

ISSUE

25

Momentum



together on the road to well-being...

SUMMER
2020

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THE ENTERPRISE TEAM

Editors: Shelley and
Kat

Fresh Starts

Weren't we all so tired by the end of last year? I know I was. It didn't seem to help that we told ourselves that we were lucky to be in New Zealand with less Covid and a sane political system. It was not much comfort that our services weren't as overstretched as they may have been in Auckland or Australia. It didn't help me to know I had a good break coming up soon. Just totally exhausted.

So here we sit in a new year, again, ever hopeful that it will be better, easier somehow. We do know that the pandemic will send us challenging stories for a long time to come and that February will bring the tenth anniversary of the February earthquakes. The media will be filled with stories and pictures that bring it all back.

What can we do? I was at a meeting that discussed how to support our staff in trying times and a lot of the ideas would work in our personal lives too so I will share a few.

Reduce Stress. Well of course we always want to but it doesn't seem to work. I think that is because we don't give ourselves permission to set limits. If we worked with a child and saw them overtired and cranky we would ensure they could have a sleep. Very simplistic example I know but as adults we don't deserve less. We have a right to say "I am really tired this week so I won't be able to go to the ... " or "This isn't a good week for me. Can we check in next week to see if I can do that?" I know that for me I think it is the personal stuff I have to cut back on because we have work commitments that often can't be changed. Still, if we have to do fewer fun things to manage our stress, it is the right thing to do.

We need to recognise the extra stress that screen time causes. Reading the news, watching videos of disasters, even the fun things such as skyping whānau still exposes us to the harsh lighting of screens and excess bad news that lingers well after we turn them off. I know I love my screen time with YouTube videos of comedians and movie reviews

Continued on page 2

but at 11 pm the lighting is interfering with our brain's ability to wind down (see article on page 5). Some people add an app to adjust for that, called "f.lux". According to their ad f.lux will "make the colour of your computer's display adapt to the time of day, warm at night and like sunlight during the day." I have known a few people who found this helpful to reduce eye strain.

Establish some positives. We could start now planning for good things. We could book a massage or set up in advance a monthly coffee with that person who always makes us laugh or find a laughter yoga class or join a choir or take sign language lessons. We all benefit from a variety of activities that aren't work related or that leave us alone at home for many evenings a week. MHAPS has a new programme on weekend mornings that will look at mental health, physical health and crafts and activities. It will be a chance to broaden the people we connect with who also get the whole mental health thing.

Allow yourself to say "no". This is a very hard one but very necessary. If we look back over the last 12 months I know we will see a few times when we did things we really didn't want to and those pressures increased our exhaustion. We have family obligations and social commitments and work expectations but if we do not declare that there is a limit to what we are able to do, how could we expect someone else to figure that out for us? If you respect your need for self care, others will have to.

I wish us all a year with many good things and enough strength and resilience to handle the rest.

*Beth Nobes
Acting General Manager*



Mad Poets Canterbury 2021 season

We're back!!!! Join us for an open mic night where poetry and music can be shared.

Friday 26 February 2021 7pm

Friday 26 March 2021 7pm

Friday 26 April 2021 7pm

Beat Street Cafe, 324 Barbadoes Street, corner of Armagh St and Barbadoes St, Christchurch

Music by Claire Buckley

Please check our Facebook page for updates as to when we will be hosting events.

<https://www.facebook.com/groups/madpoetscanterbury/>

Mad Poets Canterbury is by Awareness: Canterbury Action on Mental Health and Addictions

<https://www.facebook.com/awarenesscanterbury/>

**contact us at 365 9479 or
awareness@mhaps.org.nz**



**Te Wahapūahoaho:
Supporting families
towards mental
wellbeing**

Formerly known as **Supporting Families NZ**, we're Yellow Brick Road; a national organisation that provides support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Every day we set out to ensure they feel listened to, supported, equipped and confident to overcome the challenges they face.



**Consumer-run
Mental Health Radio Show
Saturday 1.00—1.30
repeated Wednesdays 10.30 am**



Hello All,

We are planning a great year with Quiet Minds. Hope you have kept up with all the great stories we've been able to tell in the past. It is great to have a vehicle for informing our community. If you have a recovery story or a service to promote give us a call at **366 8288** or **email mgr.cas@mhaps.org.nz**

Upcoming Shows

- Sat 13 Feb 2021 Beth discusses research on reducing medication
- Sat 20 Feb 2021 Snippets from Our Community Part 1
- Sat 27 Feb 2021 Snippets from Our Community Part 2
- Sat 6 Mar 2021 Repeat: Mike S' Personal Story

You can get podcasts of shows you have missed at

<http://plainsfm.org.nz/podcasts/programme/quiet-minds/>

We will be starting our new season in a few weeks. If you would like to be part of the planning team please call Beth at 03 365 9479

We apologise if the show played does not match this list as a result of last minute changes

Tips to Boost Your Mood

Get Up and Move to Improve Your Mood

Exercise is one of the best ways to improve your mental health



- > Regular exercise can help you feel more energetic throughout the day, sleep better at night, have a sharper memory, and feel more relaxed and positive
- > It helps with depression by releasing endorphins - brain chemicals that make you feel good
- > Exercise helps reduce anxiety and relieve tension and stress
- > It can assist with building resilience to help you cope in a healthy way when faced with mental and emotional challenges
- > 30 minutes of moderate exercise five times a week is ideal, but a little activity is better than none
- > If you don't have time for exercise, try to make physical activity part of your daily routine - clean the house, garden, mow the lawn, or walk the dog

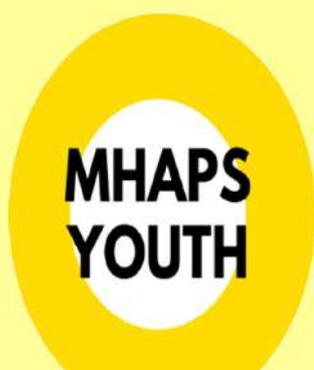
Exercise is a powerful tool to feel better, no matter what your age or fitness level

Youth News

TED talk about peer support for students

When trying to solve this problem of lack of support for college students with mental illness, many people look to outsiders with specific credentials; but Project LETS believes that a solution lies with the very people who experience the problem. During this talk, Stefanie will discuss: the founding story of Project LETS, developing the Peer Mental Health Advocate (PMHA) program model at Brown University in USA, her experience with psychiatric disability and sexual assault, and integrating a social model of disability into mental health care treatment.

<https://youtu.be/bd797eF62k8>



The Youth Team have some fun, connecting activities planned for this year.

Midfulness, Art therapy, Bush Walks, Outings, Education, Nature trips and more.

All activities are in line with the Te Whare Tapa Wha model.

Come in and see us to find out more.

Have your say for a healthy Greater Christchurch: Make a submission

Submissions are an effective way for communities to have their voice heard when local and central government are considering proposals which affect where we live, work and play.

[Christchurch City Council consultations](#)

- City Mall and Oxford Terrace access changes - closes Thursday 18th February 2021.
- **Wheels to Wings: Papanui ki Waiwhetū Major Cycleway** - closes Monday 22nd February 2021.
- **Draft Christchurch Central City Parking Policy** - closes Monday 22nd February 2021.
- Significant Indigenous Vegetation in the Coastal Environment - closes Tuesday 23rd February 2021.
- **Managing noise from the Canterbury Multi-Use Arena** - closes Monday 1st March 2021.
- Proposed new mountain bike track in Montgomery Spur Reserve - closes Friday 5th March 2021.

Go to <https://ccc.govt.nz/the-council/consultations-and-submissions/haveyoursay/> to find out more.

Artificial light at night is linked to mental health disorders among teenagers

“Importantly, the presence of outdoor artificial light at night was found to be much higher among adolescents belonging to disadvantaged demographic and socioeconomic categories. These included being from an immigrant family, having a lower family income, and belonging to a racial/ethnic minority.”

<https://www.psypost.org/2020/10/artificial-light-at-night-is-linked-to-mental-health-disorders-among-teenagers-58124ZAXZxnwu3f7OYtM8GrOU4e4>

Anxious Teens

Here are a few handy links to websites for younger people who are experiencing anxiety.



<https://www.whatsup.co.nz/teens/>

<https://www.auntydee.co.nz/tips-and-help>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://www.heysigmund.com/anxiety-in-teens/>

<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/anxiety>

'Exceptional and inspiring' youth hub in central Christchurch gets the green light

<https://www.stuff.co.nz/the-press/news/123341277/exceptional-and-inspiring-youth-hub-in-central-christchurch-gets-the-green-light>



Reframe Wānanga is a collection of courses and workshops that young people can enrol in to learn about mental health and wellbeing in creative, holistic and empowering ways. Courses and workshops are free to attend, and are all facilitated by mental health professionals and young people with their own experiences of getting through tough stuff.

rw.org.nz

www.facebook.com/reframeNZ



Te Hurihanga o Rangatahi
The Youth Hub

The Youth Hub is a collective of co-located services and facilities, along with transitional housing, based in the heart of central Christchurch.

<https://www.youthhubchch.org.nz/>



IF YOU CATCH YOURSELF BEING CRITICAL OF YOURSELF, OR DWELLING ON AN UNHELPFUL THOUGHT,

ADD THIS SIMPLE STATEMENT AFTER THE THOUGHT:



... and that's okay!

e.g. "I am so stressed... and that's okay."

"I've achieved nothing today... and that's okay."

keep repeating! Notice how it feels to be ACCEPTING & NON-JUDGEMENTAL.

@journey-to-wellness_
@_drsoph



St John
Here for Life

St John has launched an online version of its popular Mental Health First Aid course.

To find out more and to make a booking, visit www.stjohn.org.nz/mentalhealth

ASK YOUR GP ABOUT BRIEF INTERVENTION

Brief intervention counselling (BIC) clinicians are registered mental health professionals from a variety of backgrounds, who have had specific training as brief intervention counsellors and coordinators.

A BIC clinician can help you with low mood, anxiety, alcohol or substance abuse, and other mental health issues.

There is no charge to see a BIC clinician, but you must first get a referral from a GP. If you meet the criteria for referral you can receive up to five funded therapy sessions with a BIC clinician in your area.

The BIC clinician can give you therapy, advice and assessment. They can also refer you to other agencies

once their sessions have finished. BIC clinicians can normally see patients in the community and often in their GP clinic.

You may have to wait a few weeks before a BIC clinician can see you. If you need more urgent help you can call 0800 920 092.

To assess if you qualify for the funded sessions, your GP may ask you to fill in a short questionnaire and use this to work out a score. If your score is lower than the level needed for a referral to a BIC clinician, your GP will recommend other options for counselling. Your GP will also suggest community agencies that may be able to offer support.

BIC clinicians are available throughout Canterbury.

New eating disorders recovery app created.

A one-of-a-kind programme has been created in New Zealand and is delivered via an app to support people through recovery from an eating disorder.

Although Love your Kite is being overseen by clinical professionals, Hannah and Genevieve are wanting to create something separate to the traditional clinical resources currently available. Like a beautiful book, it is user-led, is supportive and encouraging. The program will not only include achievable modules, but will also have links to mental health resources and short mindfulness exercises.

<https://healthcentral.nz/new-eating-disorders-recovery-app-created/>

New support service for Kiwis living with eating disorders welcomes people under its 'canopy'

Canopy Eating Disorders Support Services (Canopy) is New Zealand's first eating disorder specific peer-to-peer support, both online and in person, community-centric service. It makes practical support affordable and accessible to all Kiwis affected by eating disorders and disordered eating to help them flourish and reclaim their lives.

<https://www.nzdoctor.co.nz/article/undoctored/new-support-service-kiwis-living-eating-disorders-welcomes-people-under-its>

8 psychosis myths debunked

"In the two decades I've lived with psychosis, I've lost a job and a handful of close relationships due to stigma around my condition. However I've gone on to gain two degrees, in journalism and fine art. I've also been published in The New York Times and written my debut book. My personal life has also spiralled upwards too, having recently bought myself a little white cottage, and adopted two loving tomcats – Caspar and Winter. Although we all need help and support to get through the more difficult times, people who have experienced psychosis can go on to live full, happy, and truly rewarding lives."

<https://happiful.com/8-psychosis-myths-debunked>

He Waharoa - A Māori kaupapa approach to mental health

He Waharoa is a joint partnership between Te Kupenga Net Trust and Hauora Tairāwhiti that specialise in mental health and addictions peer support. Nick Tupara is an artist and taa moko practitioner and joined mental health advocacy after being spurred on by his artist friends who also work in the area.

As a health kaupapa 'He Waharoa' place whanau at the centre of their approach so counselling sessions become wānanga. As part of the service, He Waharoa operate from a Māori worldview perspective that includes re-framing the language used, drawing on examples of stories and naming each work space after ancestors or stories.

<https://www.rnz.co.nz/national/programmes/teahikaa/audio/2018774656/he-waharoa-a-maori-kaupapa-approach-to-mental-health>

Short Term Psychodynamic Therapy Effective for Bipolar and Depression

Intensive Short-Term Dynamic Psychotherapy (ISTDP) was found to be effective for treating major depression, bipolar disorder, and so-called treatment-resistant affective disorders.

When assessed 14 months after treatment, their symptoms had reduced further, providing evidence of long-term effectiveness. Patients with "treatment-resistant" affective disorders not only benefited from treatment, but over half of them also reduced their medication use after eight weeks of treatment and were more occupationally active, and reduced their healthcare use.

This provides further evidence against the problematic "treatment-resistant" label (mostly used to label patients whose symptoms are not reduced through medication), as patients improved through their experience of psychotherapy. ISTDP was also effective in patients who were simultaneously medicated for their mood disorder and those who were not.

<https://www.madinamerica.com/2020/07/short-term-psychodynamic-therapy-effective-bipolar-depression/>

**Please remember to
check in on your strong friend,
your busy friend,
your happy friend...
or your "seems
to handle
everything
well" friend.**

Emily Coxhead



tinybuddha.com

SHORT ARTICLES and LINKS

Workbot – a chatbot that helps workers with employment problems

"I answer questions about employment issues in New Zealand. Ask me about agreements, leave, pay, etc."

<https://workbot.nz>

Rentbot – a chatbot that helps renters with tenancy problems

"I answer questions about renting issues in New Zealand. Ask me about bonds, boarding houses, repairs, pets, insulation, inspections, mould, etc."

<https://rentbot.nz>

Clearhead is now available in te reo Māori. Clearhead is a world first mental health platform able to support your wellbeing in an indigenous language.

<https://www.clearhead.org.nz/mi>

Coronavirus: Finding work for jobless Kiwis

Home services platform Goodnest is digitally matching people wanting jobs done with people who are looking for work, with thousands of people jobless after the coronavirus pandemic hit.

<https://www.stuff.co.nz/business/prosper/122387680/coronavirus-finding-work-for-jobless-kiwis>

Researchers Doubt that Certain Mental Disorders are Disorders at all

What if mental disorders like anxiety, depression or post-traumatic stress disorder aren't mental disorders at all? In a compelling new paper, biological anthropologists call on the scientific community to rethink mental illness. With a thorough review of the evidence, they show good reasons to think of depression or PTSD as responses to adversity rather than chemical imbalances. And ADHD could be a way of functioning that evolved in an ancestral environment, but doesn't match the way we live today.

<https://www.forbes.com/sites/alisonescalante/2020/08/11/researchers-doubt-that-certain-mental-disorders-are->

Why ignoring lived experience is the biggest mistake the mental health field ever made

"Lived experience should shape treatment. At the moment, in some cases, I think we have this the wrong way around. The theory is shaping treatment, and people who don't fit the theory – often the majority of cases – are written off as problematic."

(Note: Strong language)

<https://tabithafarrar.com/2019/03/why-ignoring-lived-experience-is-the-biggest-mistake-the-mental-health-field-ever-made/>

Ethiopian Outreach on Quiet Minds, Plains FM

Starting out as a Covid 19 information notice, this weekly programme has grown to include information and music to inform and bring together the Ethiopian community in Christchurch. Presented by several Ethiopian community leaders in Amharic every Sunday at 6pm. And the younger members of the community take over the programme every Tuesday at 2pm with an English version to help the wider community understand and celebrate Ethiopian culture.

<https://plainsfm.org.nz/Programmes/Programme-Details.aspx?PID=0bee5c3c-0ab7-4482-8a60-6fecaf2e7ef6>

PROGRAMMES, GROUPS and 1-to-1 SERVICES

We are meeting with people face-to-face at our offices. We recognise however that some people still may feel vulnerable about coming in and so we can begin our relationship with you by phone or email.

CONTACT US: - 'FIRST STEP'



This is how we always begin with people who want to use our services. Just come in our door, no appointment needed, but ideally sometime between 10:00am and 1:30pm.

We will talk with you about whatever you want to tell us or, if you prefer, we can start by explaining what we do. The MHAPS' worker you meet with will then suggest you onto whichever of our services seems most appropriate. We will then make follow-up contact with you in a few days.



MHAPS CONNECTION GROUP

This is an effective place for small numbers of people to be and connect whilst waiting for another MHAPS' service to start. Access to the group comes after your First Step meeting.

1:1 PEER SUPPORT and PEER ADVOCACY



These relationships always start with establishing a good connection between two people. **Peer Support workers** provide valuable perspective and can assist you to reduce any feelings of isolation and disconnection you may be feeling. From there they develop a mutual understanding and agreement with you on how to work together and what to focus on.

Advocates can help you with issues that may arise in relationships with GPs and organisations like Work and Income, Tenants' Protection Association, and many other services in Canterbury. Working with you an Advocate can help ensure you are heard and improve your service experiences. As well as our general mental health focus our advocacy team includes two people who specialise in working with people who are struggling with alcohol or other drug issues.

AWARENESS CONSUMER NETWORK



The Awareness Canterbury consumer network is back to meeting regularly and has a few initiatives underway. For more information see the full Awareness update in this newsletter or contact Claire on **(03) 365 9479** or awareness@mhaps.org.nz

MHAPS SERVICE UPDATES

PROGRAMMES AND GROUPS

MHAPS provides several programmes that have been developed to meet specific needs. Most of these programmes are provided on 3 monthly cycles. Details of each are available when you meet with us for a "First Step" or from your current MHAPS worker.

RecoveryWorks:

A multi-workshop and individual coaching programme for those who experience moderate to high anxiety and are strongly motivated for change.

Thrive:

A 6-week programme (12 hour) that assists people who have successfully used other programmes and services to transition the change and gains back into their everyday lives.

PeerZone:

A series of two-hour workshops, each of which is very practical, helping you to learn, or perhaps relearn, useful life skills. An example of topics includes:- *Healthy Diet; Physical Exercise; Managing Conflict and Getting a Good Sleep*. The workshops begin with a 5 workshop foundation skills programme.



YOUTH Group: Mondays 5-7pm, for Young Adults

A friendly peer support and connection group running at MHAPS for young people aged 17+. This informal group is a chance to meet and connect with like-minded people who have their own experiences of stress and distress. You can talk openly and honestly about your mental health experiences in a safe and supportive environment, and enjoy some fun activities.

Young Adults Activities Programme:

Exploring our sense of self through Te whare tapa wha. A holistic model of wellbeing encompassing the pillars of our Taha wairua [spiritual] Taha Tinana [physical] Taha whanau [relational] and Taha hinengaro [mental] hauora. To add tools to your kete and enhance your wellbeing.

Social Activities Programme:

New for 2021 is a weekend activity/social programme. Running from 10am to 12.30. We focus on different aspects of health, including physical and mental. Come along to hear speakers, do some crafts and learn more to enrich our strategies around our own wellbeing.

Latnam: Meets on Friday, Saturday & Sunday afternoons. If you want to come to the group please contact reception.

Please note: we are guided by the current Covid-19 alert level. MHAPS has necessary infection control measures in place starting from reception and through into individual meetings, groups, and programmes.

No beers who cares: learning to live without alcohol

“Many people feel peer pressure to drink alcohol and are relieved when someone close to them gives up drinking, the founder of a support group says.

Her group is not anti-alcohol, however, she wants people to realise that drinking alcohol is "just a symptom of deeper things".

She has had chronic anxiety most of her life, and while alcohol may seem to numb or smooth those feelings, the chemicals in alcohol actually make anxiety worse over time.”

<https://www.rnz.co.nz/national/programmes/the-weekend/audio/2018779537/no-beers-who-cares-learning-to-live-without-alcohol>

Music Aids Mental Health: Science Shows Why

January 24, 2021

“Music is good for us,” said Steven Mithen, an archeologist with the University of Reading, UK, and author of the 2005 book *The Singing Neanderthals: The Origins of Music, Language, Mind and Body*. “It’s been known for many, many years that music has therapeutic properties. It’s been in all sorts of areas — people who’ve got mental stress or physical pain. Doctors use it during operations, during dental surgery. . . . But nobody’s ever explained why it does have these therapeutic properties. Why is music so good for our well-being?”

<https://www.madinamerica.com/2021/01/music-aids-mental-health-science-shows-why/>

Miscarriage Matters NZ Launches

Miscarriage Matters NZ hosted a Butterfly Fun Run during International Baby Loss Awareness Week in October last year to celebrate the launch of the organisation. Miscarriage Matters NZ was founded by two sisters from North Canterbury, Aleisha Black and Corrine Christian, after Corrine experienced a miscarriage in 2018.

<https://www.scoop.co.nz/stories/GE2010/S00034/miscarriage-matters-nz-launches.htm>

Medical community must ensure that those needing support to come off antidepressants can get it. - Wendy Burns, former President of the Royal College of Psychiatrists (UK).

“I talked to “Altostrata” in San Francisco who founded the Surviving Antidepressants website in 2011, this supports people who are having problems stopping psychiatric medication and has a huge collection of case histories. She describes experiencing acute withdrawal symptoms, followed by Post-Acute-Withdrawal Syndrome (PAWS) with ongoing symptoms.

It became clear that I had underestimated the number of people experiencing difficulties in stopping antidepressants and that the problem was widely under-recognised across healthcare.

I spoke to people who reported feeling abandoned with little or no support for symptoms after stopping their antidepressants. Meanwhile, I feared that heated and often polarised arguments were deterring people with mental illness from speaking about their experiences and seeking support.”

<https://blogs.bmj.com/bmj/2020/09/25/wendy-burn-medical-community-must-ensure-that-those-needing-support-to-come-off-anti-depressants-can-get-it/>

NEED TO TALK?

1737

1737 now has the option to talk to someone with lived experience of wairangi/mental distress. It's your choice. You can choose a counsellor or a peer support worker when you phone 1737 between 2pm and 10pm.

free call or text
any time

For more info: www.1737.org.nz/peer-support/index.html

MHAPS SERVICE UPDATES



AWARENESS

Canterbury Action on Mental Health and Addictions

Awareness has had some exciting start ups over the past weeks and continuing forward.

Mad Poets Canterbury is back. The Awareness Executive Committee will be funding the evenings so a big thanks to them. See the ad on page 13 for all the colourful details. You don't have to read your own poetry. You can sit back, drink a nice coffee and listen to the experience of other peers.

Since our last newsletter Awareness elected some new Executive Committee members. All the people who were on last years committee returned for this year. They are Carol W, Anne S, Darryn W and John K. It was great to welcome Kelly P, Ashley C and Harris W to the new team. There is a wealth of knowledge and commitment in the list and it will be a productive year, as well as being fun.

There was some restructuring at MHAPS at the end of last year. With the retirement of Ian the Learning Exchange and all it's products morphed into other areas of MHAPS. For many years MHAPS had run the very successful Themes Speaker Evenings. It is really great that Awareness has agreed to take this opportunity up and fit this into the regular events held. It is a good match for the education goals the network has. The Facebook page or MHAPS' website will have the topics listed very soon, after confirming with speakers.

A number of opportunities to make submission came our way right at the end of 2020. Awareness was able to give lived experience perspective to the Health and Disability Sector Standards review project, to the He Ara Oranga Wellbeing Outcomes Framework review and a CDHB project, Reimagining the Consumer and Family Advisory Roles. Canterbury is very lucky that our network makes it possible to contribute to these local and national initiatives.

There were some changes to the membership of the Canterbury District Health Board Consumer Council near the end of 2020. After long service by Darryn W and Julie W as the Mental Health and Alcohol and Other Drugs (AOD) representatives respectively, new members of the Council were chosen. We are glad to report that our member of long standing, Anne S, is now the Mental Health rep and can make reports from the council to our meetings. She can take any concerns that arise for people as well. The new AOD member is Debbie S and she is attending our monthly meetings to ensure good flow of information to our network. Thanks to both of these members for their willingness to represent us and a big vote of thanks to Darryn and Julie for their long commitment and excellent quality representation.

We are all aware of the extensive changes that took place at the CDHB last year. These Executive Team changes will affect all of us in ways we aren't aware of yet. One of the changes that more directly relates to mental health services is the move Toni Gutschlag made last year to represent consumers in Wellington. The new General Manager of Specialist Mental Health Services (SMHS) is Greg Hamilton. We are glad to confirm that he will continue the regular meetings that Toni established with the network. Members of the Exec committee will meet every two months to take any concerns brought to the network directly to SMHS. This is a valuable connection and we are grateful to Greg for his commitment.

We look forward to seeing any of you who are able to come to our network meetings.

Upcoming Meeting

8 March 2021 at 357 Madras. 12.30pm for refreshments and networking.

1pm for the meeting.

All people who have mental health or addiction experience welcome.
Afternoon tea provided. For more information call Claire 03 365 9479

ARTICLES of INTEREST

New university qualifications for those on the frontline in tackling NZ's rising mental health rates

"The qualifications, designed in response to the 2018 He Ara Oranga report of the government inquiry into mental health and addiction, aim to assist the professional development of mental health and addiction support workers like Te Hira who operate on the frontline."

[https://www.nzherald.co.nz/sponsored-stories/news/article.cfm?
c_id=1503708&objectid=12368996](https://www.nzherald.co.nz/sponsored-stories/news/article.cfm?c_id=1503708&objectid=12368996)

New CBT Degrees To Help Address Inequality In New Zealand

The University of Canterbury (UC) is launching two new qualifications in 'gold standard', evidence-based, psychologically informed, talking therapy – the Postgraduate Certificate in Cognitive Behaviour Therapy and the Postgraduate Diploma in Cognitive Behaviour Therapy.

[https://www.scoop.co.nz/stories/ED2011/S00043/new-cbt-degrees-to-help-address-inequality
-in-new-zealand.htm](https://www.scoop.co.nz/stories/ED2011/S00043/new-cbt-degrees-to-help-address-inequality-in-new-zealand.htm)

Council partners with community to benefit city

The Christchurch City Council is partnering with community groups and social agencies to support the redevelopment of the City Mission site and to build a new whare for Māori youth.

<https://newsline.ccc.govt.nz/news/story/council-partners-with-community-to-benefit-city>

It's time to talk about anxiety and depression in new dads

"Men find it hard to seek help when they experience perinatal distress. Simon Day shares his story of postnatal anxiety and talks to parenting advocates about what fathers need to do when they're feeling down."

[https://thespinoff.co.nz/partner/te-hiringa-hauora/22-10-2020/its-time-to-talk-about-it-
anxiety-and-depression-in-new-dads](https://thespinoff.co.nz/partner/te-hiringa-hauora/22-10-2020/its-time-to-talk-about-it-anxiety-and-depression-in-new-dads)

We are all addicts now: a call for compassion

"I believe that we are all potentially addicts," says Professor Michael Farrell, director of the National Drug and Alcohol Research Centre, who has more than 30 years of experience in addiction medicine. "The idea that addicts are a little group of people over there that are fundamentally different from us is wrong."

[https://www.smh.com.au/lifestyle/health-and-wellness/we-are-all-addicts-now-a-call-for-
compassion-20210107-p56shl.html](https://www.smh.com.au/lifestyle/health-and-wellness/we-are-all-addicts-now-a-call-for-compassion-20210107-p56shl.html)

HIGH ALERT

<https://www.highalert.org.nz/>

The Ministry of Health is asking people to share their bad drug use experiences on its new website High Alert. Anyone with unusual or concerning experiences can share via the website to help keep people safe. All the information they collect will be confidential.

IMPORTANT NUMBERS

Need to Talk? Free call or text 1737 anytime

Lifeline 366 6743 or 0800 543 354

Alcohol and Drug Helpline 0800 787 797

Parentline 381 1040

Crisis Resolution 0800 920 092, 364 0482 (or 364 0640 after hours)

24 Hour Surgery 365 7777

Healthline 0800 611 116

Youthline 0800 376 633

Other services available around Christchurch

- * MSD—Ministry of Social Development www.msd.govt.nz
- * Lifeline: Free confidential support 24/7. Call 0800 543 354 or text 4357
- * 1737 to talk. Text or phone for free confidential support 24/7
- * Kidsline: 0800 543 754
- * Warmline: 0800 899 276, warmline.org.nz—
- * Safe to talk: Sexual harm helpline: 0800 044 334
- * Womens Refuge: 0800 376 633
- * The Lowdown: Text 5626, www.thelowdown.co.nz— Support for young people experiencing depression or anxiety.
- * Home & Family Society Ph:03 944 0635 or Text: 021 101 1438

DISCLAIMER:

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst MHAPS endeavours to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

**FAMILY
VIOLENCE
IT'S NOT OK**

**IT IS
OK
TO ASK
FOR
HELP**

<http://www.areyouok.org.nz>



24-Hour Hotline

If you are feeling anxious and need someone to talk to – wherever you are in New Zealand – you can phone our free 24 hour Anxiety Help Line.

0800 ANXIETY (0800 269 4389)

MHAPS acknowledges and thanks the following organisations for their continued and valued financial support

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Mainland Foundation; Christine Taylor Foundation;

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