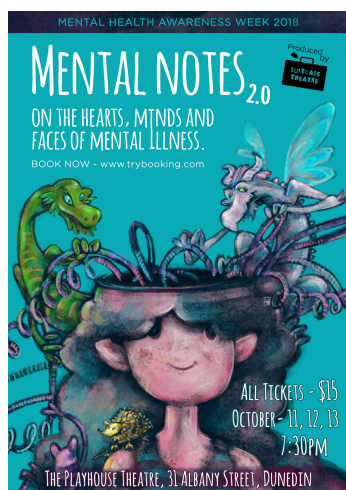




Launch Night – Dunedin

6:30pm Monday 8 October, Dunedin Art Gallery



Mental Notes performances by Suitcase Theatre

Are we finally having those conversations...? The ones that help us understand what it's like to live with a mental illness. The ones that remind us that we are not alone. The ones that shake off the shame and stigma of a label and start to actually help. The ones that help us to empathise, support and live alongside this undeniable part of humanity.

Mental Notes continues that conversation. We invite you into the hearts and minds of people living through mental illness, and what it's like to be on the outside looking in.



Peter Frost (Guest Speaker)

An experienced clinical therapist, Peter will discuss his programme Time to Live, which has been taught internationally and in NZ. It helps with life-style and work-style issues, focussing on improving wellness and aiding resilience. His programme provides insight into, and wisdom about, navigating the modern technological world and how human beings respond to stress. In many respects the programme presents a prescription for the maintenance of mental health.



Alesha Pyers (Guest Speaker)

Alesha was studying at Otago last year when her mental health deteriorated and she ended up in hospital after a suicide attempt. Now she sells hundreds of colourful acrylic earring "conversation-starters" under her "Alesha Kerry Collections" brand, and donates \$5 to mental health charities for each pair sold. The pieces are intended to encourage people to talk about mental health. *"That could have saved me multiple times. I needed that conversation."*

Register Here: <https://www.tickettailor.com/events/mhaw/191472/>