, and



Cecily Bull introducing Drew Hignett and Ally McCullagh at the public presentations

with Ally McCullagh of McCullagh Services presenting on **"Workplace Bullying"** – an excellent crowd was expected and achieved. These presentations were held at the Baptist Church with TDHB sponsoring the event, facilitated by Like Minds Taranaki.

Picnic in the Park

After days of heavy rain the **"Picnic in the Park"** event at the Hatchery Lawn, Pukekura Park was a wonderful success with a myriad of entertain-

ment, recreation and in tune with the theme of Mental Health Awareness Week – plenty of learning. Again, there were a number of people arranging entertainment under the facilitation of the ever resourceful Sam (Tui Ora Ltd).



Ukelele lessons with Tony, Shirley and Rob.

WITT Annual Quiz

On Wednesday the 22nd October WITT held their **Annual Quiz**, based on Like Minds Taranaki's website www.likemindstaranaki.org.nz. This was one of a range of events held over several months and promoted by WITT Student Services.

And the media have been great. This year we did not promote major features as the cost had become prohibitive for NGOs. Nevertheless the Mid-week, The Most FM and Access Community Radio promoted the events and that was very beneficial to all concerned.

Cash funding too came from a range of different sources, including Tui Ora Ltd, Pathways, Healthcare 2000, Progress to Health and from individual donors Paula Ingram, Linda White and Gordon Hudson.



Giving the project the 'thumbs up' by some of the people that were at the launch including representatives from Like Minds Taranaki, Progress to Health, SF Taranaki, NETS, NPDC Deputy Mayor Heather Dodunski and Puke Ariki Library representatives Dale Cousens and Mary Laing.

Phase 2 of Turn the Page

To finish the week off, the launch of **"Phase 2 of Turn the Page"** was held at Puke Ariki and District Libraries. Puke Ariki hosted the occasion and NPDC Deputy Mayor Heather Dodunski did the honours and the media promoted the event. Turn the Page now has 13 categories of interest and 136 different titles for the New Plymouth district. The concept of "Turn the Page" is so simple, so effective, so necessary.



Some of the many people coming and going at this wonderful Picnic at the Park event held at the Hatchery Lawn in Pukekura Park— we could not have had a better day for it!

Happy 30th Anniversary Taranaki Disability Information Centre

There were big celebrations happening at TDIC on the 22nd October 2014. It has been 30 years since a small group of organisations representing the disabled decided to join forces in a bid to get a better deal for their members.

The Taranaki Disabilities Information Centre is the regional headquarters to eight organisations, has more than 60 affiliates and is all about transforming life and attitudes for its members.

The building that houses TDIC on Young St was originally owned by the Barrett Homes Trust and in 2005 the TDIC Trust got a grant from the TSB Community Trust and took over ownership of the building.

Brian Eriksen, the TDIC general manager, and the Centre have won awards for their work in pushing strategies for their members in need. They have achieved many victories for the people that they service and also offer an accredited training scheme giving trainees a physical experience of what it is like to live with sensory or mobility loss.

Brian, who has worked at the centre since 1991, has been at the head of the service since he took over from the previous manager over 20 years



The Diane Rangi Innovation Award Presented to TDIC earlier this year

ago and has been there leading the way ever since. Complete with balloons and cake to celebrate, TDIC held an open day to highlight the services offered at its centre and held a formal get-together in the afternoon at the council where there were talks from Paul Gibson, the Disability Rights Commissioner, Harry Duynhoven and Lance Girling-Butcher to finish off the celebrations for the day.



Some of the many scrap book clippings from over the years

Learn Suicide First Aid



Just like a first aider can make an assessment about injuries deciding if a visit to the doctor or an ambulance is required, an +ASIST Suicide First Aider will use tools and skills to assess if a person needs immediate help and/or hospitalisation, emergency counselling or a simple connection to family or friends.

+ Who should learn Suicide First Aid?

A. Everyone.

Suicide First Aid is an excellent skill for gate-keepers, administrators, HR personnel, mental health professionals, nurses, midwives, physicians, pharmacists, teachers, counsellors, youth workers, police, correctional staff, school support staff, social-workers, SWIS, clergy, volunteers, community members, whanau / fa-nau, hapu, iwi, friends, and significant others.

+ What's the cost?

All prices include gst.

Corporate: \$550

Standard Price: \$449

Standard NGO/Community: \$380

NGO/Community/Student \$190

MOH85—6 seats for Maori, Pasifika

NGO* \$52

MO100—6 seats for whanau, aiga,

family* \$FREE

+ please apply: *limited spaces, strict criteria apply email spe@lifeline.org.nz

Mauri Ora!

Kayte and Claudine

Suicide Prevention Education Team - Lifeline Aotearoa

www.suicideprevention.org.nz

Tony Wooding DDI: (06) 757

9493 Mobile 027 483 8071 or

Lifeline Aotearoa 0800543354

8th & 9th December





Supported by the



WHAT's ON

NGĀ KAUPAPA O TE WĀ

Issue 87—Compiled BY people on limited incomes FOR people on limited incomes...

NOVEMBER 2014

1st, 2nd, 8th & 9th Nov Oakura Arts Trail—10am—5pm—**OAKURA** Take the opportunity to meet 14 of our local artists in their studios—painters, potters, artists, photographers, jewellers and many more. For more information and workshops please visit www.oakuraarts.co.nz or contact the new Plymouth i-Site for a brochure including a map. Belinda 06 752 7772. **FREE**

Oct 31-Nov 9 Taranaki Fringe Garden Festival—Taranaki—9am-5pm. See 46 gardens, 11 places of interest and 8 vintage trail sites throughout Taranaki. Full details are in the programme, which has been distributed as an insert and are available at all i-sites and most garden centres. Most gardens are **\$2** admission, or a **donation**, and some are **FREE**

Oct 31-Nov 9 Powerco Taranaki Garden Spectacular—This is a celebration of gardeners and gardens with some of the most outstanding gardens, parks and open spaces. For more details www.taft.co.nz/gardenfestnz/ or call 0800 RHODOFEST (0800 746363). Various fees **\$4**

Sat 1 Park Walk—Main Gates on Fillis St at Pukekura Park—10am. Age Concern Taranaki invites you to join members for a walk in the park. **FREE**

Mon 3 Taranaki Geological Society Meeting—NPGHS Science Room, Block N—19:30pm. TGS will have a guest speaker and all are welcome to attend. Dr Alex McAlpine 06 758 5207. **FREE** for TGS members—but for non members **GOLD COIN**

Thur 6 Sustainable Living—Peace Hal, 44 Vivian Street—7:30pm. Everything you ever wanted to know about sustainable technology and techniques. Hosted by the NP Green Party. **\$5**

Thu 6 Mental Health Matters - Access Radio 104.4FM—9:30-10am—MHAW 2014 **FREE**

Fri 7 Hui-a-Toi—Felted Jewellery—Level 1, Puke Ariki Library—10am—12pm. Felted beads are made and transformed into a stunning felted necklace or bracelet. **FREE**

Fri 14 Govett-Brewster Seniors@Puke Ariki—Daily News Café, Puke Ariki Library - 10-11:30am. Bookings are essential: 759 6060. **FREE**

Mon 17 Marfell Community Conversation—St Chad's Hall—7—8:30pm. Join Mayor Andrew Judd, Councillors and NPDC staff to discuss the future of our district. **FREE**

Tue 18 Epilepsy Seminar—Community House, 32 Leach Street—1—3pm—what epilepsy is and many other issues concerning this condition. **FREE**

Sat 22 Precious Cargo Artist Demo and Discussion—Main Exhibition Gallery, Puke Ariki—11am-5pm(demo) 2-3pm(discussion) Join weaver Veranoa Hetet and fellow artist Graeme Priddle for a discussion about their craft. **FREE**

Human Rights at School—Workshops **FREE**

In conjunction with Youthlaw Aotearoa TCL presents workshops on the disciplinary process, and the rights of students with disabilities. Taranaki Community Law, 65 Devon Street West. Registration is essential: Angela 0800 529 878 extn 7

Tue 4 Rights in Education 9:30-11:30am An interactive education law introduction for parents, professionals working with youth and community members.

Tue 4 The Disciplinary Process 6:30—8:30pm An in-depth session on the discipline process, including stand-down, suspension, exclusion and expulsion.

Wed 5 Youth and the Justice system 1:30—2:30 What are the key legal ages in the justice system? What are the key features of the youth justice system? How can we help young people who are in trouble with the law? An important topic for anyone with a young person in their life.

Wed 5 Special Educational Needs 9-10am Students with disabilities have the same right to education as those who do not. Learn about the law and ways to help children you know.

"What's On" is emailed to almost 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity – if it is free or \$5 or less.



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

REGULAR SUPPORT GROUPS

Peer Support Group—STRATFORD—Second Thursday of each month, 10am-12pm. For people and families with mental health and/or addiction issues. Come and talk, listen and offer each other coping strategies towards recovery. Venue is generally at Stratford Community House, 52 Juliet St, meet there at 10am. For more details phone Mihi at Tui Ora Hawera 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. This month: 13th & 27th. **GOLD COIN**

Peer Support Group—HAWERA—Every 2nd Monday, 10am-12pm. 164 Princes Street. This month the group meets on the 10th & 24th. For people and families with mental health and/or addiction issues. Come and talk, listen and offer each other coping strategies towards recovery. Also a "Coffee Group" every Wed 2 – 3pm. For further details phone Mihi at Tui Ora's Hawera office 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. **GOLD COIN**

MATES Men's Meeting—45 Regent St, **HAWERA** on the 1st and 3rd Thursday of the month 7-9:30pm and at TDIC, 28 Young St **NP** on the 2nd and last Thursday of the month 7-9:30pm. There is also a group aimed at men living with the challenge of mental health issues held on the last Thursday of every month at Progress To Health, 15 Dawson St, **NP** 2-4pm. **FREE**

Peer Support Group - NEW PLYMOUTH For people and families/whanau with experience of mental illness. Held fortnightly on a Thursday -10am-12pm. Generally held at Tui Ora Ltd, 36 Maratahu Street, this peer-led group will provide an opportunity to meet with other people who understand and who share similar experiences. For further information please phone Kevin or Bronwen at Tui Ora Ltd on 759 4064. This month: 13th & 27th. **FREE**

Taranaki Touched by Suicide Support Group Led by experienced group facilitators, you will receive peer support and education, which research has shown to be helpful in overcoming the grief from this type of loss. Meet every third Thursday of the month at 83 Hine Street, 7-9pm. All welcome—any enquiries by texting or calling 021 027 369 35. **FREE**

Women's Carers Group—A support group for female carers of people with dementia. St. Mary's Cathedral Lounge 10am-12pm held on the last Wednesday of the month. Next one: 26th **FREE**

Support Group for Carers & Families of people with dementia—HAWERA Catholic Church- 1:30pm - A speaker from their Friday Club. **FREE**

Memory Cafés—An opportunity for people with dementia and their carers to get together, to socialise in a supportive group. Crowded House, 10am every 2nd Wed of the month (12th Nov) and at Nelson Café, 198 Broadway **STRATFORD** at 10am, every last Friday of the month, the next one is to be held on Nov 28. **FREE**

REGULAR ACTIVITIES

Every Tue & Thur ZUMBA! Ramanui School 85 Fairfield Road, **HAWERA**—5:30—6:30. Ditch the workout and join the party! Bring along water and a towel, wear gym shoes and prepare to have some fun! **KOHA** for school age kids to 12 years (must be accompanied by an adult) **\$5**

Every Tue & Sat Justice Of The Peace Service Desk—Level 1, Puke Ariki Library, 10am—12:30. If you need to have your signature witnessed, make a declaration or have originals or copies certified, a Justice of the Peace will be available to help you out. **FREE**

Every Tue Active in Age Programme—TSB Stadium—10am-12pm—Tai Chi session 11-12pm. Fun and fitness aimed at the over 50s. Get active and make new friends! Includes aerobicx, line dancing, indoor bowls, boccia and more. **\$3**

Every Tue Migrant Women Meet - Puke Ariki - 11am-12:30pm, Community Lounge, Level 1. **FREE**

Every Tue Rotary Club Walking—Hawera Tower Grounds, **HAWERA**—5:30pm. Walk at your own pace and socialise and get some fresh air at the same time, good for mind and body. **FREE**

1st & 3rd Wed Table Games—1pm—3pm—Community House, McLean Street **WAITARA** Come along for a game of cards or scrabble, and a cuppa to finish up with. **FREE**

Every Thur E-book Troubleshooting—Puke Ariki - 9:30-10:30am. Come along and learn how to download free e-books on to your device. **FREE**

Every Fri Tai Chi—Stratford War Memorial Facilities Room, Miranda St, **STRATFORD**—9:30-10:30. **\$5**

Every Fri Whizzy Walkers—Meet at Plunket House at 10am. A walking group specifically for caregivers who would like a brisk walk with their child and buggy for about an hour. **FREE**

Every Fri Knit and Natter—1-3pm—Community House, McLean Street, **WAITARA**. This knitting group is now meeting every Friday and concludes with a cuppa. All are welcome. **FREE**

Every Sun New Plymouth Joggers and Walkers Meet at Bellringer Pavilion at 8am for an hour or Wednesdays at 5:30pm. All ages—all stages—there is a walking or jogging group for your ability. **FREE**

Every Weekend NP Potters—Te Henui Vicarage—1-4pm. Local potters have their gallery in the historic vicarage which was built in 1846. Call in and have a look at the wonderful works which are available for sale. (No EFTPOS) Tour groups anytime by prior arrangement.

This space could be used to promote one of your events, please contact Stephanie Mapley at Like Minds Taranaki

We are very keen to hear of events from Central, Coastal and South Taranaki - ring us on 0800-454-536 or email us here at Like Minds Taranaki at mental.health@xtra.co.nz

The next "What's On" will be in late November for December



Suicide among older people

...The highest age group for suicide
...More common after seeing GP

We don't have a suicide prevention strategy for older people in New Zealand – it's just not 'sexy' in the eyes of the various Ministries and not considered important enough to address in any serious manner.

Recently, a new study of coronial reports on suicide has shown that many older New Zealanders who take their own lives do so within a month of visiting their GP.

Dr Gary Cheung, a senior lecturer in Psychological Medicine at Auckland University, said about 70 per cent of the patients in his study had taken their own lives within a month, on average, after seeing a GP. This highlighted a big opportunity for GPs to learn more about patients' overall wellbeing, he said.

Dr Gary Cheung's study highlighted a major opportunity to help older people who might be 'feeling down' when they visited their general practitioner.



"The high rate of presentation to general practitioners can provide an opportunity for suicide prevention by better identifying depression and addressing suicide risk in older people, along with managing their physical problems", he said. The study also found the average age for older people completing suicide is 76.

Dr Cheung looked at 225 coroner's reports on closed cases of suicide of those aged 65 and above, between

July 2007 and December 2012.

Mental health issues were "usually not the primary concern" raised by patients in their final GP visit, and "at least 80 per cent of them did not have a terminal illness," he said.

He would also like to see a screening system, including a short questionnaire for patients, put in place to help better identify depression among older patients during GP visits.

Dr Cheung urged greater awareness of depression and its associated risks, and said both patients and GPs could potentially do more to speak about life challenges linked to "feeling down", given that good treatments for depression were available.

Our local MHSOP at Taranaki DHB is an experienced team with both expertise and passion – and have, in the past, initiated a number of their own programmes in this area. With the right resourcing, they could do more.

Opinion – Gordon Hudson

Mo up for Movember!

Join [All Black captain Richie McCaw](#) and countless other champions for this year's Movember, and do your bit to raise awareness and money for men's mental health and prostate and testicular cancers.

Movember is a world leader in changing the face of men's mental and physical health. Every year during the month of November thousands of Kiwi blokes become walking, talking Movember billboards by sprouting moustaches.

There is still a lot of stigma attached to asking for help. We're working to ensure those who experience mental health problems take action early and get the help they need.

Funds raised by Movember go into exciting [programmes and projects](#)

such as the [Canterbury Earthquake Recovery Project](#) and the [Farmers Wellness Project](#).

[Sign up now](#), and prepare that facial fuzz for kick-off on 1 November.

Paula Taylor
Mental Health Foundation

<http://nz.movember.com/programs/mental-health>

HAPPY MOVEMBER!



NO SHAVE NOVEMBER



EXPECTATION



REALITY

have fun @ roomoffun.com

Coffee shout

November 5 is International Volunteer Managers Day, a day for organisations worldwide to celebrate the skills, motivation and preparation that their volunteer managers make towards many thousands of diverse causes.

To honour this Volunteering New Plymouth wants to send a "shout out" to every one of our local managers of volunteers to invite them to join in the celebrations at Starbucks at 9am to acknowledge the difference that they make in our community.

The first coffee is being paid for by Volunteering New Plymouth so register with Heather on 758 8986 or email npvsnz@yahoo.co.nz by Monday November 3rd.



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

South Taranaki Post-Natal Support Group

Meeting on the 3rd Thursday of the month is a support group for women in South Taranaki experiencing post natal distress. Open to any women with a baby/young child who is struggling with early motherhood and providing non-judgemental support in a safe environment. Babies and children are welcome.

This month: Nov 20
10-12noon

South Taranaki Women's Centre
56 Disraeli Street, Hawera
06 278 3260



Day Activity Programme

Tui Ora Ltd has started a Day Activity Programme for older people offering opportunities for creativity and other interests. The programme is designed to be meaningful and enjoyable focusing on past experiences and strengths. Sessions include, shared meals, music and movement, art & craft work, puzzles and board games, physical activities and others. Programme Schedule is on Thursdays 11am-2pm at the Brooksland Church, 21 Bideford St., NP. Referrals are made through the Mental Health Service for Older People (MHSOP) at the Taranaki District Health Board. For further information, please contact the Programme Coordinators:

0272772327; 0277027365



Coming Soon on Access Radio...



"Mental Health Matters" NOVEMBER

An interview with WITT students Rob and Jess about their placement with Like Minds Taranaki

9.30am
every Thursday of each month

Hawera support group:

The venue for this group is at Tui Ora Ltd: 164 Princes Street, Hawera
Held alternate Mondays 10-12 noon
Next Meetings—Nov 10 & 24
Contact Mihi 06-278-6603
or Kevin 06-759-4064.

Stratford support group:

For people and families/whanau with mental health and/or addiction problems. Usually held at the Stratford Community House, 52 Juliet St.

Every 2nd Thursday, 10am-12pm.
Contact Mihi 06-278-6603 or Kevin 06-759-4064 to check the venue.
This month's meeting: Nov 13 & 27

Support, networking and advocacy for lesbian, gay, bisexual and transgender youth in Taranaki.

For more information go to New WAVES, 74 Powderham Street
rainbowtaranaki@gmail.com
Ph: 06 757 9901



Employment: Taking the first step...



A 64-page guidebook for jobseekers with health issues.

Free copies available from Like Minds Taranaki.
06-759-0966



LifeLine
WE PROMISE TO BE THERE
Taranaki
0800 543 354
www.lifeline.co.nz

Mental Wellness Groups

Like Minds Taranaki hosts regular support and discussion groups, where you can share your stories and experiences with others who are also on the journey to recovery.

Enjoy a friendly, relaxed atmosphere and speak with complete confidentiality.

You can also benefit from an arts groups that allows you to tap into your creative side.

The post-natal group is a non-clinical group offering support with child care available.

NEW PLYMOUTH GROUP TIMES AND LOCATIONS

Discussion Group:

2nd & 4th Wednesday each month
10.30am—12 noon

Like Minds Taranaki Office
3rd Floor Brougham House
50 Devon Street West

Real Arts Group:

Every Wednesday
1—4pm

Real TArt Community Gallery
19 Egmont Street, NP

Post-natal Support Group:

1st and 3rd Wednesdays
10am-12noon
of each month
NP Women's Centre

For more information contact:

Like Minds Taranaki 06-759-0966
NP Women's Centre 06-758-4957
TDHB Peri Natal Team

Thought for the issue:

"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."

W. Earl Hall



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

No news is good news?

Psychiatric assessment. These are two words that we routinely hear and read in the media, usually used in connection to serious – often violent – crime.

All one has to do is Google this term and look at the news articles mentioning it, and most paint a disturbing picture indeed.

Our legal system requires that people who are accused of committing a crime are confirmed to be mentally fit to stand trial. They must also be deemed to have been in a state of mind to be fully responsible for their actions at the time of their offence.

Although the process of psychiatric assessment is standard practice, it is still something that features prominently in the way the media reports on crime.

Perhaps too prominently; does something that is performed as a matter of course really warrant a place in the headline of an article, or mention in the first paragraph?

Murder accused remanded for psychiatric assessment

Psychiatric assessment ordered in police stabbing case

Oscar Pistorius' psychiatric assessment is 'crucial' to trial - lawyer

Progress has been made on the way mental health is discussed, with a movement towards using “people first language.”

Rather than using labels - such as “the mentally ill” - we are encouraged to use more sensitive terms to describe people with lived experience of mental illness.

However, the media still appears to have a habit of “illness first” reporting. Or should that be “potential illness”, because not everyone who undergoes psychiatric assessment is confirmed to have any such condition?

What does the subject of mental health look like from the outside, to those who have not experienced mental illness and instead draw their knowledge

from the media?

The saying “no news is good news” is as true today as ever, because positive events predominately go unreported.

Research has shown that the stereotypical link between mental illness and violent behaviour is indeed false. People with mental illness are in fact more likely to be the victims of crime than the perpetrators.

According to the Mental Health Foundation, one in two or fifty percent of people in New Zealand will experience some form of mental distress at some point in their lives.

Perhaps due to the common, stigmatising perception reinforced by the media, it is believed that less than half of these people will seek help for their condition.

It is said that the negative impact of stigma and discrimination linked with mental illnesses can have a greater adverse effect on our quality of life than the conditions themselves.

Tony Spencer



This month's "Korero Mai" and "What's On" are edited by Stephanie Mapley and "Whakaaro Pai" by Tony Spencer— from Like Minds Taranaki. Your news and views are eagerly sought. Like Minds Taranaki, PO Box 5015, New Plymouth, 3rd Floor, Brougham House, 50 Devon Street West, NP, ph. 06-759-0966 mental.health@xtra.co.nz. www.likemindstaranaki.org.nz

December 2014 issue will be distributed in late November Contributions by Wed, November 19th please.