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?

Mind and Body is an NGO with over ten years' experience in the mental health sector. We deliver *Like Minds, Like Mine* to the Auckland region, a nationwide Ministry of Health funded initiative to counter discrimination associated with 'mental illness'.

What can we do for you?

Mind and Body *Like Minds* is a free resource that is available to support your organisation in developing non-discriminatory attitudes and behaviours.

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

All our services are free of charge.

"THE *LIKE MINDS* WORKSHOP BENEFITED US ENORMOUSLY. I'D HAVE THE *LIKE MINDS* TEAM BACK IN A FLASH."

Kim Jewel Elliott
University of Auckland

Contact Us

For more information, feel free to call us or send us an email.

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