



Nōku te Ao August ipānui

Media Engagement | Milestone Moment 🎉

We're excited to share that in the last quarter, our media engagement partner, Māia, has spoken to over **50 newsrooms, journalists and key media industry bodies!** A key area we look to collaborate with the media on is the update of our media guidelines, which aim to provide a guide of how to safely report on mental distress. We'll have an update on these guidelines in the next ipānui!

Puna Pūtea | Social Action Grants



Are you passionate about social inclusion? Have you got a project idea that challenges mental distress prejudice and discrimination? He aha ōu moemoeā? Our Puna Pūtea: Social Action Grants are back in 2024!

Our 2024 round opens on Monday 2 September and closes on Monday 30 September. We'll have a series of workshops to support people to apply. [Drop in to one to learn more.](#)

The grants are available to communities, organisations, hapū, iwi and groups or individuals wanting to challenge mental distress discrimination and create real change. We're keen to work together toward our vision of an inclusive Aotearoa! Find out more about our criteria below.

[Find out more](#)

Grantee Event Highlight | State Care Wānanga





Our 2023 grant recipient, [New Zealand Collective of Abused in State Care \(NZCAST\)](#), is hosting a series of State Care Wānanga across the motu. These wānanga are holistic


and aim to empower attendees to end discrimination through solidarity, collaboration, and by using self-advocacy skills to promote policy change that enable tāngata whaiora.

NZCAST is holding its next wānanga in Tāmaki Makaurau. The invitation is open to all survivors of abuse in state care. Whānau are also welcome to join.

State Care Wānanga:

 Friday 13 to Sunday 15 September 2024

 Tāmaki High School Marae

 115 Taniwha Street, Glen Innes, Auckland

Please register by emailing nzcast@outlook.com or filling out the form below.

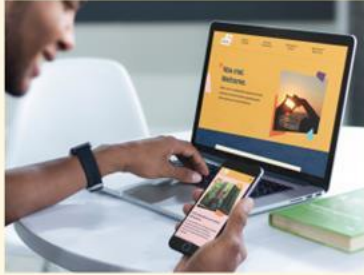
[Register your interest](#)

Story of the month

Guest writer for The Spinoff, Emily Draper, recently shared her lived experience in her piece [Bye, SSRI: A farewell to my antidepressants](#). She writes about her story on coming off antidepressant medication, openly sharing her journey and encouraging tāngata whaiora to share their stories too. This piece is an example of including lived experience voices in reporting and elevating the lived realities of tāngata whaiora from our own perspectives. Awesome mahi The Spinoff team! 🙌

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Health New Zealand
Te Whatu Ora



**Tū pakari, tū taha. Ko te
kotahitanga o tō tātou kaupapa.
Nōku te Ao.**

Stand proud. Stand alongside. We are united by our purpose. This is our world.





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Nōku te Ao is a public awareness programme that aims to increase social inclusion and end discrimination towards

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people with experience of mental illness or distress. We do this through public awareness campaigns, community projects and research. The Nōku te Ao programme is from Health Promotion | Health New Zealand.

www.nokuteao.org.nz

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