



Mental Health Awareness Week 2011

3rd –7th— October 2011

Celebrating

“Turn the Page — Tahuri atu te Whārangī”

A new initiative being trialled in Taranaki, whereby people with mild to moderate mental illness are referred by their GPs to local libraries to access an increased range of books that will help them further understand and manage their mental health.

WITT TEAM QUIZ - based on www.likemindstaranaki.org.nz website—**FREE**

Thursday 22nd September—12.00 noon—WITT Cafeteria
Contact Margaret Smith, Counsellor, WITT—06-757-3100

MIDWEEK FEATURE/PROMOTION—Wednesday 28th September

HAWERA STAR FEATURE/PROMOTION—Thursday 29th September

LAUNCH—“TURN THE PAGE”—NEW PLYMOUTH

Monday 3rd October—12noon—Puke Ariki Library – fully booked

WORKSHOP ON SELF-STIGMA & SELF-DISCRIMINATION—NP—FREE

Monday 3rd October—10.00am-1.00pm—New Plymouth—limit—15 people
Please register with Like Minds Taranaki—06-759-0966 or mental.health@xtra.co.nz

PUBLIC PRESENTATIONS—NEW PLYMOUTH—ALL WELCOME—FREE

Monday 3rd October—5.15pm—Baptist Church, Liardet St, New Plymouth
Dr Chandrasekaran Ramamurthy, TDHB—“Anxiety”

Andrew Brock, Relationship Manager, Midlands Health Network
& Dale Cousens, Librarian, Puke Ariki—“Turn the Page” Initiative
Gordon Hudson, Like Minds Taranaki—“Stigma and Discrimination in the Workplace”
Contact Like Minds Taranaki—06-759-0966

DANCE/SOCIAL/KARAOKE/BBQ – HAWERA—FREE

Tuesday 4th October—10.30am-1.30pm – please contact Progress to Health – 06-757-5549

PUBLIC PRESENTATIONS—HAWERA—ALL WELCOME—FREE

Wednesday 5th October—10.30am-12.30pm—STDC Theatre Lounge, Albion St—Hawera

Sandi Cummings, Problem Gambling Foundation—“Help is available”
Suicide Prevention—“Let’s start the conversation and step up the action”
Otago University Mental Health Clinicians and Like Minds Taranaki
Taranaki DHB—“Mental Health & Addictions Services in South Taranaki”
Contact Like Minds Taranaki—mental.health@xtra.co.nz or 06-759-09-66

SCRAPBOOKING WORKSHOP—NP—GOLD COIN DONATION

Wednesday 5th October—10am-1pm—St Andrews Church Hall, Liardet St, NP
Limited to 20 people—contact Supporting Families in Mental Illness—06-757-9300

WORKSHOP ON SELF-STIGMA & SELF-DISCRIMINATION—HAWERA—FREE

Thursday 6th October—10am-1pm—Hawera—limit 15 people
Please register with Like Minds Taranaki—06-759-0966 or mental.health@xtra.co.nz

SPORTS TOURNAMENT – ORANGA NGATAHI VS TDHB - FREE

Friday 7th October—1.00pm—Action Stadium, Katere Rd—New Plymouth
Free lunch before the tournament at Te Whare Puawai’s Meaningful Activity Centre
email: marlene@wharepuawai.org.nz

BOOK OF AFFIRMATIONS will operate throughout activities

Taranaki Mental Health Awareness Week 2011

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

For more information, contact Like Minds Taranaki

Tel: 06-759-0966 Email: mental.health@xtra.co.nz

www.likemindstaranaki.org.nz

