

“THE *LIKE MINDS* WORKSHOP WAS AN OPPORTUNITY FOR PARTICIPANTS TO EXPLORE DIFFERENT PERSPECTIVES ON MENTAL DISTRESS THAT TRIGGERED DEEP LEARNING IN A FUN AND ACCESSIBLE WAY. THIS LEARNING ENGAGED THE HEARTS AS WELL AS THE MINDS OF THE WORKSHOP PARTICIPANTS.”

Dr Janet Fanslow
Senior Lecturer in Mental Health Promotion
University of Auckland

Other projects

The RETHiNK Grants

On an annual basis, Mind and Body *Like Minds* provides small grants to groups or individuals to enable them to undertake innovative projects that address how society views issues of mental health.

www.outoftheirminds.co.nz

A web-based initiative that profiles well-known artists and thinkers whose worldviews encourage others to think about madness in different ways.

Like Minds, Like Mine

Phone: 630 5909 ext 870
Mobile: 027 655 2770
likeminds@mindandbody.co.nz

70 The Drive
Epsom
Phone: 630 5909
Fax: 630 5944

Postal address

PO Box 26 396
Epsom
Auckland 1344

Websites

www.outoftheirminds.co.nz
www.mindandbody.co.nz
www.likeminds.org.nz

mind&body

mind&body

RETHINK 'MENTAL ILLNESS' -
FREE PROFESSIONAL
DEVELOPMENT RESOURCES
FOR YOUR ORGANISATION.



LIKE MINDS, LIKE MINE
Whakaitia te Whakawhiu i te Tangata

Who are we?

Like Minds, Like Mine is a nationwide programme funded by the Ministry of Health to counter discrimination associated with 'mental illness'. As a provider of this programme to the Auckland region, Mind and Body Consultants brings the experience of over ten years of innovative and high quality work in the mental health sector. Our *Like Minds* team draws upon this experience to influence social attitudes and encourage informed debate about issues surrounding mental health.

HAVE A HEALTHY DISRESPECT FOR THE IMPOSSIBLE.

What can we do for you?

'Mental illness' is a multi-faceted and at times highly charged subject, but its discussion is often made more complicated than it needs to be. The development of non-discriminatory attitudes and behaviour is not only a legal priority, it is a unique form of professional development that can actually make your work easier.

The Mind and Body *Like Minds* team is a free resource available to your organisation. We work with organisations and groups through:

- Facilitating tailored workshops that explore societal attitudes toward 'mental illness'
- Supporting the development of policies and practices that prevent discrimination

Our workshops are custom designed to meet the needs of your organisation, and can be delivered either as part of an existing training programme or as one-off professional development for your staff.

Consultation with our team regarding policy and practice that prevents discrimination, like all our services, is free of charge.

What do workshops involve?

Customised activity-based workshops provide participants with the opportunity to:

- Reflect on current knowledge and beliefs about 'mental illness' and people with experience of 'mental illness'
- Investigate the role that society and the media play in developing and reinforcing stigma and discriminatory attitudes and behaviour
- Access an alternative lens and different perspectives for rethinking distress and exploring the sense that madness can make
- Consider the impact that discrimination has on the lives of people with experience of 'mental illness'
- Establish specific and practical ways to develop non-discriminatory attitudes and behaviour

Workshops centre around thought-provoking activities that facilitate informed discussion.

Throughout, participants have the opportunity to safely express their opinions, listen to others, and reflect upon how those opinions are formed.

Workshop length depends upon the needs of your organisation. We offer anything from one hour introductory presentations to full day workshops. Your organisation is responsible for providing a suitable venue in which to hold the workshop.

For further information about the services we provide, please give us a call or send us an email.