

ISSUE

27

Momentum



Summer
2021

together on your road to well-being...

We are located at
Unit 4, 357 Madras St

BUS Lines close to us:
1, 29, 44 and 95

Phone (03) 365 9479
022 307 8055

reception@mhaps.org.nz

PO Box 21-020, Edgware

mhaps.org.nz

facebook.com/mhapschch



CONTENTS

Beth's Note	p.1
Conversations around vaccinations	p.2
MHAPS & COVID	p.3
Boost Your Mood	p.3
Youth News	p.4-5
Factors Affecting Mental Health in Long Covid	p.6
Short Articles and Links	p.7-9
Step Ahead and Quiet Minds	p.9
What's on at MHAPS	p.10-11
Yoga by Zoom	p.12
Awareness Consumer Actions	p.13
Welcome New Advocates	p.14
Important Numbers	p.15

Momentum is published by

THE ENTERPRISE TEAM

Editors: Beth and Kat

General Manager:

Marney Ainsworth

022 523 3687

generalmanager@mhaps.org.nz

À BIEN TÔT

On 5 February 2005, I started as an administrator at Psychiatric Consumers Trust in Securities House. It was a chance to build something for myself and find a new village to be part of. I had a relationship break down (so then of course I broke down) and had to find a place to build a new me. No way was I going to let them know at work that I had an experience of depression (I didn't even know that thing where your stomach rolls and you wake up in the night and chew your fingers to a nub was actually anxiety!). I was just going to keep my head down and figure out how to work a full time job for the first time in 20 years.



But. They were so warm and friendly and easy to talk to.

I had no idea I would last 17 years or end up in management roles. It was a case of being in denial about my own strengths and what I had learned in the University of Life. I certainly had no idea I would take the role of representative for hundreds of individuals who couldn't be at the meetings and network functions, trainings and conferences that I was able to attend. Being the advocacy, consumer network and drop in manager for 15 years has brought so many amazing people into my life and enabled me to stand for them when they aren't ready to stand for themselves — yet.

I have witnessed so much heart, compassion and bravery. Of course there have been heart breaking episodes as well and we have lost some friends along the way. We remember their pain and stand firmer for them. More plentiful are those who fell down but got up and learned to stride through the world with self believed and a commitment to help others find their own way. A parade of staff passes through my memory, working hard, being purposeful in their peer support and being so angry on behalf of our clientele.

Continued page 2

From page 1

A few are still working with me and those who aren't may have moved on to different roles, studied and had families but I still know them all and they stay committed to social justice.

I have so many stories. Sneaking into Securities House after the September quakes to rescue the records and diary. There was no going back after the February one of course. Setting up services at my dining room table with staff coming in shifts to use a computer and phones. Having a break in at the 449 Colombo St site with the police and army right out on the street. Speaking at Building Bridges, the Mental Health Law Conference, Health Quality and Safety Commission conference and more, telling the stories of our people, their struggles and their dignity. Attending so many planning meetings, co design opportunities, workshops and seminar but seeing the difficulties the system has putting the good ideas into practice.

And so it is hard to think I will lose the depth of knowledge and the connections I have gained in this role. Seventeen is a lot of years to be deeply embedded in a place and I have been honoured by the way people have helped me and allowed me to partner with them along their path. I am comforted by the ranks of people who follow me to do their bit in this arena. There seems to be an endless line of committed people in it for the job satisfaction rather than the money.

Thank you to everyone and I can't name the dozens of peers and colleagues I have enjoyed working with over all these long years. Just know that, I see you. And I thank you.

Travel well and I'll see you at the coffee shop. Haere ra,

Beth Nobes

Retiring Service Delivery Manager

The Workshop

Between us we have had some tricky personal conversations about vaccination lately with people we care about. As we have experienced, hard conversations need preparation, and some scripts even. There are a lot thoughts and ideas out there about how to talk to friends and whānau (too many perhaps!). As the two of us have been deep in this vaccination research for some time, we thought we

could help with some practical tips.

[So we have put together a new guide to support your conversations with friends and whānau about COVID-19 vaccination.](#)

In the [new guide](#) you will find:

- key principles
- a handy flow chart with three pathways to follow depending on where people sit on the vaccination continuum
 - o pathway 1. tautoko (already vaccinated)
 - o pathway 2. kōrerorero (not there yet)
 - o pathway 3. awhi (the firmly opposed).
 - o some tips and scripts to try when tricky questions come up
- we also have some ideas on how to manage conversations about meeting up with people who are not vaccinated.

All of it is based on research.

We all want for our whānau and friends to be well. Connecting and hearing their concerns is a fundamental part of supporting the people we love over the vaccination line, particularly as these conversations become increasingly difficult to navigate. We hope this guide helps.



Jess and Jordan and all the team at The Workshop

MHAPS & COVID

We have a responsibility to keep you and staff safe and well, so we have adapted the government's traffic light system to MHAPS' philosophy. We respect your right to choose, and we also know that access to health care is a basic human right.

Therefore we won't be asking you if you are vaccinated, and we will operate on the assumption that everyone is unvaccinated.

This means that everyone must sign in and sanitise when they come to MHAPS. You will also need to wear a mask while you are inside (unless you can show us your mask exemption) and we will all need to keep a safe distance from each other – at least 1 metre apart, possibly more.

We will also be limiting the number of people who can be in a room according to the traffic light system rules.

If you show us you are vaccinated, and we are in Traffic light Green, then we can reduce these precautions, but this will need to be discussed and agreed with between you and your Peer Partner. There are other ways we can reduce the risk of infection, especially if we get to Red:

We can meet outside.

We can do phone or video connecting.

We are taking a note of the people who prefer video support and when there are enough people, we can run one of our groups by Zoom.

There are some other ways we can help. For example, we can help those of you who are vaccinated get a copy of your Vaccination Passport so you can show us and so you can get into social activities. We have staff who can take you to get vaccinated if that is what you would like. If you want to talk about any issues you are having around vaccination, we are very happy to listen.

Tips to Boost Your Mood

Reduce Your Daily Screen Time

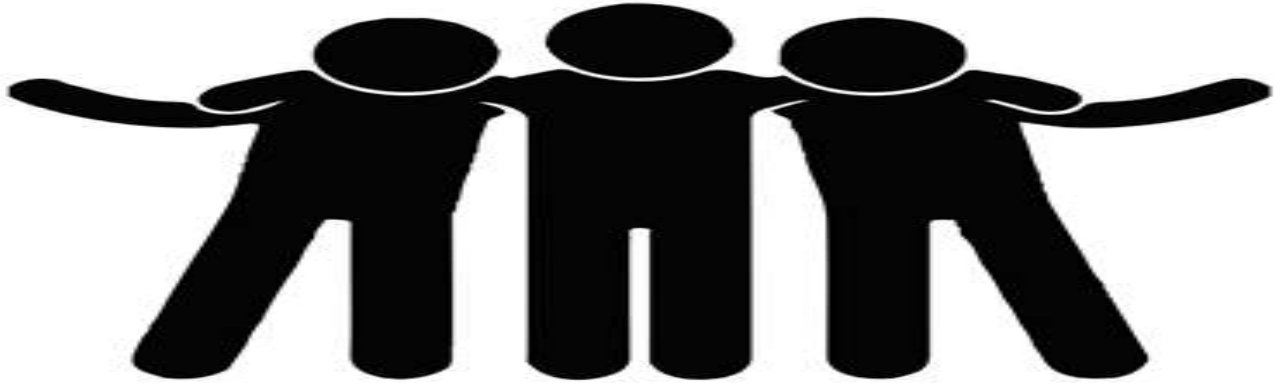
You'll be more productive, feel calmer and happier, and improve relationships, sleep and physical health



- > People who spend a lot of time on social media are more likely to suffer from depression, anxiety and low self-esteem
- > Improve your relationships by putting down your phone and socialising face-to-face
- > Be more present so you don't miss out on what's going on around you
- > Improve sleep - artificial blue light from screens can suppress melatonin, leaving you more alert and awake, struggling to sleep and feeling tired the next day
- > Be more productive - taking a break will show you just how much time you waste on it
- > Improve physical health - spending too much time inactive on your phone, watching TV or on a computer can lead to back and neck problems and weight gain

Try a digital detox by restricting or banning screen time for a period each day

MHAPS YOUTH



**YOUTH GROUP
MONDAYS
5 - 7PM**



**ACTIVITIES GROUP
TUESDAYS
12.30 - 2PM**

**DEVELOPMENT &
LEADERSHIP GROUP
3 - 4PM**



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

**Mindfulness, 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.**



JOURNEY WITH US.

Supporting individuals to conquer their fears, develop confidence and become their unique version of an everyday hero.

We all know that the best gift anyone can give is to believe in who we are. As fellow outdoor and "life" adventurers, we understand the transformative power of experiential learning in wilderness spaces – conquering obstacles that appear too hard, too immense, too overwhelming for mere humans such as ourselves.

At Adventure Specialties, we believe that every person has untapped potential waiting to be discovered. We're interested in investing in people's lives so they can leave these spaces feeling empowered – with new courage to take control of their lives and relationships. We know they've got it in them. We develop "life" adventurers with courageous hearts.

The goal? So that every individual expands their horizons, conquer their fears, develops in confidence and becomes their unique version of an 'everyday hero'.

71 Bamford Street, Woolston, Christchurch 8011, 03 348 4547



Am I a terrible friend?

From Graeme at <https://mailchi.mp/bc48cabd011b/am-i-a-terrible-friend?e=44e2bc3722>

I have a new message on my phone. A group chat I'm part of (in theory).

I have not yet opened this new message.

I've hovered my thumb over the message a few times. I've read the message preview. I've even strongly considered the possibility of, at some undisclosed future moment, pressing on the message and reading it. But here is my dilemma. It's a message on Facebook messenger. So even though I do want to read it, if I open it, then...

They'll all know I've read it.

And right now this feels like an insurmountable barrier.

So I do what I've done multiple times already this morning. I close the messenger app, and I put my phone back down.

In truth, I found belonging hard even before we were all trapped inside not seeing our friends. *I like socialising. I just never seem to remember that I do.*

The Zoom paradox

In many ways, lockdown has lowered the bar for socialising. Simply flip open your laptop, and you're there. And yet, for me it seems, I have just as much angst about a Zoom call as I would about a real life hangout.

Who's going to be there? Will I have anything interesting to say? What if I want to leave after five minutes, how awkward will that be??

Paradoxically, the Zoom era has also made it easier to wiggle out of things. No one has put in any great effort to host, so if at the last minute you don't show up, who will really care?

I have every intention to stay in touch with my friends at the moment, but I am struggling to actually do it. And it's been making me feel like a shit friend.

There are two (very different) ways to stay attached to the intent

I really like this phrase, 'staying attached to the intent.' I think as big feelers, there are essentially two ways we can do this. One helpful, one not so helpful. You probably already know the not so helpful way of staying attached to the intent.

'Oh god I still haven't messaged so and so. It's been on my list for weeks. I'm such a shit friend.'

You're aware of the intent to reach out to this or that friend, but you're aware of it primarily through the prism of judgement and shame. So what's the other option?

As my friend suggested in our chat, perhaps there's a way of staying attached to the intent that is less judgemental, that honours all the procrastination and the doubt and the false starts as *part of the process*. That says 'this is hard, but we'll get there eventually.'

(For full article see link above)

Trusting your (imperfect) process

That the hard work of belonging does pay off, eventually.

I just have to be patient. Trusting my imperfect process.



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/>

Factors impacting mental health and wellbeing of long covid patients

By [Dr. Liji Thomas, MD](#) Oct 19 2021 www.news-medical.net/news/20211019/Factors-impacting-mental-health-and-wellbeing-of-long-covid-patients.aspx

As the coronavirus disease 2019 (COVID-19) pandemic progressed across the world, leaving hundreds of millions of infections in its wake, about one in ten found themselves experiencing prolonged symptoms of ill-health even after the virus had been eliminated from the body and they had successfully recovered from the infection. A new preprint research paper deals with the mental baggage accompanying this condition often termed “long COVID.”

Study: ‘I had no life. I was only existing’. Factors shaping the mental health and wellbeing of people experiencing long Covid: a qualitative study. Image Credit: DesignPrax/ Shutterstock

Background

The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has had an inconsistent effect on those it infects, with the majority experiencing no or mild symptoms. In contrast, a small but significant minority have a life-threatening illness, with up to 2% dying of its complications. Of those who recover, even those with no major illness to speak of, chronic symptoms have persisted in some for weeks or months. This is known as Long Covid.

The symptoms range from breathing difficulty, headache, tiredness, gut-related, loss of smell or taste, and sleeping difficulties to brain fog or psychological distress. The current study looks at all these factors to explore the mental health of people with long Covid, with a special focus on anxiety, depression, and post-traumatic stress disorder (PTSD), along with brain fog.

What did the study show?

The researchers relied on interviews with 21 people who claimed to have long covid, of different ethnic backgrounds, ages, and sexes. (See the full article for more details of the research parameters. [Link above](#))

Fatigue was the most common, being reported by 95% of subjects, followed by muscle pain and weakness in 86%. Over 80% said they had shortness of breath, while more than three-quarters had concentration problems. Memory lapses were present in more than 70% of the subjects. Every participant reported being symptomatic at the time of the interview.

The researchers found five themes running through the interviews, which influenced the mental well-being of these individuals with long Covid. These included the availability of care and understanding from others, the lack of treatment options, the disruption caused by their symptoms to ordinary living, the lack of clarity about the outcome of their illness, and the changes it caused to their identity.

Support and care

People who felt supported and cared for by their social network of family and friends and health professionals were mentally happier and less anxious or lonely than those who did not, especially if their symptoms were not constant or faced uncertainty.

Especially when health professionals did not convey a sense of understanding or helpfulness, refused to continue to offer care, or said their symptoms were all in the patient’s mind, patients said they felt stupid and worried about being thought of as malingerers or hypochondriacs.

They also worried that they might be too anxious about their symptoms because doctors did not take them seriously. Some said that an expression of interest was sufficient to keep their spirits high, even if treatment options were limited, as it meant they were believed.

Practical support from friends and family, in the shape of shopping, talking things over, or general supportiveness was valued. In contrast, others said that after a few months, such support waned, with their family beginning to believe that the symptoms were mostly in mind.

Peer support groups were a source of support for many and helped them understand their condition and find ways to manage it or access services they needed. However, some acknowledged the need to filter out harmful messaging from social media groups to benefit from such support.

Treatment

The inability to find a treatment that worked was frustrating for many participants, with over half saying they were not being monitored properly. This led to the fear that they were not accessing treatments that could help them, partly because their tests were not turning up any leads.

About one in three spent out of pocket on their healthcare or had employee insurance because they could not get National Health Service (NHS) care. The private care they got was helpful in some cases, especially since the NHS did not offer specialist referrals for many long Covid patients.

Journal reference:

Burton, A. et al. (2021). ‘I Had No Life. I Was Only Existing’. Factors Shaping the Mental Health and Wellbeing of People Experiencing Long Covid: A Qualitative Study. *medRxiv preprint*. doi: <https://doi.org/10.1101/2021.10.13.21264855>.

SHORT ARTICLES and LINKS

The sadness paradox: how sad music can relieve a depressed mind

Bryony Porteous-Sebouhian 05 August 2021 <https://www.mentalhealthtoday.co.uk/>

Ever listen to a sad song and actually feel kind of happy? Maybe you feel moved and enjoy the fullness of the emotion. The **sadness paradox** tells us sometimes sad music can actually help us feel better, but why?

Content warning: this article mentions suicide and self-harm.

The first opening notes of Joy Division's *Atmosphere* from their 1980 EP *Licht Und Blindheit* (Light and Darkness) move into your ears like a slow, solemn procession. The melancholic, quiet pain of Ian Curtis's pleading, "don't walk away, in silence", reflects his knowledge that his marriage was about to end.

These connotations of sadness are then even further amplified by the knowledge that only two months after the release of this song, Curtis took his own life. Suddenly the lyrics have a dual meaning: the inevitable breakdown of his marriage and an inner turmoil surrounding his suicidality.

It's clear that this isn't a 'happy' song, so, why when in the throes of depression as a teenager, did it feel so comforting to me?

On the episode of the podcast, *Deeply Human*: 'Sad Music', presenter Dessa speaks to Andy Thompson, a composer about what makes sad music 'sad'. On the purely technical side of what sad music is doing in comparison to happy music, Thompson said this:

"...when you feel sad, you kind of pull inward and you're quiet and you don't necessarily want to speak to other people... one thing the composer can do is to bring the dynamic down. Another thing composer can do is use sparseness...have the notes be very alone with themselves."

Thompson continued, "C major chord has a C major third. To make it a minor chord, you take that second note, and you move it down a half step, which is the shortest distance you can move an interval in music. You're basically talking about two frequencies interacting and when they interact one way, it generally makes people feel happy, and when they interact a different way, it makes them feel sad. And that to me is kind of like a black hole."

So, we know that there is something specifically happening that is different with sad music vs happy. The sequential progression of chords must be a certain way to qualify as either. In the episode, Dessa remarks (upon hearing an example of major and minor chords) that she couldn't possibly understand someone who prefers how the major chords sound, she is a self-professed "sad music lover".

But why listen to sad music at all, and why do some people prefer it?

In the *Deeply Human* episode, Dessa also speaks to producer and music critic, Steven Thompson, who speaks about having a "depressive streak" and "an anxious streak". On how music has helped him with these symptoms he said:

"a song that has a way of processing those emotions can sometimes serve like a sorting mechanism for the web of feelings in my head...so I think sad music is really therapeutic for me in that way".

This resonates with me. When experiencing what felt like a never-ending numb, low mood as an 18-year-old and I listened to *Atmosphere*; it didn't make me feel *sadder*, contrastingly it actually relieved me. I felt kinship with the words, the nostalgic and mournful sound of the synths and reed organ felt cathartic.

Full article available at <https://www.mentalhealthtoday.co.uk/innovations/the-sadness-paradox-how-sad-music-can-relieve-a-depressed-mind>



Upcoming Workshops

25 January 2022 9 am to 1 pm

De-escalation: Effective Communication to Manage Distress

27 January 2022 9 am to 12 noon

Children's Anxiety: What Adults Need to Know and Strategies for Management

1 February 2022 9 am to 12.30 pm

Trauma Informed Care: Providing Safe and Effective Support to Adults

Register at: <https://mherc.arlo.co/w/upcoming/> or 03 365 5344 or admin@mherc.org.nz

ARTICLES of INTEREST

LET'S TALK ABOUT IT: A GRAPHIC GUIDE TO MENTAL HEALTH

"This warm, encouraging, engaging, and valuable resource by Cartoonist Cara Bean offers concrete tips for dealing with stress, getting adequate sleep, facing substance abuse, building resilience, facing depression, addressing suicidal ideation, and reducing stigma around mental health issues. That's an awful lot to pack into a short comic so I encourage everyone to read it again and again!"

<https://www.cartoonstudies.org/css-studio/cartooningprojects/mentalhealth/>

Parenting - providing youth-specific mental health support.

As youth mental health issues escalate here and globally, a clinical psychologist says it's imperative to listen young people about what services would best help them. Kerry Gibson is an Associate Professor from the University of Auckland and has done extensive [research](#) on the matter, including asking young people where they'd like to go for support. *From None to noon 2 Dec 21*

<https://www.rnz.co.nz/national/programmes/ninetonoon/audio/2018822950/parenting-providing-youth-specific-mental-health-support>

Welcome to Anxiety Slayer

With a love for what we do, millions of downloads, and hundreds of free episodes, the highly acclaimed, award-winning Anxiety Slayer™ podcast is a leading resource for anyone who suffers from anxiety, panic attacks, stress, and PTSD. Our mission over the last 12 years is to help you feel more peace and tranquility in your life with hundreds of free [podcasts](#), [supportive courses](#), relaxing [meditations](#) and [anxiety breakthrough coaching](#) to help you slay your anxiety.





Step Ahead is a place of acceptance and well-being for those with mental illness in Canterbury.

Te Ara ki Mua, hē wāhi whakaae, whakamana, whakaora ōu whānau e mau iui hinengaro ai

Activities

Art
Music appreciation
Creative writing
Stone carving
Sewing
Craft groups

Healthy Living

Healthy Cooking
Tai Chi
Mediation

Life Skills

Gardening
Volunteering
Speakers and
Education Sessions

Project Connect

Boosting digital inclusiveness for our members by providing modems and devices to connect to the internet, along with free digital support and training. Digital Inclusion Alliance Partnership

Thanks to the **Digital Inclusion Alliance Aoteroa** and **Skinny Jump** we can supply members with a modem so they can connect to the Internet from home.

At only \$5 for 30GB of data, with top ups available, this is a very cheap way of connecting. We assist with this to make sure everything is working the way it should.



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



Hello All,

How to describe what a great ride it has been?

Quiet Minds is coming to an end after about 16 years. That is a great run and we have met the most amazing people. Listen to the 2 wrap up shows Deb and Beth have recorded to hear our memories, our ideas and our great appreciations for all the help over the years.

Thank you to the hundreds of brave people who shared their stories of loss and recovery.

Thank you to the unfailing support of the people at Plains FM 96.9.

Thank you to the anonymous listeners who made Quiet Minds one of the most downloaded shows Plains FM has.

Take care all,

Deb, Beth, Brett, Annie, Mike, Grant and all the rest

December Shows

- Sat 04 Dec 2021 Annie' music selection
- Sat 11 Dec 2021 Deb and Beth Wrap Up Quiet Minds Part 1
- Sat 18 Dec 2021 Deb and Beth Wrap Up Quiet Minds Part 2
- Sat 25 Dec 2021 Deb and Beth's Christmas Show

You can get podcasts of shows you have missed at

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

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 during Covid 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.

To access any MHAPS services please just come in for a low-key conversation with one of our peer partners **No appointment needed!** Just pop in any weekday, ideally between 10.00am and 3.30pm .when we have specialist staff rostered to welcome you

You can choose to talk to us about what's happening for you, or you may prefer that we begin by telling you about us.

At the conclusion of your **First Step** MHAPS staff may suggest a service to you and if you agree, we will pass your details onto that team, who will be in touch with you soon.



MHAPS CONNECTION GROUP

A relaxed space to be heard, connect with others and explore what it is to be human, and the challenges we can all face with this.

No need to book, just come in. (after FIRST STEP completed)



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

Awareness is a network of people who have used mental health or addictions services, or identify with experiencing mental illness, substance use issues or distress. Our aim is to help make services and wider society better for people with experience of distress.

For more information contact Claire on **(03) 365 9479** or awareness@mhaps.org.nz <https://awarenesscanterbury.com/>

MHAPS PROGRAMMES AND GROUPS

MHAPS provides several programmes that have been developed to meet specific needs. Most of these programmes are scheduled *up to four times a year*. Details of each are available when you meet with us at **First Step**, or in contact with your current MHAPS worker. Some programmes have entry criteria and these will be discussed with you.

RecoveryWorks:

is an 11 week, once a week, multi-workshop and individual coaching programme for those who experience **moderate to high anxiety** and who are strongly motivated for change. The programme is scheduled once a quarter.

Thrive:

is a 8-week (16 hour) programme that assists people who have successfully used other programmes and services to transition the change and gains back into their everyday lives and to know how to 'reset' if life again becomes challenging.

PeerZone:

is 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 5-7 pm for Young Adults



A friendly weekly drop-in 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 (6 weeks):

Explores 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.

Weekend Activities Drop-in Programmes:

Maranga Te Waiora: Running from **10am to 12.30 on Saturday and Sunday** is a weekend activity/social programme. . 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, 1 to 3.30 pm**. Coffee, tea, games , pool and conversation. 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 transmission control measures in place starting from reception and through into individual meetings, groups, and programmes.

<https://findahelpline.com/>

Struggling? Get free, confidential support from a real human over phone, text or webchat. The world's largest resource of helplines, at your fingertips.

Free emotional support, wherever you are

We've collated over 1,600 services across the world that offer immediate emotional support, and made them easily available to you.

We work directly with helplines to ensure our data remains accurate and reliable.



Restore Yoga

with Whakatai Mai and Karen

An Online Zoom Event

<https://www.wellbeingsessions.nz/upcoming-sessions>



Restore yoga practice is a journey of reconnecting to your body so you are present in the moment. The active relaxation of gentle yoga poses offers a rest for your mind and an opportunity for us to notice our bodies and what our bodies may need. The practice teaches techniques to ground, reconnect, and peel back any layers to restore you and enhance your wellbeing.

Who should attend this session/these sessions?

Yoga is for everyone, and in these sessions there are many modifications to poses to suit everyone and meet you where you are at. Yoga is also about listening to your body and resting if you need rest and seeking modifications to poses if they do not work for you to support creating a balance during practice.

What can I expect in this session?

Your practice will begin with breath work to come into your body and be present. You will then be lead through poses with Karen first demonstrating and offering modifications. Karen will then speak to ways of deepening your practice and draw on her own experience to offer insight to how your practice impacts your body, mind and spirit, and offer possibilities of how you can carry this into your life. The session closes with savasana (resting pose) and an offering of three oms to signify the sharing of connection.

What do I need to bring?

Yoga mat, block, towel and strap if you have them. Alternatively, a towel, cushion and something to be used as a strap eg: a tie or belt. Please wear comfortable clothes that are easy to move in.

How do I join?

To register, you need to click the Register button at the top of this page, or [click here to be taken to our registration page](#). Once you have registered, you will be sent the private meeting link, which is the only way to access the session.

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



AWARENESS Canterbury Action on Mental Health and Addictions

Hello All,

The November meeting, on the 8th, saw the annual celebration of what has been accomplished and the election of the Executive Committee. This year we also had a chance to acknowledge Beth for her great support of Awareness since its inception. Here is a sampling of what the Chair reported what was, despite Covid and Lockdowns, a very productive year:

Activities

- * Attending the regular meetings with the General manager of Specialist Mental Health Services, Greg Hamilton. Dr Schmidt was also in attendance. We are grateful for the time given to the network at this level and the replies to our questions are shared with the network.
- * Welcoming the CDHB Co-ordinating Consumer Advisor to enable good representation of our community
- * 3 Mad Poets Canterbury Open Mic Nights were held. We thank the Christchurch City Council's Creative Communities funding for their continued support of this creative outlet.
- * Established a working group to look at consumers issues with the 1737 phonenumber
- * Shared the opportunity to sign a petition against Conversion Therapy
- * Collaboration with the Poets Collective for an Exhibition during Canterbury on Show. The Art of Poetry exhibition attracted 50 attendees.
- * Invited members to write their own submissions on the Royal Commission on Abuse in State and Religious Care system
- * Collaborated with Barnett House Lived Experience members for fuller submissions material and tangata whaiora representation
- * Organised for members to attend the Balance hui regarding the United Nations Convention on the Rights of Persons with Disabilities
- * Attending the Gender Pronouns Inclusion group meeting
- * Worked with Comcare to design a survey process to be Lived Experience led.
- * Attended Equally Well Working group meetings to represent the physical health needs of our community
- * Designed and distributed a survey for Equally Well regarding barriers to accessing G P care for our community.
- * Held two workshops to design the community's Model of care for the future acute care facility

Submissions

- * Submission to the Mental Health and Wellbeing Commission sent
- * Submission on the Health and Disability Sector Standards sent
- * Submission to the Mental Health and Wellbeing Commission sent on the MHWC Monitoring Framework
- * Submission on the Accreditation Standards for Psychotherapists
- * Submission on the Review of the Mental Health Act
- * Submission regarding the Conversion Therapy Bill

Next year's projects are already underway, including a response to the Mental Health Act Review And Repeal document.

Any person in Canterbury who has lived experience of mental or addictions distress can be a voting member of this network. Members just pick up on projects that interest them, from submissions to the Mad Poets Canterbury programme.

Contact Claire at awareness@mhaps.org.nz or come by to find out how to join.

Welcome New Advocates!

MHAPS had great result this year when looking for new advocates. Read below to learn about them.

Kia ora tatou,

My name is Emma and I have recently joined the MHAPS team as a Mental Health Advocate.

I live in Northern Christchurch with my partner, three busy children and two busy cats. I have a background in graphic design and more recently I have been keeping myself busy representing consumers/patients on a number of governance groups that focus on the health and wellbeing of our local communities.

I have lived experience with post-natal anxiety, generalised anxiety and phobia and I am happy and proud to say that with the support of awesome whanau, friends and mental health services, I have been able to work through these challenges to live a fun and fulfilling life.

I look forward to working with the MHAPS team and having the opportunity to support my peers as they navigate the challenges that life can throw at us.

Nā to rourou, nā taku rourou, ka ora ai te iwi

With your food basket and my food basket, the people will thrive.

Who is Phoenix?

Purpose, passion, and satisfaction are what we constantly seek in our lives. We tend to get inspired by what is defined as success, look around for it and try to follow footsteps of successful people with the intention of making it ours. Every single human being is born unique, with potential to offer something special to the world.

I completed my education in Civil/Structural Engineering and worked for eight years in the industry. Because I was doing really well in my professional field, it was difficult to hear my inner voice which was talking about a deep dissatisfaction with this pathway. Since I hadn't paid the attention my "self" deserved, it crushed me to a bedrock of depression and anxiety and I came to a full stop in 2017.

Long story short, I had to go through a painful, but graceful, destruction; a path of rediscovery, reevaluation and realisation of a new "me"; a breakthrough which I later called "Second Self". It took a long time to untangle the tightly knitted web that life had beautifully strangled me in over the years. Maybe all I needed was just the right support from someone who truly cared, deeply listened and wisely helped, so I could travel the right path, my path, one step at a time before breaking down.

Well, things are very different now... I have gone through a long, arduous and organic process alone to make these changes and start living life. But you don't have to do it the hard way, you shouldn't have to spend such a long time and certainly you don't have to travel the path alone. I have joined MHAPS as a Peer Advocate so I can support you in your journey toward recovery and wellness.

I love this quote (author unknown):

Exactly what your future holds, only time will tell. But not matter what you choose to do, you're sure to do it well.

فینیکس کیست؟

اشتیاق، هدف و رضایتمندی، عواملی هستند که پیوسته در زندگی به دنبال آنها هستیم. آنچه به عنوان موفقیت در جامعه تعریف شده است هیجان انگیز است. به همین دلیل ما به دنبال عوامل موفقیت می‌گردیم به این امید که موفقیت را از آن خود کنیم. هرکدام از ما منحصر بفرد به دنیا آمده‌ایم و این قابلیت را داریم که چیزی ویژه و متفاوت به این دنیا عرضه کنیم.

بعد از اتمام تحصیلاتم در رشته مهندسی عمران (زیرساخته سازه و زلزله)، برای حدود ۸ سال در این رشته مشغول کار بودم. با توجه به موفقیت‌هایی که در این مسیر به دست آورده بودم، به سختی می‌توانستم صدای درون‌ام را، که حاکی از عدم رضایت بود، بشنوم. به همین دلیل و با توجه نکردن به نیاز درونی‌ام، نهایتاً در سال ۲۰۱۷ دچار افسردگی و اضطرابی شدید شدم که باعث توقفی فراگیر در تمامی ابعاد زندگی‌ام شد.

خلاصه این که ناچار به طی مسیر دردناک اما زیبایی از نو ساختن خویش شدم. مسیر کشف و شهود و ادراکی نو از خودی متفاوت که بعدها آن را "خود دوم" خویش نامیدم. زمان خیلی زیادی طول کشید تا توانستم تار عنکبوتی را که در طول سالیان به دور خود پیچیده بودم، و کمک داشت زندگی را از من می‌گرفت، باز کنم. شاید نیاز به همراهی داشتیم که مرا می‌فهمید، عمیقاً می‌شنید و کمک می‌کرد تا بتوانم مسیری مناسب را پیمایه طی کنم. قبل از اینکه تار و بودم از هم بگسلد!

این روزها اما برایم همه چیز بسیار متفاوت است. من این مسیر طولانی، طاقت‌فرسا و دردناک را به تنهایی طی کردم و تجربیات بسیاری را پذیرا شدم تا بتوانم زندگی لذت‌بخش را تجربه کنم. اما نیازی نیست این مسیر طولانی و سخت (یا مسیرهایی مشابه آن را) به تنهایی طی کرد! من به تازگی به این تیم بسیار با تجربه پیوسته‌ام و آماده‌ام که تو را در مسیر بهزیستی و بهبود یاری کنم.

نقل قولی زیبا از نویسنده‌ای گمنام می‌گوید :

"تنها زمان مشخص می‌کند که آینده برای تو چه در بر دارد. اما فارغ از آنچه که انتخاب می‌کنی، مطمئن باش که آن‌را به بهترین شکل انجام می‌دهی"



Hearing Voices Network Aotearoa NZ

The **Hearing Voices Network Aotearoa NZ – Te Reo Orooro** is an Independent Registered Charity made up of: Voice Hearers, Friends and Family, Caregivers, Mental Health Workers, Concerned Citizens

As an incorporated Society we have established rules and aims, and are run by our members voted in committee. Membership is available to anyone who would like to be part of our network. It is a small fee of \$20 for waged, and \$10 or services for the unwaged. Membership is not compulsory for anyone wishing to attend our events or support groups.

CHRISTCHURCH SUPPORT GROUP

To get next date, please email lpadge@outlook.com, or annescott63@gmail.com

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**

Anxiety
New Zealand
TRUST

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

CANTERBURY DISTRICT HEALTH BOARD (CDHB)

RATA FOUNDATION (Canterbury Community);

KGF . Christchurch Casino

Mainland Foundation

Frozen Funds Charitable Trust

Lottery Grants Board . Lion Foundation

IF UNDELIVERED PLEASE RETURN TO: -

PO Box 21-020, CHRISTCHURCH 8143

If you no longer want to receive this newsletter or our regular updates 'What's on at MHAPS' please contact Shelley on email: reception@mhaps.org.nz or phone (03) 365 9479