



TAKING THE STRESS OUT OF CHRISTMAS

For some Christmas is a time of fun and laughter, of festive celebrations, whanau/family gatherings and positive hopes for the New Year. For others it can be a time of stress and anxiety, sadness, isolation and a time for self-evaluation. Christmas can be a very stressful time for many people. It's a good time to remember that it's only one day of the year and try not to get too uptight about it.

For people experiencing mental unwellness positive behaviour from Whanau/Family, Work colleague and friends makes all the difference to someone's recovery.

Be there, stay involved this festive season! And as always!

WE WANT TO HEAR FROM YOU 2014

***Do you have personal experience of mental illness?
Wanting to meet other Like Minded People?***

We are looking for people willing to share their personal stories in a range of projects we will be doing in 2014.

We also want to hear from education providers, organisations and groups who wish to book some free workshops with our Like Minds Like Mine Team in the new year.

Do you have a project that you would love to see run in your community that will break down barriers of stigma and discrimination to mental illness.

A workshop, an event, a project?

Then contact us:

Aaron Woolley Like Minds Like Mine, Te Korowai Hauora o Hauraki

(021) 902 434 E-mail: aaron@korowai.co.nz

www.likeminds.org.nz

Support over the Festive Season

(Remember you are not alone; Reach out should you need Support)

Crisis Assessment Team (CAT) - Mental Health Crisis and Emergency (Waikato Region/Thames Coromandel/Hauraki) **0800 50 50 50** 24hrs, 7days

Lifeline Waikato	0800 543 354	Youth Line	0800 376 633
Depression Helpline	0800 111 757	Quit line Smoking	0800 778 778
Family Violence Information	0800 456 450	Health line	0800 611 116
Alcohol & Drug Helpline	0800 787 797	Plunket line	0800 933 922
Gambling Help	0800 654 655	WINZ	0800 559 009
Outline Gay/Lesbian support	0800 688 5463		

Some websites to checkout

Depression Help
Rangatahi/Youth Mental Health
Rangatahi/Youth
Like Minds Like Mine

www.depression.org.nz
www.thelowdown.co.nz
www.youthline.co.nz
www.likeminds.org.nz



Remember the simple things that give you Joy



**Do what you can,
Enjoy what you do,
Move your mood**



**Talk & Listen
Be there
Feel connected**



**Embrace new experiences,
See opportunities
Surprise yourself**



**Your time
Your words
Your presence**

Like Minds Like Mine, Te Korowai Hauora o Hauraki

Will be closed from Friday 20th December 2013 and mahi will commence on Monday 6th January 2014.

We wish you all a safe festive season, and keep well!



Te
Korowai
Hauora
o
Hauraki



LIKE MINDS, LIKE MINE
Whakaitia te Whakawhiri i te Tangata

