

MENTAL HEALTH AWARENESS WEEK

27 SEPTEMBER – 3 OCTOBER

Free Loft events for the community and social service workers:

Mental Health Wellbeing Plans!

Meet with a Community Connector / Kaitūhono Hapori to explore the Five Ways to Wellbeing and create a personalised plan.

Available all week! Call 0800 865 638

WEBINAR

Improving Mental Health with Lifestyle Medicine

Presented by Dr. Olivia Currie, Lifestyle GP/Medical Director at Real Healthy Me

28 September, 5pm - 6pm, via Zoom

Register your interest to sophie.bearpark@theloftchristchurch.org.nz

WEBINAR

Mapping Mental Health

Presented by Kim Taylor, Community Connector / Kaitūhono Hapori at The Loft

30 September, 2pm - 3pm, via Zoom

Register your interest to kim.taylor@theloftchristchurch.org.nz

From crisis care to historic trauma, Kim Taylor will provide an overview of mental health supports available in Christchurch, how to access them, and what to do while you're awaiting care.

Dr Olivia Currie will share findings in improving mental health with diet and lifestyle changes while optimising medication use.

If you are a patient at Linwood Medical Centre, free wellbeing checks with a Health Improvement Practitioner or Health Coach are available. Call 03 389 2550.

