

Article for Media re Mental Health Awareness Week:

'Seeds of Hope' is the Taranaki theme for this year's **'Mental Health Awareness Week.'**

Over 500 packets of Sunflower seeds will be given away to as many people as possible, to be sown during Mental Health Awareness Week (or thereabouts) and nurtured through to full bloom in early March 2010 to be harvested during *'Schizophrenia Fellowship Week'*.

'Seeds of Hope' is symbolic of the importance of hope in recovery from any mental disorder.

Sowing the sunflower seeds is an act of faith and hope that they will grow into a thing of beauty.

Nurturing the plant is much like nurturing the soul and that of our community. We all need to 'garden' our spirits and care for our wellbeing, whether mentally unwell or well.

Harvesting is a time of celebration and there will be events that will focus on the magnificent array of sunflowers that will have grown.

The sunflower has been a key symbol of 'Supporting Families/Whanau in Mental Illness', a national organisation with a very active branch in Taranaki. For every person with a mental illness - there are many others affected, particularly, Family/Whanau, friends and neighbours.

T-Shirts



400 Tee Shirts bearing the image of the sunflower will be sold – at \$15.00 for waged and \$10.00 for unwaged. (As an extra bonus a small pack of sunflower seeds will be attached to the neck label of each shirt)

These are quality Tee shirts – and you will need to be in quick to get yours from Like Minds Taranaki, Healthcare NZ or Supporting Families in Mental illness.

The T-Shirts designed by local artist Frances Rookes carries a simple and clear message of hope. The design and it's message along with the quality and price make the shirts very attractive and Like Minds expect demand for shirts to be brisk as pre-orders have already exceeded expectations.

Any queries call Like Minds Taranaki: Ph. 06 7590966 (ask for Frances or Gordon)

Launch of Like Minds Taranaki Mental Health Sector Website and Directory:

Another 'first for New Zealand' is a local website dedicated to the local Mental Health Sector.

The Like Minds Taranaki website has been developed by Like Minds Taranaki as a resource for people with experience of mental illness, their families/Whanau and to all those that provide care and support.

Like Minds Taranaki is grateful to the many people with experience of mental illness and their Family/Whanau, Taranaki District Health Board Mental Health and Addiction Services and so many people and organisations providing support services for the provision of information for the site.

Like Minds Taranaki's manager, Gordon Hudson, is pleased with the simplicity and efficiency of the site and the fact that it is very user friendly. He says *"There is now no reason why people concerned about their mental health cannot, on one website, find out more about their concerns, all about medications and a great deal more about the range of support services available to assist them in their way to optimum recovery"*

If people do not have access to a computer, they can come in and use a computer at Like Minds to access the information they need.

It is a very comprehensive website and has received very positive reviews from relevant parties.

Like Minds Taranaki is very grateful to the Ministry of Health for providing the funding that has enabled the project to reach fruition.

Log on to www.likemindstaranaki.org.nz

Updated version of the Taranaki Mental Health Sector Directory also to be launched...

The third edition of the Like Minds Taranaki Mental Health Sector Directory has become more comprehensive and inclusive than ever.

600 copies of this 32 page A4 Directory will be provided to clinicians. GP Practices and decision makers in the Taranaki sector – at no charge thanks to the sponsorship of the NP District Council Community Development Department, Te Rau Pani – Kaupapa Maori Specialist Mental Health Services, the Taranaki DHB's Mental Health and Addiction Services and hopefully the Taranaki Electricity Trust.

And special thanks to Like Minds Taranaki Administrator, Stephanie Mapley for her hard work in ensuring as much relevant information has been included – and that information is accurate. Mission Impossible has been accomplished!