

Sunflower

Newsletter - April 2011

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If you would like to send us a letter article or comment on this newsletter, please post to:

Newsletter,
SFMI Auckland,
PO Box 78-122,
Grey Lynn, 1245 or

Email: admin@sfauckland.org.nz

The opinions expressed do not necessarily reflect the views of SFMI Auckland committee, staff or members.

Pictures from Schizophrenia Awareness Week 2011



Top Left: Dr. Xavier Amador and Memo Musa (Ministry of Health)

Top Right: Dr. Xavier Amador

Bottom Left: Ken Mason (SFMI New Zealand Patron)

Bottom Right: Dr Paul Hutchinson (MP)



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The 2011 World Mental Health Day theme is The Great Push: Investing in Mental Health. The major themes of the Great Push are Unity, Visibility, Rights and Recovery, and planning of this programme is now in progress. This year Mental Health Awareness Week in New Zealand is 10-16 October and work is under way here on developing our related Kiwi theme - all suggestions are welcome simply contact communications@mental-health.org.nz . For more on the international theme visit the World Federation for Mental Health at <http://www.wfmh.org/00GreatPush.htm>

The Great Push For Mental Health

The World Federation for Mental Health (WFMH) continues to push its vision of a world in which mental health is a priority for all people. Even though mental health services are increasingly being recognized as critical, they still get short shrift. They do not get the resources and support they deserve.

WFMH continues to sponsor international conferences on mental health innovations and on mental health promotion and prevention, to conduct projects of specific topical or regional interest such as those on HIV/AIDS and depression, and diabetes and depression, and to coordinate and support World Mental Health Day. (World Mental Health Day was created by WFMH!).

More recently, WFMH has redoubled efforts to achieve its vision through an initiative led by Dr. John Copeland that we are calling the Great Push for Mental Health. WFMH has formed a strategic alliance with the Movement for Global Mental Health (MGMH). The Movement is best reflected in a series of articles in The Lancet. Essentially, these articles make the case that mental illnesses constitute a significant proportion of the global burden of disease and that prioritization and attention on mental health intervention will contribute significantly to both economic and social development.

In 2008, the "Lancet GMH 2007 Series" made a call to governments and donors for "Action on Mental Health" drawing attention to the impact of mental illness on the economies of countries and the wellbeing of its citizens many millions of whom go untreated. As few

governments appear to have responded they need encouragement by direct action. We need that action now!

THE WORLD FEDERATION FOR MENTAL HEALTH "People Power"

The Great Push for Mental Health is an initiative of the WFMH in strategic alliance with the Movement for Global Mental Health. It has four elements, UNITY, VISIBILITY, RIGHTS, and RECOVERY. Under "Unity" the aim is to carry mental health up to the top of the health agendas of governments which have generally failed to act on the many "world" reports and the Lancet Call for Action. We want these governments to see the importance of mental health not only for the millions which still go untreated but also for the economies of countries, individual poverty and lack of well-being.

You can Read more about the campaign and its major themes at <http://www.wfmh.org/00GreatPush.htm>



Supporting Families in Mental Illness Auckland would like to thank the generosity of the NZ Lottery Grants Board in funding SFMI's family/ whanau support work.



NEW ZEALAND LOTTERY GRANTS BOARD

Thanks



Farewell Richard



In February the SFMI Auckland team said farewell to colleague and friend Richard Moss, our receptionist at the regional office in Grey Lynn for the past 6 ½ years.

As well as being the welcoming voice and face of SFMI to the many family members, organizations, groups and individuals that have contacted the service over those years, Richard carried out an admin support role, providing support on a daily basis to the fieldworker, management, and admin teams.

Richard is a skilled artist with excellent graphic/photographic skills and over the last 12 months was also largely responsible for the set up of our brilliantly upgraded SFMI Auckland website. Thanks heaps Rich for all the great work you've done and the support you've been in many ways to the staff and clients of SFMI.

Wishing you all the best – the team at SFMI.



Richard handing over to SFMI Auckland's new Reception and Admin Team member Kellie Tither. Welcome to the team Kelz!

Proudly Supported by



**THE LION
FOUNDATION**

Supporting Families in Mental Illness ~ Auckland



Mental Health and Social Justice Symposium

The University of Auckland's Centre for Mental Health Research invites you to a two-day symposium for researchers studying at the interface of mental health and social justice in Aotearoa. The aim of the symposium is to foster in-depth discussion and promote networking among researchers in this field.

Other confirmed keynote speakers include:

- Associate Professor Brian McKenna (University of Auckland)
- Gareth Edwards (Positive Thinking)
- Associate Professor Kate Diesfeld (University of Waikato).

Abstracts are particularly welcomed from individuals studying mental health and social justice in relation to:

- ethnicity and culture
- mental health law
- research methods
- specific at-risk groups, for example refugees, prisoners and young people
- service user led research
- sexuality and sexual identity
- social exclusion/inclusion
- the legal system
- translational research
- violence and trauma
- women's issues.

When: Wednesday, 18 May 2011 - Thursday, 19 May 2011

Venue: The Langham Hotel, Auckland, New Zealand.

Further Information: <http://www.fmhs.auckland.ac.nz/son/cmhr/symposium2011/>

I would like to take this opportunity to thank Emma, Tatjana, Olivia, Mona, Natalie and Evelyn for your love and support at the start of my new journey at Martin Hautus Institute. I would also like to thank the rest of the team for their love and support during my time with SFMI. I have really enjoyed working with you in the fun times and during times where our knowledge of policies and the likes were tested. Your passion in working with families is very inspiring.

Iva

These are photos of Iva's farewell and being welcomed to the Martin Hautus Institute. The SFMI team wishes Iva all the best in her new endeavour.



Farewell Iva

Managing Money and Mental Health

This briefing aims to raise awareness among mental health providers and current and future commissioners of the benefits that financial management skills have on building resilience and improving mental health and well-being. It introduces the importance of money management, illustrates its links with mental health and identifies the benefits for mental health service users and the wider health and social care community. This is all cited in the broader mental health and personalisation of care policy context.



Key points

- Somebody who manages their money well (referred to in our research as a financially capable person) has the skills, knowledge and confidence to make informed decisions about their finances, and knows when and where to access help.
- Moving from low to average financial capability increases psychological well-being by 5.6 per cent and decreases the likelihood of suffering from anxiety or depression by 15 per cent.
- The Consumer Financial Education Body (CFEB) offers a range of free and impartial financial resources for mental health service users, their carers and professionals.

http://www.nhsconfed.org/Publications/Documents/Managing_money_and_mental_health.pdf





Greetings from the South Office!

There have been a few changes to the South Office since the last Sunflower. Iva has said farewell (see last page) and Evelyn has swapped offices with Olivia in Central.

I've now taken over the title of 'Southern Belle' now that Iva has moved on. It's been a pretty exciting transition from Central to South, familiarising myself with CMDHB areas and services as well as getting set up in my new work space, but things are settling into place and I'm finding my way!

I moved to South office mid March, just in time for Schizophrenia Awareness Week. We gave a few general presentations on schizophrenia to Health and Disability Advocacy Service, the Fiji Association, and Niuean Women's' group. The response was positive as people shared their own personal stories and experiences. The purpose of these presentations was to increase awareness of schizophrenia and also how/where to access help and support.

During that week we also had our open evening group at Friendship House. Thanks to Dr Annil Channa, psychiatrist from Faleola Services here at the Cottage, for his wonderful presentation on mental illness focussing on depression. It covered symptoms, statistics, causes, what to do, barriers to seeking help (for consumer), and a little about medication. We were looking at it from three perspectives – clinical, consumer and family's perspective so it was helpful to see things from another point of view.



We appreciated Dr Channa's time, warmth and patience (we were running late!).

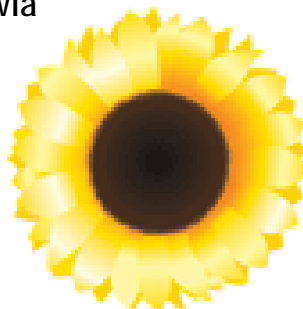
Briefly to highlight:

- Howick-Pakuranga Support Group and Borderline Personality Disorder Group
- Te Ara Tika, a quality improvement forum to improve services for whaiora-whanau in CMDHB. Have attended my first meeting with the forum and there are issues in the pipeline which will no doubt be filtered out in due time.

It's been a busy time and I'm just getting used to Iva's departure, but all is well in South office and I look forward to my new colleague being on board in a few weeks time!

Til next time, tofa soifua!

Olivia

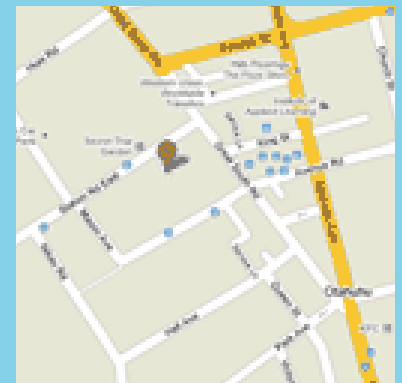


SUPPORTING FAMILIES

Counties Manukau

www.sfauckland.org.nz

Ph: 09 270 8543



The Cottage,
24 Station Rd,
Otahuhu

Fieldworkers:

Olivia Salanoa

email: Olivia@sfauckland.org.nz

Family/Whanau Support Groups

Howick & Pakuranga

Highland Park Community Centre

47 Aviemore Drive, Highland Park

3rd Monday of the month,

7:00-8:30pm 21 Feb & 21 Mar.

Borderline Personality Disorder

Friendship House, 20 Putney Way,

Manukau City

1st Monday of the month

7:00-9:00pm 7 Feb & 7 Mar.

LEAP - Building Relationships

At the beginning of Schizophrenia Awareness Week, I was lucky enough to attend the LEAP training run by Dr. Xavier Amador, the author and creator (in collaboration with Dr. Aaron T. Beck) of the LEAP communications tools and the LEAP institute. I had already read his books "I'm Not Sick I Don't Need Help" and "I'm Right Your Wrong, Now What" so was keen to find out more. I wasn't disappointed by the training; the simple and clear presentation, peppered with interactive role-plays, clarified and extended my understanding of what I had already read in his books.

Dr Amador shared his own personal story of trying to support by his older brother Henry who had a diagnosis of schizophrenia. His relationship with his brother after he became ill, mirrored many families relationships, where their loved ones do not believe they have any illness. What had been a very close family relationship turned into 7 years of arguing over who was right and who was wrong about Henry having an illness. Henry refused medication and only took it when forced to. He had about 4 involuntary hospitalizations every year during this 7 year period and often left home furious, as the book cover depicts, and was even homeless for a time despite having a family that cared for him.

From this came the inspiration for Dr Amador to research and develop a different way of approaching his brother, to stop fighting and to regain a relationship and trust that helped convince Henry to get treatment. Nevertheless, despite 100% adherence for nearly 20 years, Henry never came to believe he had a mental illness.



Dr Amador opened a new way of understanding the idea of denial or lack of insight into illness many people affected by Schizophrenia have. He shifts our focus from trying to get a person to agree they are unwell to focusing on developing a relationship of trust that will facilitate access to treatment. To get us there we had to first shift the way we thought and to see things from a different perspective. To realize that if a person has no insight into their illness and believes there is nothing wrong then it makes complete sense for them to not want treatment or to take medication. Just think "Would you take insulin if you did not believe you had diabetes?" No – it would be common sense to not take medication, in this case you could get sick, it could kill you - in fact it's good judgment, it's common sense to avoid treatment.

He then challenged the idea of denial, where we often think we can convince a person, or they are just being stubborn about the 'fact' of their illness. In fact in many cases we are not at all dealing with 'denial'. Instead we are most likely dealing with anosognosia. This is the neurologic term coined nearly 100 years ago by the French neurologist, Babinski. He coined the term anosognosia to describe unawareness of neurological deficits. In brief this means that someone is simply not capable of seeing there is a deficient or illness, which is very different to denying there is a problem. Dr Amador showed there were many similarities between anosognosia (unawareness of neurologic deficit) in stroke patients and poor insight in schizophrenia. Dr Amador highlighted that for over 10 years it has been noted in the Diagnostic and Statistical Manual of Mental Disorders that "lack of insight" is a SYMPTOM of schizophrenia alongside the other symptoms.

"For more than 10 years we have known that in the majority of patients with insight problems, it is not defensiveness, stigma or lack of education about their illness at work. It is a symptom—

anosognosia for mental illness—and as such, as with other symptoms, we should not tell the patient to stop having the symptoms." Dr Amador

So if we cannot change a person's insight into their illness what else can we do to influence a person to seek help and treatment? Dr Amador told us the second most influential factor for adhering to treatment is a relationship with someone who: listens without judgment, respects the persons point of view and importantly believes the person would benefit from treatment. This to me was a huge eye opener, it means that as a friend or family member your relationship is very important and valuable in supporting a person experiencing mental distress. It was also a very hopeful and empowering fact because it came along with a tool kit of how to channel your care and concern effectively.

LEAP stands for LISTEN reflectively, EMPATHIZE strategically about certain feelings, AGREE on those things you and the person you want to help CAN agree on (not the question of whether or not they are ill) and PARTNER on those agreements and associated goals always with an eye toward looking for opportunities to link those goals to treatment.

This has only been a brief look at parts of the information covered during the day. I would highly recommend reading Dr Amador's book and visiting his website www.leapinstitute.org to read more of his studies and articles. If you would like to attend a LEAP training SFMI Auckland will be running training later in the year.

Lisa Ducat



The Regional Consumer Network

Each newsletter Sunflower will be talking to other mental health organisation in Auckland. This month we spoke to Fleur from the Regional Consumer Network (RCN). Fleur sat down for a cuppa and a chat and I found out about the RCN.

The Network mission statement is:
"To provide an information and communication base, by and for consumers, which acts as a conduit between consumers, service providers, funders and policy makers"

RCN is a referral resource and information service; they know which services do what in the mental health sector. If people have a query – whether they have a mental illness or are family & friends or just the public – they can ring with an enquiry and the RCN will be able to advise them about services and their contact details.

RCN is a fantastic service linking people to the right group. They cover all of Auckland – Rodney to Franklin and are passionate about getting information out so people can access support and participate in their community.

RCN is a consumer led organization, this means the people who work there identify as consumers (of mental health services) or have been consumers.

Fleur spoke about the importance of valuing a person's own experience rather than to simply 'medicalise' all parts of their life. Everyone is an individual and that is what the medical model can miss by focusing only on the symptoms and not the whole person. Fleur sees the RCN as having a large part in increasing awareness and shifting attitudes, by actively showing that having had an experience of mental illness or being a consumer of mental health services won't stop you from having a life. In fact there are jobs that people are getting because they are qualified by experience – their own life experience

One of the messages Fleur shares with other consumers is about recovery. For her recovery means that she has all the things, in her, to recover – that she didn't need to be in hospital for the rest of her life. She could

The Regional Consumer Network cont.

have a job, have relationships, and can be included in the community.

A lot of the work RCN does is to facilitate participation in a variety of community groups and programmes, provided by mental health services as well as general community groups offering social services. RCN helps connect people to supports, including social inclusion; a gap that Fleur sees in some mental health care and important in recovery.

RCN also helps if friends and family would like more information about supports available.

The RCN has a regular newsletter called Connect Newslitt, a Resources room with books, DVDs, articles and tapes, and is involved in running and attending consumer forums and meetings throughout the Auckland region. All of this is a free service.

The Network has someone on site from 9am – 4pm Monday to Friday.

They are located at 762 Mt. Eden Rd, Mt. Eden (on regular bus route + good street parking).

You can contact them on:
Phone: 09 623 1762 or
Email: office@rcnet.co.nz



"Bipolar Bear" blog an insight into bipolar disorder

A new blog launched and supported by the Mental Health Foundation aims to provide an insight into the daily life of a man living with bipolar disorder.

"Bipolar Bear" is the blog of award-winning film-maker, journalist and musician Christopher Banks, 33, who was diagnosed with bipolar disorder in 2006 and works for the Mental Health Foundation.



"When I was diagnosed, it was both daunting and a relief," Banks says. "So many things about how my life had been made sense, but it also threw up a whole lot of scary questions: would I have to take pills for the rest of my life? Would I be locked up in a hospital? And worst of all, would the people in my life treat me differently once they found out?"

Banks, who is gay, came out when he was 17 years old in 1994, a year after the passing of New Zealand's Human Rights Act, which prohibits discrimination on the basis of sexual orientation and disability.

Fifteen years on, he says, much prejudice still remains despite the success of high-profile campaigns such as Like Minds, Like Mine and the National Depression Initiative, fronted by John Kirwan.

"This is like a second coming out for me," Banks says of his blog. "Only very close friends and family have known about my bipolar up until now, but it shouldn't have to be something that's kept secret. It affects my life just as physical illnesses like arthritis or diabetes do, and no-one is ashamed of talking about those.

"If sharing my experiences can provide other people like me with some support, and help family members and friends of people with mental illness be there and stay involved with their loved ones, then it's a success as

"Bipolar Bear"

far as I'm concerned."

Judi Clements, chief executive of the Mental Health Foundation, says the more people feel able to share their stories of experience with mental illness, the better.

"Real stories make a huge difference for those who may be on the same journey, and for those who are trying to understand. The more we get people's experiences talked about and shared, the better for us all, and we're very lucky to have Chris working for us here at the Foundation." Banks says he's looking forward to the input and debate that the blogosphere provokes.

"The subtitle of the blog is 'flourishing in spite of it all', but I'm not going to sugarcoat my experiences or opinions, this isn't going to be a treehuggers union. Sometimes it'll be irreverent, sometimes it'll be serious, but I hope it'll always be compelling and interesting. Just like life."

"Bipolar Bear" will begin posting on Monday February 28 at www.bipolarbear.co.nz. A Facebook page is also online at: <http://www.facebook.com/pages/Bipolar-Bear/105834529496605>.



A WRAP® Workbook for Kids is a unique book for children. The Wellness Recovery Action Plan® has helped many, many people take control of their future.

Through hard work, commitment and support, adults and teens have transformed their lives through WRAP. WRAP is not only for those who've struggled with mental health challenges; it can be used by anyone who wants to create positive change in the way they feel, or increase their enjoyment of life. Who better to enjoy the benefits of positive change and enjoyment than children?

<http://mentalhealthrecovery.com/store/wrapkids.html>

A WRAP® Workbook for Kids



Snapshots - A Web Resource From SANE

A new initiative to improve community attitudes towards mental illness. It encourages us all to take a fresh look at how we view people who are affected, through authentic and positive real-life stories.

What are people living with mental illness really like? Sometimes they are stigmatised, or regarded as beyond hope or recovery. Sometimes they are portrayed as comical, or as eccentric geniuses. And sometimes people who develop a mental illness have these beliefs too, making them reluctant to acknowledge their condition or to seek help. The truth is that they are all ordinary Australians - and this shouldn't be a surprise, with one in five of us affected by some form of mental health problem every year.

Snapshots invites you into the lives of these ordinary – yet also extraordinary – Australians who reveal what it is like to experience mental illness from the inside, and share their insights into recovery and the importance of connections with other people. As more people share their stories, Snapshots will grow - creating a valuable and fascinating resource on this much-misunderstood topic.

<http://www.sane.org/snapshots>



James

'I realised depression was a disease, that it wasn't just a question of pulling yourself together.'

Shane

'The best thing about Shane is his sense of humour,' says Kate. 'We laugh at the most ridiculous things, even his illness.'



Sandy

'Schizophrenia is a horrible housemate,' Sandy says. 'You have to learn to understand its moods and the way they affect you.'

Sandra

Sandra believes that spending time alone, and dealing with the illness has given her a deep understanding of herself and who she is.



Ingi

'When you have depression it can affect you like having a bad flu,' she says. 'Your muscles ache, your joints ache, you're in a lot of pain.'

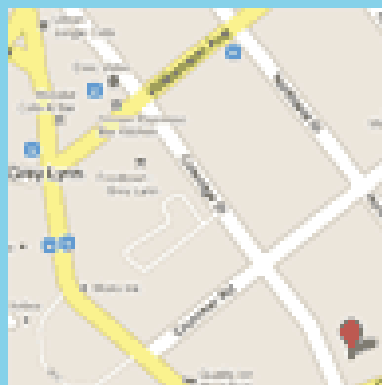


**SUPPORTING
FAMILIES**

Auckland

www.sfauckland.org.nz

Ph: 09 378 9134



Fellowship House
423 Great North Rd,
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email: David@sfauckland.org.nz

Natalie Heijm

email: Natalie@sfauckland.org.nz

Evelyn Mufunda

email: Evelyn@sfauckland.org.nz

Tina Haresnape

email: Tina@sfauckland.org.nz

Wendy Siu

email: Wendy@sfauckland.org.nz

Family/Whanau Support Groups

(all at Fellowship House)

Pacific Island

3rd Wednesday of the Month,

10:00am–12pm 16 Feb & 16 Mar.

Central Auckland

3rd Tuesday of the month,

6:30pm– 8:30pm 16 Feb & 16 Mar.

Peer Support for Parents

2nd and 4th Wed of the Month

10:30am 9 & 23 Feb, 9 & 23 Mar.

Central Auckland Update

In this edition of Sunflower the central team updates us on their work during Schizophrenia Awareness Week and on the upcoming Family Forum in May.

Schizophrenia Awareness Week
14th -20th March– Central Team
Report

This year for Schizophrenia Awareness Week, SFMI fieldworkers (from all areas) developed a great 30 minute workshop to raise awareness about schizophrenia and psychosis. Work that should get a mention is the tireless promotion of the workshops by the central team fieldworkers. In particular Lisa and Tina were interviewed on Sheldon Brown's "Take It from Us" radio show and did a fantastic job! Other fieldworkers promoted the week through raising awareness at network meetings and emailing all the agencies they could think of in Auckland!

One finding from doing this was that some barriers exist in engaging with the profit-making sector due to constraints on staff time. Fieldworkers are hopeful that ways can be found to facilitate a greater interest among businesses in providing training for staff on mental health supports. Positive feedback was received about all the workshops that took place during the week including from Te Hononga PHO, Rainbow Youth, and Asian Family / Problem Gambling Services. In particular, people indicated that they had gained a better understanding about schizophrenia and psychosis and knew where to access further support and resources. Workshops on schizophrenia and psychosis are still being offered throughout the year as an educational resource by SFMI fieldworkers. If you are aware of an organisation or group who you think would benefit from this workshop, simply contact any of the SFMI fieldworkers.



**Next ADHB
Family/ Whanau Forum**

Greetings, Kia ora, Talofa lava,
Malo e lelei, Fakalofa lahi atu,
Bula vinaka, Ni Hao & Namaste
Inviting you to a free family/
whanau forum

Monday 23rd May 2011 from
6:30pm – 8:30pm
Western Springs Community
Centre.

**How do NGO services in
ADHB support
mental health recovery?**

- 6:30pm Welcome/Karakia
- 6:35pm Overview of NGO services in ADHB
- 7:00pm Interactive look at NGOs in the room
- 7:30pm Light refreshments
- 7:45pm NGO and Experts panel respond to questions

**For more details contact:
ADHB Family Advisor,
Leigh Murray
ph: 307 4949 ext 26520**

**Western Springs Garden
Community Hall
956 Great North Rd, Western
Springs (Just beside COBB & CO
restaurant)**



Family/Whanau Support Groups

Pacific Island Family Support Group

423 Great North Road, Grey Lynn 3rd Wednesday of the Month, 10 – 12 am
Contact Mona on 027 2772378

Central Auckland Family/Whanau Support Group

423 Great North Road, Grey Lynn
3rd Tuesday of the month, 6:30pm- 8:30pm
Contact David Murray or Tina Haresnape on 378 9134

Manaaki House Family/Whanau Support Group

1 Pilkington Rd, Panmure (Community Hall)
1st Tuesday of the month, 5-6.30pm
Contact Evelyn on 027 2126383 or Alan Kipling (Manaaki House) on 5706519

Yan Oi Sei—Chinese Family Support Group

East Health Trust 260 Botany Road Howick
1st Tuesday of the month, 10am -12 noon
Contact Wendy on 378 9134

SFMI/Affinity Family/Whanau Support Group

Affinity Services, 300 Great South Rd, Greenlane
3rd Tuesday of every month, 2pm- 3.30pm
Phone Cindi on 526 0320 Ext. 9339

Borderline Personality Disorder Family/Whanau Support Group

Friendship House, 20 Putney Way, Manukau City
1st Monday of the month 7-9pm
Contact: Olivia on 027 277 2374 or Judy on 261 3700

Howick-Pakuranga Family/Whanau Support Group

Highland Park Community Centre
47 Aviemore Drive, Highland Park
3rd Monday of the month, 7:00-8:30 pm
Queries to Olivia Ph: 027 277 2374

North Shore Family/Whanau Support Group

Glenfield Community Centre
Corner of Bentley Ave & Glenfield Road
2nd Thursday of the month, 7-9pm
Contact Peter or Annais on 440 9812

West Auckland Family/Whanau Support Group

Waitakere Community Resource Centre
8 Ratanui St, Henderson
1st and 3rd Thursday of the month, 10:00–12:00 pm
Contact Peter or Annais on 440 9812

Peer Support for Parents

423 Great North Road, Grey Lynn
2nd and 4th Wednesdays of the Month 10:30am,
Fortnightly meetings,
23rd February and 9th & 23rd March
Contacts: Natalie Heijm at SFMI on 378 9134 or Fleur Crarer: Regional Consumer Network (623 1762)
Seema Woollaston: Tu Tangata Tonu (623 4646 ext. 28727)

Whangarei Evening Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.
2nd Tuesday of the month, 6.00pm -7.30pm
Contact Francil on 09 430 3844

Whangarei Morning Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.
4th Tuesday of the month, 10.00am– 11.30am
Contact Francil on 09 430 3844



**SUPPORTING
FAMILIES**
in Mental Illness

Auckland

www.sfauckland.org.nz
Ph:09 378 9134

MEMBERSHIP REGISTRATION FORM



If you would like to become a member of Supporting Families in Mental Illness Auckland and support our work please post this form with subscription to:
SF Auckland, PO Box 78 122, Grey Lynn, Auckland 1030.
Ph 3789134 or visit www.sfauckland.org.nz for more information.

BENEFITS OF MEMBERSHIP

- An informative two monthly newsletter with information and articles on Mental Illness, Mental Health, Support Groups, upcoming Forums and Conferences, stories from families, a roundup from the various Supporting Families teams of events and happenings in your community, DHB Family Advisor reports and much more.
- Access to our well resourced and popular library of books, CD's, DVD's and tapes.
- Extensive information that may be hard to source from other agencies available under one roof. This has been an asset for students who have found the library extremely helpful with their studies and assignments.

Unwaged..... \$10, Individual \$20, Family/whanau..... \$30, Corporate..... \$30

CONTACT DETAILS

Title: Mr / Mrs / Miss / Ms / Other _____

New Member Yes No

First Name & Initials _____ Last Name _____

Address _____

Email _____

Contact Telephone Numbers _____

Reason for joining (Optional)

- Family/Whānau/Friend with mental illness
- Consumer of mental health services
- Professional interest
- Other

ANNUAL SUBSCRIPTION

Tax Invoice

GST# 45 580 547

I enclose the annual (July 1 to June 30) subscription of \$ _____

\$30 Organisation membership \$30 Family/Whānau membership
\$20 Individual membership \$10 Unwaged/Beneficiary

VOLUNTARY DONATION

I enclose a donation of \$ _____
(Donations of \$5 or more qualify for a tax rebate)

Receipt NOT required?

Signed: _____

Date: _____

Please send this form with your payment to:

SF Auckland, PO Box 78 122,
Grey Lynn, Auckland 1030

For office use only

Amount Received \$ _____ Receipt No _____ Date Posted _____

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