

# Book Review

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## **Conversations for change**

**(2017). Auckland: reTHiNK.**

Conversations for Change is an amazing new resource that reTHiNK has created as part of Like Minds, Like Mine to challenge stigma and discrimination toward mental health issues and encourage social inclusion.

It's comprised of a set of five activities to use with groups of young people aged 15–24 and is written so that teachers, youth leaders or young leaders can safely and effectively facilitate it. Although I read through the physical copy, it's free and easily downloadable from their website which means accessibility is not an issue.

### **All learning styles considered**

Looking through the contents, what stood out to me was the fact that all learning styles were considered when compiling and creating the information. You'll find audio, visual, and practical activities and resources to utilise alongside the written content.

The team at reTHiNK has also done a good job at ensuring that activities are written in a way that all age groups can understand and engage with, which sets it apart from similar resources.

As a young person myself, I feel that this resource will help educate those in high school to be more mindful and aware of things that they say, while also informing the older generation about the real issues we're facing and to not just brush these things lightly.

One key thing that comes across is that the resource represents the New Zealand community. This comes across through the real life stories and quotes that are used throughout. This gives the resources a more human feel and helps to remind the reader/user that what they are learning is a reality for many within their own community.

I would highly recommend individuals who work with groups to tap into this resource to help educate people about mental health and wellbeing. I hope that this resource will also help those going through tough times to realise there are places and people who can help them and that asking for help is a courageous thing.

**Reviewed by Sarah McLean, Business Management Coordinator at Vaka Tautua.**

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