

ABOUT LIKE MINDS

In 1997 the Ministry of Health initiated the Like Minds, Like Mine programme to reduce the stigma and discrimination faced by people with an experience of mental illness. Providing funding for both nationwide and community based programmes.

“One of the biggest barriers to recovery is discrimination. That is why stopping discrimination and championing respect, rights and equality for people with mental illness is just as important as providing the best treatments and therapies.

Blueprint for Mental Health Services in New Zealand, November 1998

Nationally, there are 26 regional Like Minds, Like Mine providers around the country undertaking a wide variety of anti-discrimination activities with their local communities, community groups, marae, government departments, organisations, businesses and their local media.

[Check out the Like Minds Website](#)

www.likeminds.org.nz

To find out more Tune into our LMLM
Local Radio Show on Mondays 10-11am
92.7fm or go to: www.arrowfm.co.nz
and listen live

SUPPORTING FAMILIES WAIRARAPA PATHWAYS TO WELLBEING Nga Ara Oranga

Promoting Wellbeing by:

- Providing information on mental health and disability
- Supporting people with disability into employment and further education
- Supporting families/whanau with mental health information and advocacy
- Reducing stigma around mental illness and disability through education and promotion

SERVICE HOURS

Vocational Services:

Monday to Wednesday 9am to 5pm

Family/Whanau Services:

Monday to Friday 9am to 5pm

Resource and Information Centre:

Monday to Friday 10am to 3pm

Like Minds, Like Mine:

Monday to Friday 9am to 5pm

Workshop times available as negotiated

For more information please contact us:

323 Queen St (Opposite TRANZIT)

PO BOX 2110 MASTERTON

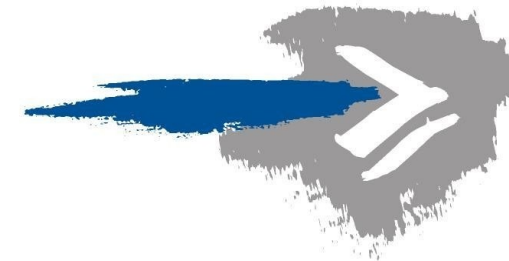
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Supporting Families Wairarapa
Awhi Whanau O Wairarapa

Pathways to Wellbeing Nga Ara Oranga



LIKE MINDS, LIKE MINE
Whakaitia te Whakawhiu i te Tangata



LIKE MINDS, LIKE MINE

Address and reduce stigma and discrimination by:

- Increasing leadership by people with an experience of mental illness
- Addressing organisational stigma and discrimination
- Working with local media
- Addressing internalised stigma
- Working with all areas of the community, particularly our Maori & Pacific Island communities
- Community workshops

Recovery from mental illness is enhanced when people are accepted, understood, believed in and given the same rights and respect that other members of the community enjoy.

We have speakers available who are able to address audiences on a wide range of topics relating to mental health. There is also the ability to tailor workshops and times according to identified needs.

TRAINING AND PRESENTATIONS

Hearing Voices That Are Distressing

This interactive workshop gives participants insight into some of the challenges faced by people with experience of mental illness. Participants will

- Engage in a simulated experience of hearing distressing voices whilst undertaking a series of activities
- Hear some of the Like Minds team share their personal stories about mental illness and their recovery
- The workshop concludes with a debrief and general question and answer session

Stigma and Discrimination

This interactive workshop facilitates reflection and learning about the stigma and discrimination people with experience of mental illness face. Participants will

- Hear some of the Like Minds team share personal stories about stigma and discrimination around mental illness and recovery
- General question and answer session

Both workshops are 3 hours in duration and for up to 20 participants at a time.

Cost

Our funding allows for the provision of some workshops on a free/koha basis and others on a charged fee for service basis. This is negotiated when you make a request for a workshop. Please call for further details.

OTHER SERVICES

Vocational Services

Support for any person who has experienced disability and/or mental health issues who wishes to :

- Access employment, further education and training
- Access community activities
- Transition from school to work

Family/Whanau Support

We can assist you in acknowledging and understanding mental illness in a family member or a friend with:

- Support, advocacy and education
- Support groups/ community education

Resource Information & Support Centre

Range of resources including books, pamphlets and a reference library around mental health and disability. Computer available with internet access to disabilities and mental health information. Videos and viewing facilities are also available.