

Conversations for Change

reTHiNK.org.nz

mind&body



LIKE MINDS
LIKE MINE®

Whakaitia te Whakawhiu i te Tangata

**Kia ora, Welcome, Malo lelei, Talofa lava, Namaste,
Kia orana, Fakalofa lahi atu, Bula vinaka, Ni hao.**

Conversations for Change is:

- A resource activity pack to be used with young people to increase awareness and counter stigma and discrimination associated with mental health conditions
- Creative, lively, and research-informed
- A Like Minds, Like Mine project produced by Mind and Body Consultants, with input from young people
- Available for download at www.rethink.org.nz

Conversations for Change covers five sessions and is suitable for a wide range of groups. Comprehensive facilitators' guides and links to online resources are also provided. Use this free resource in your school, place of study, youth group or sports club to facilitate safe conversations about attitudes and mental health.



Structure of Conversations for Change

A. Facilitator's videos: (Required)

1. The messages (9 min)
2. Challenging conversations (7 min)
3. Sharing your own story? (5 min)

B. Foundation Activities (Required)

1. Mental Illness Is...

The resource is opened with a comprehensive group safety and help-seeking brainstorm. The first activity looks at how our backgrounds and experiences inform how we understand mental illness/distress.

2. Attitude Statements

Some of the major stigmas that exist around mental health issues are examined and challenged, with quotes from young New Zealanders.

C. Pick and Mix Activities (Doing at least one of the following is recommended)

1. Turning Up the volume

Examining the ways in which what we see as mental illness/distress symptoms can be related to everyday experiences. Listen to the story of Peter who experienced psychosis after drug use.

illness? This activity looks at the area of eating issues, featuring a play with three student aliens.

3. Building Wellness

Introducing the Māori model of health, Te Whare Tapa Whā, and listening to young New Zealander's sharing their mental health journeys. This is a great way to finish off the Conversations for Change resource.

2. Fresh Eyes

How does culture impact what we name as mental

Is facilitating Conversations for Change for you?

About you

1. I am interested in mental health issues and shifting stigma and discrimination
2. I have the ability to look critically at my own attitudes around mental health and am open to different perspectives
3. Where there are gaps in my understanding of mental health issues, I'm able to say I don't know and I am then able to research using reputable sources
4. I have experience in facilitating groups and can facilitate with some confidence
5. I care about young people and want their Conversations for Change experience to be a warm and helpful one
6. I have watched the three facilitator's videos and feel comfortable with the messages

Your community

1. I have a good awareness of resources in my community for young people experiencing difficulties
2. If I am facilitating with a group of more than 12 young people I am either very experienced as a facilitator, or I have a co-facilitator to assist me (this facilitator might be an older participant)
3. My management/board/support networks are aware that I will be facilitating Conversations for Change
4. I am comfortable that the activities I will be using are suitable for the age and maturity of my group



You may also like to:

Read the resource "Worried about someone" at www.mentalhealth.org.nz which discusses the area of suicide.

Let's make sure all our communities know what signals indicate that someone may be considering suicide and what you can do.

