



MENTAL HEALTH AWARENESS WEEK

Connect – *tuhono tangata ki te tangata*

October 2013 – Programme includes

TURN the LIVING PAGE – FREE

Sunday 13th October – 1:00 – 4:00 pm – Puke Ariki Library (1st floor)

Learn about an aspect of living with and recovering from mental illness by having a 30 minute conversation with a human book.

**Rawinia Capper-Young, Sarah Darke, Nic Magrath,
Daniel Morgan, David Prentice, Paul Townsend, Gabby Ward**
See Puke Ariki What's On brochure - book through Puke Ariki 06-759 6060

DANCE / SOCIAL / KARAOKE / BBQ – HAWERA – FREE

Tuesday 15th October – 10.30-1pm

Limited numbers – contact Like Minds Taranaki 06-759-0966

ART EXHIBITION BY 'REAL ARTS' AT REAL TART GALLERY

Celebrate the work of the Real Arts Group – exhibition from **Tuesday 15th October – November 8th FREE**

THE YAHOO CONNECTION

Wednesday 16th October – 6:00 – 7:30 pm – Puke Ariki Foyer

Connect with ideas, actions and people who make things happen inside & out.

Wayne Morris – Connecting through Creativity **Virginia Winder – The Flower Effect**
Garth Browning – Connecting with Drug Addicts **Ross Ekdahl & Shane Smith – Crisis Respite**
See Puke Ariki What's On brochure or contact Like Minds Taranaki 06-759-0966

LAUNCH OF "FEELING DOWN ON THE FARM"

a 16-page A3 newspaper about mental health in Rural Taranaki

Tuesday 22nd October – by invitation only

For copies and information contact Like Minds Taranaki 06-759-0966

QUIZ – for WITT Students – at WITT Cafeteria – FREE

Wednesday 23rd October 12 noon – WITT student teams only

PRESENTATIONS TO SECONDARY SCHOOLS

as a follow-on to the Mike King events

Gabby Ward and Jim Dickinson – raising awareness of mental health in young people
Late October

For more information contact Like Minds Taranaki 06-759-0966

DISPLAYS IN PUBLIC LIBRARIES

See all Puke Ariki & District Libraries for information on mental health

CONNECT OCTOBER – LIKE MINDS Taranaki FACEBOOK PAGE

Follow the **Connect October Challenge** on the Like Minds Taranaki Facebook page for ideas on how to CONNECT during October

Taranaki Mental Health Awareness Week

*is supported by a wide range of organisations
providing effective services for people experiencing mental illness.*

Healthcare NZ Like Minds Taranaki Pathways Progress to Health
Puke Ariki & Community Libraries Real Tart Community Art Gallery
South Taranaki District Council Supporting Families in Mental Illness
Taranaki District Health Board – Mental Health & Addiction Services WITT
Tui Ora Ltd Problem Gambling Foundation NZ Needle Exchange Taranaki (NETS)

Proudly supporting mental health awareness

Mental illness can affect anyone, anytime, anywhere.

For more information, contact Like Minds Taranaki – 06-759-0966

mental.health@xtra.co.nz

www.likemindstaranaki.org.nz