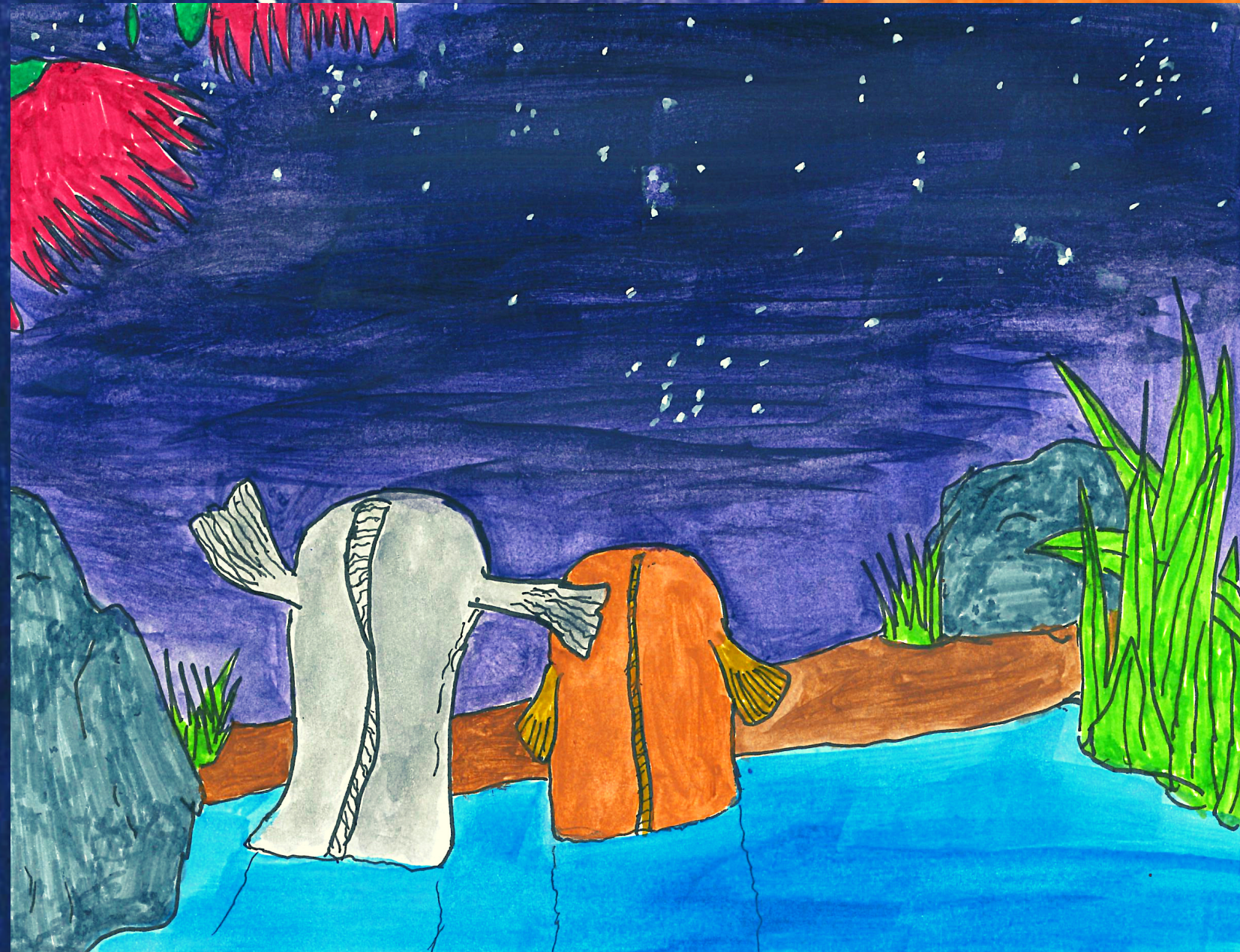


WHĀRIKI HAUORA

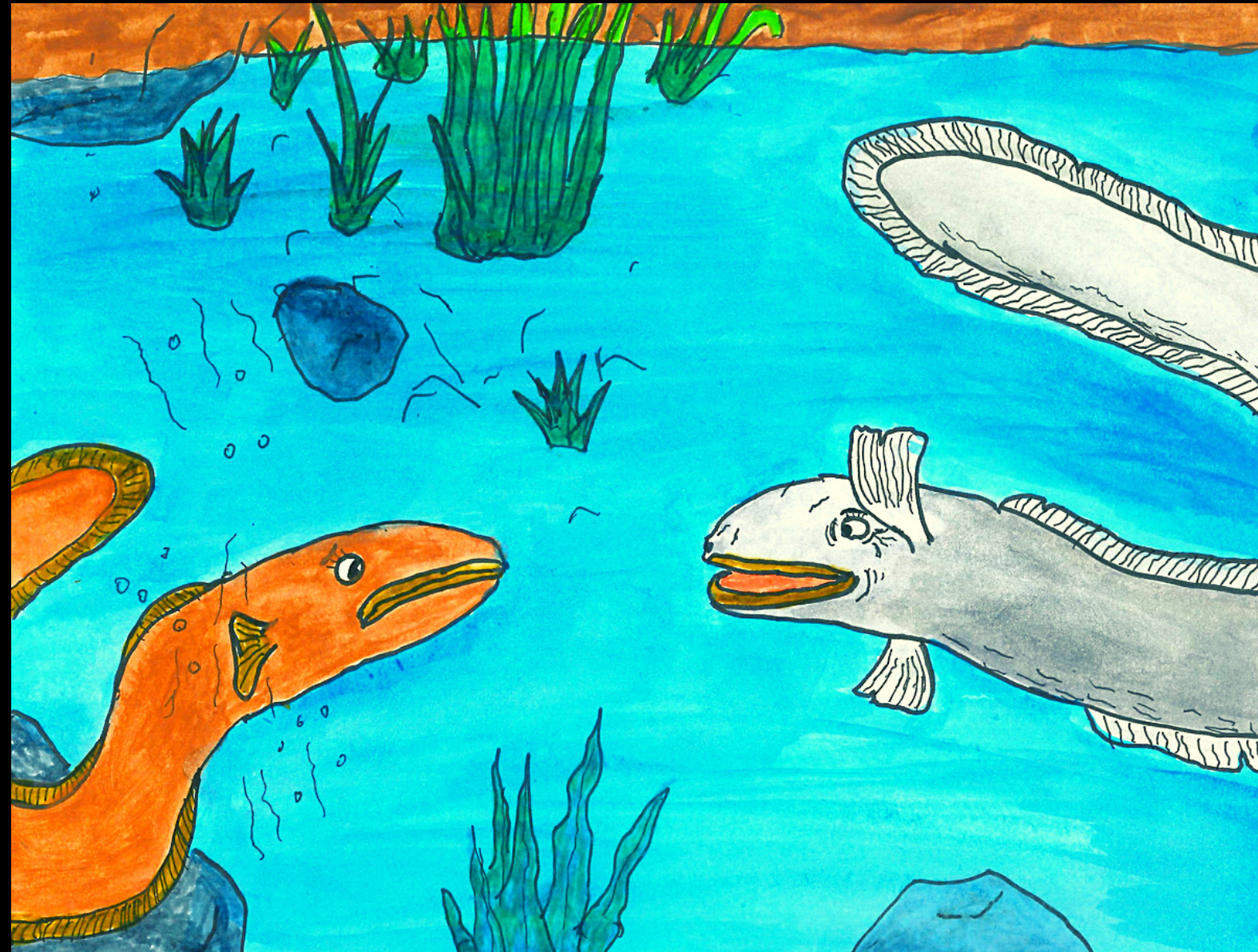


WHAT

Whāriki Hauora

Weaving the foundations of wellbeing for the Creative sector of Aotearoa

Whāriki Hauora (WH) is a peer support service that has been created to support NZ creatives and those working in the entertainment/ arts adjacent sectors. Whatever role you play, we recognise that being a part of this industry can be tough. It comes with a unique set of emotional, physical and financial pressures and we are committed as a tribe to change the conversation around our own and others wellbeing.



WHAKAPAPA

Five years ago arts brokering rōpu Taurima Vibes began a journey of research and discovery. We understood being part of the creative sector has its own, very specific stressors and that there were very few opportunities for creatives to connect to accessible, open and confidential hauora hinengaro (mental health) support services.

In establishing a credible, sustainable, initiative, it was vital that we created visceral relationships with respected and legitimate mental health organisations. Organisations that were willing to collaborate and help uplift the hauora of our arts sector with resource, expertise and aroha.

Mind and Body and Changing Minds took up the wero and became our Whāriki Hauora whānau, walking alongside Taurima Vibes to deliver this koha to Aotearoa. Our relationships will continue to morph as we navigate forward.

We're incredibly excited that Whāriki Hauora is able to offer a unique opportunity to our arts whānau, especially during the unpredictability of this COVID era. Our current climate of uncertainty and constant change has most of our industry on tenterhooks, with raised anxiety levels.

Whāriki Hauora has been created as a support tool **for** those in our creative sector struggling with their mental wellbeing, **by** whānau from the creative sector, **in partnership** with mental health experts. We are committed to supporting each other through the rough patches.

If you could do with a bit of extra support right now, please reach out. You will find the contact details at the end of this pānui

WHAT IS PEER SUPPORT?

A Peer Support Worker is a person with their own lived experience who can walk beside you on your journey. "...We've been there too, so we don't see anyone as "just another case". We provide a service that sees you as an individual with your own hopes, dreams, and talents..."

Peer support is a little different from other counselling in that the person you will be talking to has been there, struggled and recovered, so they have empathy for what you're going through.

Your peer may not necessarily come from an arts background but, because of Whāriki Hauora, are aware that your creativity is a visceral part of your world, therefore has a bearing on your journey.

Mind and Body are the primary peer support network for Whāriki Hauora. At Mind and Body, they believe everyone has the ability to learn, grow and change.

They're not clinical, and are there to talk through your problems, and help you find solutions without judgement.

They understand this because all their Peer Support Workers have experienced this in their own lives.

Everybody who works for Mind and Body has had experience of mental distress and recovery. In other words, they get it!



You and your PSW may just talk for a while, or you might identify the top two areas of your life that you would like support in. What you work on with your peer support worker will be focused on your hopes and goals.

Living the life you want

We think what's important is living the life you want, whether that's in the presence or the absence of mental distress. We see no reason why mental distress should mean isolation from the rest of the world. Therefore, PSWs will support you to further connect or reconnect with your family and/or whānau and your community.

Struggling with your wellbeing can often leave you focusing on weaknesses or problems – what's “wrong” with you. Your PSW can help you shift the focus to your strengths, your innate talents and the skills you've learned in your life, including what you've learned from experiencing mental distress itself.

What do you do with a Peer Support Worker?

THE MOST IMPORTANT THING IS THE WORKER IS THERE JUST TO LISTEN. TO REALLY LISTEN! THAT ALWAYS COMES FIRST.

Other tools you can use with our Peer Support Workers are

- support plans
- daily living plans
- and goal plans.

Your PSW can help you use the goal planning process to break down your aspirations into short-term achievable steps, which then often flow onto long-term life achievements. They can help you to find and use other community services, supports and resources that will help you get where you want to go.



What is a Strengths Focus?

Mind and Body uses a strengths based practice in all our peer support. In short, this means we focus on your strengths, not weaknesses. By strengths, we mean your talents and skills, but also your experiences. The way we see it, anyone who experiences the challenges of mental distress has real strength.

You may not always feel strong when you're in the thick of things, but what you learn from those experiences that shake you to the core are resources you can draw on, not just to cope, but to thrive in all areas of your life.

Strengths-based practice is an approach to people. Our Peer Support Workers actively choose to assume the best about people.

We firmly believe that everyone has hopes and dreams worth encouraging, and expertise and capabilities worth exploring. Strengths based practice means recognizing that mental health challenges do not limit who people are or what they can achieve.

In practice this means that your Peer Support Worker will build a relationship of trust and respect together with you. They will support you to decide what you want to achieve with their support, and how you want to achieve it. They will honour the position and experience of both themselves as the worker and you as the peer. They will be open and transparent about the position they hold, the responsibilities that they have, and the rights and responsibilities you have as someone using our service.

CONTACT

To make an appointment, to talk and organise a meeting, call

(09) 630 5909 ext. 821 (Auckland) or (03) 371 5599 ext. 851 (Christchurch)
or email admin@mindandbody.co.nz

If you are anywhere else in the country, this service is available via video-chat.

You can also find us on Facebook

Go to www.facebook.com/whariki Hauora



mind&body



**Illustrations by Borni Te Rongopai Tukiwaho and Zach Macer*