

# External resources

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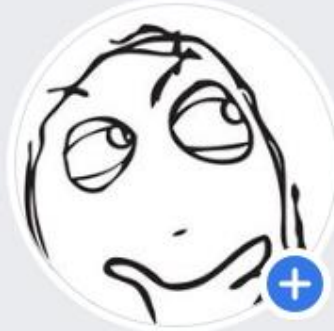
## Performance

Short plays that help audiences reTHiNK mental distress. Watch or download the original scripts.

[Learn more >](#)


- Wellbeing
- Mental health
- Articles
- Self care
- Social change
- Encouragement

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Home

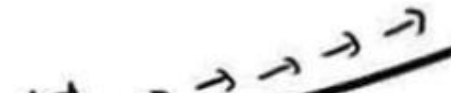
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Rethink NZ shared a post.

Published by Sheree Ann [?] · February 20 at 6:55 PM · [🌐](#)

I STILL HAVE A LONG  
WAY TO GO



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#### QUICKLINKS

- [Looking after yourself & your family](#)
- [Five Ways to Wellbeing](#)
- [Worried about someone](#)
- [Support groups](#)
- [Find a GP or counsellor](#)
- [Helplines](#)
- [Te Pou's guide to talking therapies](#)
- [Apps, e-therapy and guided self help](#)
- [Consumer/Tangata Whaiora Networks](#)

**Contact us today**

**Phone or email  
an information  
officer**



## Related stories



### What's stopping us?

We address the fears and worries that both employers and employees may have when talking about mental health at work.

[View Video](#)



### What's it worth?

The benefits of talking about mental health and the risks faced when workplaces avoid the conversation.

[View Video](#)



### Those unintentional barriers

How easy is it to talk about mental health at work and what unintentional barriers may stop the conversation.

[View Video](#)



### What are our triggers?

How different people experience mental distress and the role of workplace stress.

[View Video](#)



### Stuff we know

Find out how to begin the conversation about mental health at work, with useful opening questions and helpful approaches.

[View Video](#)



### Creating culture

Strong leadership is essential for creating a workplace environment where talking about mental health is normal.

[View Video](#)



### Training video

Role plays showing how to have a conversation about mental health issues in the workplace.

[View Video](#)



### Cori Gonzalez-Macuer

On the face of it, humour and mental illness seem to have little in common. However, combined in the right way they provide a unique approach to sharing positive messages and stories about mental distress.



1. Self-care article
2. Self-care assessment

Google "Self-care for professionals" "reach-out" "assessment" or via our website

### Relationship self-care

Closely related to emotional self-care. It is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

To what extent do you do these activities?

*select "Never" if you have never thought about it or do not know what it is.*

	Never	Rarely	Sometimes	Often	Always
Schedule regular time with significant others (e.g. partner, kids, friends, family)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stay in contact with mates, acquaintances and networks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make time to reply to personal correspondence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Allow others to do things for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





[Home](#) » [Just ask](#) [Just listen](#)

## Just ask. Just listen

Just ask. Just listen has been created for family/whānau and friends of people with mental distress (also known as mental illness).

Here you'll find tips to help you support someone with mental distress.



[Home](#) » [Just ask](#) [Just listen](#) » Understanding mental distress

Mental distress (also known as mental illness) is different for everyone. People can live with it and recovery does happen.

### Understanding mental distress

There are many ways to understand mental distress (also known as mental illness). Sometimes our beliefs stem from a person's cultural or religious background but they can also be beliefs that have formed through our experiences.

Beliefs about mental distress are often associated with negative feelings such as fear, shame and sadness. Take a look at the beliefs below and think about your understanding of mental distress and how you can feel more positive and constructive.

**Belief about the cause of mental distress**

**Unhelpful, negative feelings**

**Finding a more positive approach**



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[Home](#) › [Good Reads](#) › [Community-led and focused](#)

## Community-led and focused



In June, [Vaka Tautua](#) helped to launch a Pasifika-focused-and-led project to reduce mental distress prejudice and discrimination.

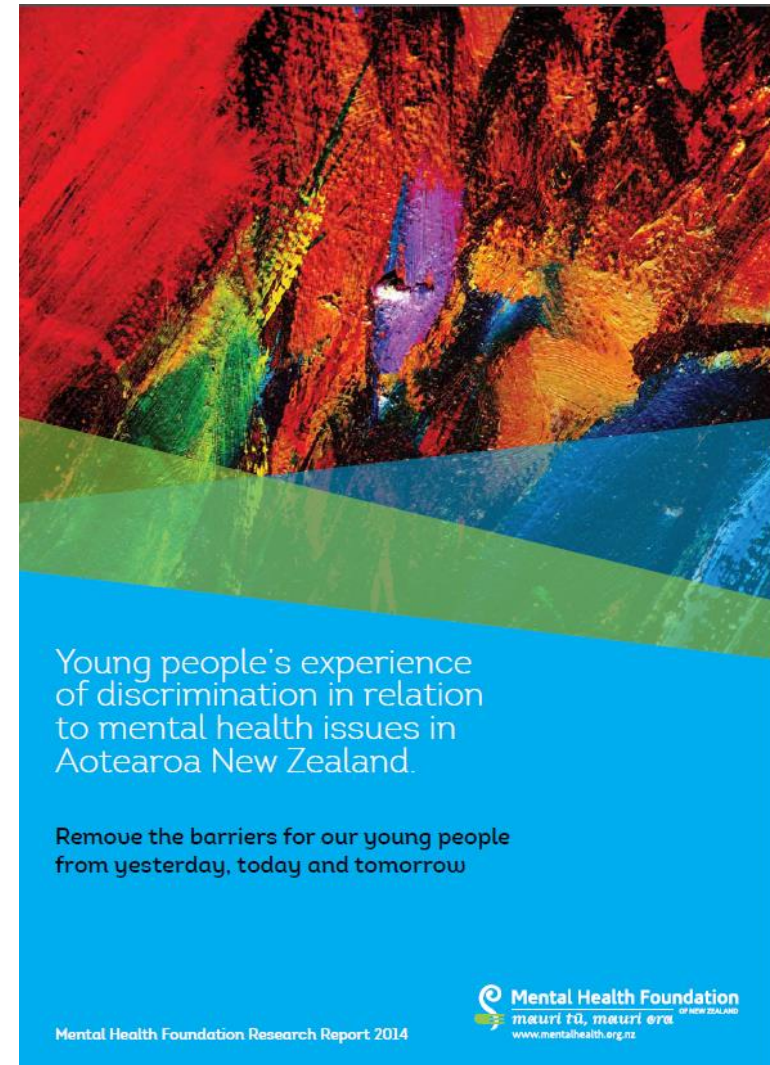
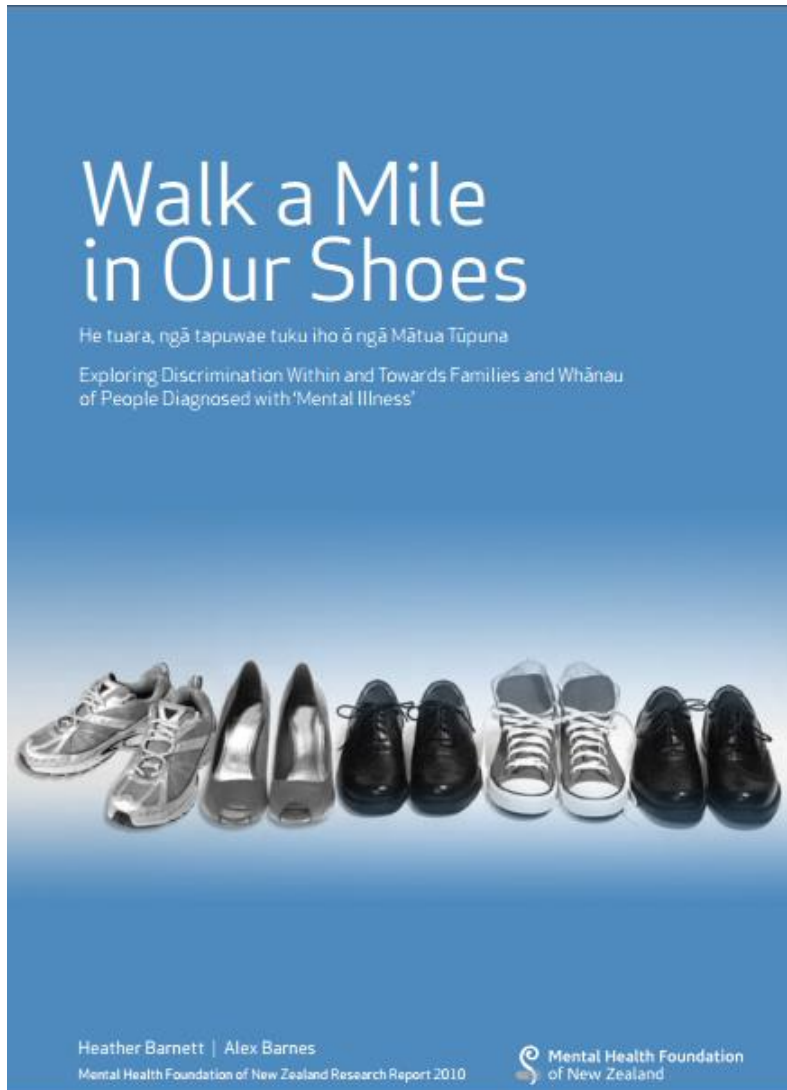
"Discrimination is treating a person a certain way because of the group they belong to, rather than on their personal merit."

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Hard copies of these research reports provided.



1. Kei te Pai
2. Real Language Real Hope

# Real language, real hope

*Adapted by Caro Swanson, service user lead, from 'Recovery Language'*

Language reflects our beliefs and the way we view people. We are often unaware of the impact that the words we choose can have on our own attitude as well as on those around us.

The way we speak to and about people is a window into what we are really thinking. Communication is a highly complex thing. The words we choose can convey the fact we truly value people – we believe in them – and we genuinely respect them. Or, the words we choose can make it clear we do not.

People who experience mental health and/or addiction problems can feel and be put down, discouraged, demoralized, and marginalized.

**DO NOT describe people as their label or diagnosis.** Say, for example, "person who experiences psychosis" rather than "schizophrenic." We are people NOT a set of symptoms or a disease. Schizophrenia is increasingly seen as a negative label that has been sensationalised and overused. A more generic "person who has experience of psychosis" or "alternate reality" is more acceptable.

**DO emphasise abilities, not limitations.** Terms that are patronising, "othering" (them, those people etc.) or condescending must be avoided.

