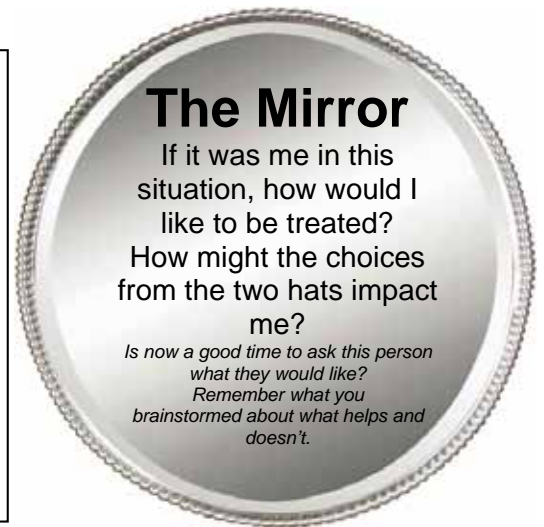


React	Respond
<h2>Stigma Hat</h2> <p><b>Reacting</b></p> <p>What assumptions, judgements and stigmatising ideas could turn up in this situation?</p> <p>If I <b>believed</b> them how might I behave?</p>	<h2>Social Inclusion Hat</h2> <p><b>Responding</b></p> <p>What other thoughts (second thoughts) could I have?</p> <p>How would I behave with these second type of thoughts?</p> <p>How would I like a <b>family member</b> to be treated in this situation?</p>



## Resources! For when you want to learn more!

As adults working with young people, we know that you have a special and sometimes challenging role in supporting them and role modelling healthy lives. Everybody who interacts with young people is a potential CHANGE MAKER who can have an influence for wellbeing.

You can resource yourself further in the area of mental health by:

### Improving how you have conversations when mental distress is involved:

- **Just Ask, Just listen:** Visit [www.likeminds.org.nz/justask/](http://www.likeminds.org.nz/justask/) to learn about having conversations with whanau and friends and about the different Like Minds, Like Mine projects.
- **Open Minds:** Visit [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) Watch videos, learn about improving employee policies, supporting colleagues and download free posters and info.



### Learning about ways to inform and support young people!

- Use your organisation hardcopy Conversations for Change (pictured) which includes five activities you can run with young people
- [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) has LOTS of good information.
- Want to get more resourced for **Maori and Pasifika** youth (or another group.) Contact [info@mentalhealth.org.nz](mailto:info@mentalhealth.org.nz) or us to learn more about who is working in



the area. Also check out Te Rau Matatini [teraumatatini.com](http://teraumatatini.com) and Le Va [www.leva.co.nz](http://www.leva.co.nz).

- Sign up to Health Promoting schools or the Tertiary Wellbeing Alliance (linked on our website alongside other suggestions) <http://www.rethink.org.nz/twoplusrethink>
- Visit [thelowdown.org.nz](http://thelowdown.org.nz) Part of the depression line, this is open 24 hours a day for phone or text. Get support for yourself or someone else around anxiety or depression.

### *Get more from at [rethink.org.nz](http://rethink.org.nz)*

Personal stories, audio tracks with people talking about their experience of hearing voices, plays related to mental distress and lots of useful links.

## Learn more about suicide prevention

- Visit [mental.health.org.nz](http://mental.health.org.nz) and search for “Worried about someone”
- Search “Ministry of Education guidelines suicide” (or check out our online link on the website) to read about how schools should manage this topic.
- Look at community education in suicide prevention at [www.wakahourua.co.nz/](http://www.wakahourua.co.nz/)

## Work on the language you use

- Download sheet “Real Language, Real Hope” [www.tepou.co.nz/resources/real-language-real-hope/790](http://www.tepou.co.nz/resources/real-language-real-hope/790)

Worn out language	Language that promotes acceptance, respect and uniqueness	Comments
Max is mentally ill.	Max experiences mental health problems.	Avoid equating the person's identity with a diagnosis. Max is a person first and foremost, and he also happens to have lived experience of bipolar.
Max is schizophrenic.	Max experiences psychosis.	Very often there is no need to mention a diagnosis at all.
Max is a bipolar.	Max has been diagnosed with bipolar.	Avoid using the term 'mentally ill' or 'mental illness' as this limits the experience to a bio-medical perspective rather than the holistic encompassing experience it is.

## Chip away at the iceberg by challenging unhelpful ideas and supporting positive ones

- Chat with us in our Facebook group (Search [Rethink NZ](#))
- Get involved with wellbeing initiatives in your organisation or community
- Identify lacks in process, resourcing or staff training and make sure these issues are raised in your workplace or community.
- *Take good care of your own wellbeing, boundaries and health... Reach for support when you need to.*

## When I hear unhelpful ideas spoken I could say....

*To the person that might be affected*

- Are you okay?
- That didn't seem fair.
- Do you want to talk about it?

*To someone else saying something stigmatising or negative*

- I don't think that attitude is very fair/accurate.
- I wouldn't want someone saying that about me.
- You're talking about some people I care about.
- I don't like that way of describing people.
- Hey, you don't know their story.
- Could we check the information you have about that?

NEED TO TALK?

1737

free call or text any time

PSST! You don't have to be in crisis to call a helpline – just facing something or needing information. It can be a great thing to call though, so when you're talking to young people who are reluctant you can say,

**“Oh yeah, I've called a helpline...”**

The 1737 number can put you through to all sorts of specialist helplines- from gambling to budgeting to family violence.