



**WE ARE COMING TOGETHER TO PROMOTE AND SUPPORT
MENTAL HEALTH AWARENESS IN THE SOUTH TARANAKI AREA...**

Mental Health Awareness Week 2017!

This year we want to get people together to promote mental health and wellbeing. To do this we are organising a touch tournament. The day is about participation and giving things a go, while being able to access information about mental health services.

Date: 12th of October 2017 from 10.00-14.00

Tournament is being held at: Hawera Soccer Club

Turuturu Rd. Hawera

Minimum people in a team: 6

**If you want to register a team please contact Hannah Kelly
by 29th of September: Hannah@sporttaranaki.org.nz**

With following information:

- Team name (and organisation if applicable)**
- Key contact name, number and email**
- Any queries you might have**

**For more information please access the South Taranaki
Mental Health Awareness Week Facebook page:**

<https://www.facebook.com/STMHAW/>

Some of the organisations that have been part of organising their event:

Tui Ora: “Health is vital for everyone but sometimes can be hard to connect with others or find the information you need. Great to join other organisations and help with the mental health awareness week as a way to bring people together, have fun and learn a thing or two.”

Pathways: “National provider of community, residential and respite services. People supported are at the heart of all we do and we are passionate about supporting those with mental illness. Our dream is to create mental health and wellness opportunities that enable people to live their dreams and flourish.”

Progress to Health: “ We offer a range of options for people who need support with their mental health. Mental health awareness week is a time for family, friends and organisations to get together and celebrate communities without barriers. Progress to Health is excited to be involved in this years Touch Rugby event.”

Supporting Families in Mental Illness: “Everyone in a family can be affected by mental illness. It is important that family members have help to look after their own wellbeing so they can be there for their loved ones. We are here to provide information about mental illness, help and support family and whanau and help navigate mental health services.”

Te Ara Pae Trust:

Riders Against Teen Suicide:

Sport Taranaki: “Sport Taranaki is passionate about creating our vision of an Active Healthy Taranaki. Mental Health is an important dimension of our people’s Hauora. We are excited about the opportunity to collaborate with all of these South Taranaki health providers to create a fun, community event involving physical activity and raising awareness for mental health”.