



September 30, 2021

**MEDIA RELEASE**

For immediate release

**FROM: Able Minds**

**SUBJECT:** 'Chat Packs' will encourage korero

Members of Able Minds' Activity Centre groups have this week worked with Jo O'Connor from WellSouth to make 'Chat Packs' to distribute to the public in Alexandra.

Each pack contains two teabags and helpful well-being resources and they're being handed out as part of Mental Health Awareness Week, which runs from September 27 to October 3.

"Helping to make these packs is valuable to our members because it allows them to feel connected to the community," says Claire Scherp, Able Minds' Activities Co-ordinator for Alexandra.

"It's a task that gives them a feeling of purpose and led to great conversations about the things that contribute to improving their well-being. The theme of this year's Mental Health Awareness Week is 'Take Time to Korero'.

"The teabags are symbolic of having a chat with someone, which can lead to more quality conversations or just showing that we care."

O'Connor has organised for group members who contributed to making the Chat Packs to hand them out to members of the public outside New World Alexandra between 9.30am-2.30pm this Friday (October 1).

This will give them the chance to promote the value of the different groups they're involved with and allow them to connect with the community at the same time.

While Able Minds' Activity Group members have chosen not to go to the New World, Scherp will be there to help promote the service.

Able Minds Chief Executive Sarah Dowie says the organisation's primary purpose is to provide support to tangata whaiora who are affected by mental distress and or addiction challenges and their whanau.

It offers a community-based service providing emotional support, information, advocacy and peer-support groups for families.

“Our Activity Centres and Groups are formalised meetings where people affected by mental distress and addiction issues can come for peer support, but also to actively focus on their recovery by learning new skills to build self-esteem and confidence.

“They’re proven groups led by our facilitators or peer-support workers to reconnect people back into the community.

“It’s vital to people’s well-being to be able to connect with others, especially during Covid as we all grapple with ongoing restrictions that make life tougher and more stressful.”

ENDS

### **About Able Minds:**

We are a South Island-based organisation that supports families and whanau who care for someone with mental illness or addiction.

Our aim is to give tangata whaiora and families the strength and skills they need for a better life experience at home, in the community, and at work.

### **For more information, phone:**

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