

# Having a stressful time in your life?

Let us help, before it gets on top of you.

***If you are experiencing a mental health concern or a period of distress and feel you would benefit from extra support, we can help.***

Working in the entertainment industry can be hard, we acknowledge the unique challenges performers have and are committed to treating your mental health seriously.

Mind and Body is a local mental health support organisation that can help you if you're struggling with a difficult time in your life. We offer flexible, mobile support services to help you live well.

We'll be alongside you in your wellness journey, helping you plan for greater wellbeing and giving you practical support with your daily living until you get back on track and are able to live the life you want.

We are working in partnership with Whariki Hauora, (Wellbeing for Performers). A group which was formed by actors and other industry professionals who are determined to make well being a priority in our industry. Whariki Hauora has set up a fund to subsidise Peer Support sessions for performers, and you may donate to this fund through Mind and Body.

We can work closely with your GP to give you the support you need. We also welcome your family/whanau as part of your recovery journey and will always respect and try to meet your specific cultural needs.

The Whariki Harora subsidy is available for up to 6 sessions, after which if you still require support, your Peer Support worker can help refer you to mental health services so that any subsequent sessions are covered.

## **What is Peer Support and how is it different from Counselling or Therapy?**

Peer Support – community based support from people who themselves have had experience of mental distress so understand. Our peer support workers have completed specific mental health tertiary qualifications in how to use their experiences to support you to live the life you want. Peer Support is tailor made by you, for you. We start from asking what you need and want from us, then work alongside you to identify your strengths and achieve your goals. This may involve talking, listening, recovery planning and use specific therapeutic tools but is focussed on you feeling in control and getting back on your feet as soon as possible. Our Peer Support Workers have varied backgrounds, experiences and ethnicities. You can choose whoever you feel most comfortable working with.

**The first step to recovery is getting help.**

**To get help call Mind and Body and ask to book a Whariki Hauora session:**

**mind&body**

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**Mind and Body – 09 630 5909 ext.821**