

## Have you heard of Whakatau Mai | The Wellbeing Sessions?

Our sessions create a safe space to learn, share, discuss and connect with as few barriers to access as possible – all our sessions are free and hosted online, so financial and geographical/travel barriers are removed.

Our sessions offer anyone aged over 18 years old in Aotearoa a way to safely connect with a supportive community online, in a live setting. They create a safe space for self-directed pathways to physical, mental and emotional wellbeing, including optional one-on-one instant peer support in every session, across a broad range of holistic wellbeing offerings.

We host up to 15 sessions per week. Aimed for those aged 18 years and over, no referral is needed – guests can register for the sessions they feel will most support their wellbeing. Our work is led by the team at Changing Minds, a Lived Experience-led mental health and social advocacy organisation, and we are funded by the Ministry of Health.

We are emailing you to see if you would like to share these sessions with your team, and offer posters or postcard-sized flyers to display in your staffrooms, visitor noticeboards or information centres. We can also provide written information, newsletters, social media posts and other content you may need to promote these and ensure those in need of additional support know to access our free sessions.

We will continue to run our sessions over the Christmas and New Years holiday season, meaning additional support is available when other resources are limited or unavailable. Each session includes a Peer Support Worker – someone who is available throughout the session for a private, one-on-one chat if a guest feels they need extra support or someone to talk to.

The types of sessions we offer include:

- Mindfulness
- Yoga
- Art
- Fitness
- Deep Relaxation
- Journaling
- Guided Meditation
- Seminars
- Qigong
- PLUS Support Groups for those:
  - Drop in for a cuppa and kōrero (Cha and Chat)
  - Changing doses or weaning off Psychiatric Medications (Safe Tapering)
  - Experiencing Altered Realities (Realities)
  - Identifying as LGBTQIA+ (Rainbow Community Support)



## About Whakatau Mai

- Whakatau Mai | The Wellbeing Sessions are a Changing Minds initiative, supported by the Ministry of Health.
- This initiative has been developed, organised and supported by Changing Minds with the purpose of reducing the psychosocial impact of COVID-19 for people with lived experience of mental health challenges, or alcohol and other drug issues.
- These services are in support of the Ministry of Health's COVID-19 National Psychosocial Campaign, as part of the government's COVID-19 Response Package.
- The Whakatau Mai sessions provide social connections, wellbeing activities and information for people and are lived-experience-led, reducing isolation and increasing a sense of connectedness and community.
- Since 1 May 2020 we have delivered over 450 sessions to more than 1700 guests all over New Zealand
- Responses to our online survey after each session tell us that 98-99% of guests feel safe in the online sessions, find them useful, and feel more connected and less isolated as a result of attending.