



“TURN THE PAGE - Tahuri atu te Whārangī”

Midlands Health Network and Puke Ariki Libraries are literally on a winner.

Puke Ariki Libraries have totally embraced this project – drawing on the popularity of the concept overseas. For Midland Health – it means that their GPs have another option to assist patients with mild to moderate mental illness and best of all – for people with mental health issues – it gives them the opportunity to learn more about their mental health and to learn to manage their recovery and on-going mental wellness.

Libraries have invested well in their range of books and these are being well used by people already being referred to recommended books by their GPs.

The project will gradually increase to include other areas of mental illness such as Alcohol and Drugs.

Ideally soon the little logos that libraries have for indicating what a book area is eg ‘mystery’, ‘non-fiction’, ‘humour’ etc will have a “*Turn the Page*” symbol/logo.

“Turn the Page” as a project, is still in its infancy – however – will now be widely marketed on using a variety of media and social networks.

“Turn the Page” is a great ‘win-win’ project all round. It is expected the project will rapidly expand further afield in Taranaki and elsewhere.

The organising committee of this year’s Mental Health Awareness Week were pleased to be able to promote the “*Turn the Page*” project as the theme of this year’s celebrations.

Gordon Hudson
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