

THEMES TALKS

PEER SUPPORT VS MUTUAL AID: Isn't it all just the same?

**Tuesday November 2nd, 2021
at 6:00pm on Zoom**

Link: <https://us02web.zoom.us/j/88351076566?pwd=TKV2NFRBY2ljMkhVUzByTStjaHJhdz09>

Meeting ID: 883 5107 6566

Passcode 534606



Hannah Whittaker, Peer Support Worker and Chair of Thriving Madly, will host this session of Themes exploring the different kinds of support we can give each other.

MHAPS has a library of **books, CDs and DVDs and articles** about mental health topics and you are welcome to borrow these.

You can also get **extensive resources and information** resources at: -

Mental Health Education and Resource Centre: <http://www.mherc.org.nz>

Mental Health Foundation: - <http://www.mentalhealth.org.nz>

See 'ABOUT THE THEMES PROGRAMME' over-page for details of how to attend this talk>>>

Peer Support * Peer Advocacy * Consumer Participation * Information



Themes Programme for 2021	Tuesday Date	Speaker
Anxiety Around Covid	April 13th	Dr Caroline Bell
Screening of Opening Doors, the training video about reducing seclusion	May 11 th	To be confirmed
Keeping the government accountable for the Mental Health Inquiry Recommendations	June 8th	Kelly Pope
Peer Support and Mutual Aid – How we can support each other in the community - postponed	July 13th	Hannah Whittaker
Te Kete Pounamu: Maori Lived Experience	August 10th	To be confirmed
What can GPs do to support mental health and addictions issues	September 14th	To be confirmed
Adverse Childhood Experiences	October 12th	Annie Southern
Peer Support vs Mutual Aid	November 2nd	Hannah Whittaker

ABOUT the *THEMES* PROGRAMME

Themes evenings are **one-hour long** talks on subjects that may be relevant to your mental and physical health, or to those amongst your family and friends. Most subjects are generic, so any references to specific diagnoses may be there to better inform rather than to define the talk. You are encouraged to ask questions during a **Themes** talk, unless the speaker indicates otherwise. Sometimes there may be relevant hand-out material available.

Themes talks are intended to *raise your awareness of* issues that cause people significant distress or to be better informed on topics of interest to our community. The limited time available for each talk means it cannot cover everything and so **you are encouraged to further explore** any subject that appears relevant to you. **MHAPS staff and Awareness representatives can help you** to identify more material, as well as being knowledgeable about other resources or organisations that may be useful to you.

If you're a current member of Awareness, client of MHAPS, or from an organisation that we mail out to, you are welcome to attend these talks. For **enquiries** about **Themes**, or if you're wanting to come as part of a group please contact our reception on **03 365 9479** or reception@mhaps.org.nz

As we cannot predict numbers of people who will attend there is no guarantee of seating at *Themes* evenings, so we suggest that you arrive no later than 5:50pm. Unless otherwise advised all Themes talks are at our offices, **357 Madras Street, CHRISTCHURCH. Please park only in MHAPS' labelled parks or the P60 parks, at the rear.**

Parking is also available on Madras and Salisbury Streets.