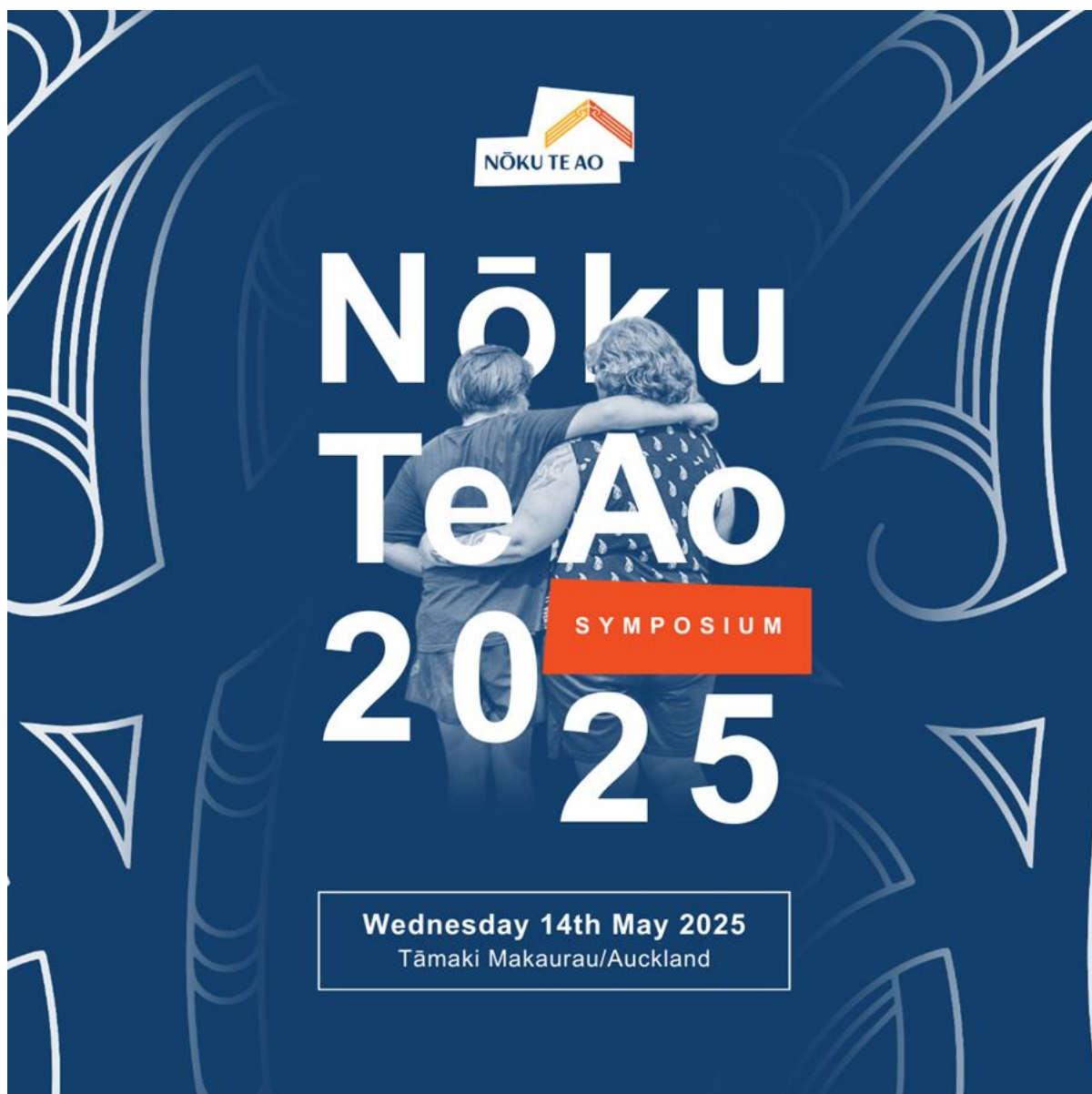




**Nōku te Ao March ipānui**

**📌 Registrations open: Nōku te Ao Symposium**



Stigma and discrimination continue to be major barriers for people experiencing mental distress in Aotearoa. It's time to change that.

Join us at the Nōku te Ao Symposium: He reo tini, he wawata kotahi | Many voices, one goal to end mental distress discrimination. Be part of the movement to create a stigma-free Aotearoa on **Wednesday 14 May 2025**.

Hear from thought leaders like Dr. Karlo Mila, Jehan Casinader and Egan Bidois, and gain practical tools to challenge mental distress stigma and discrimination. If you're a policy maker, mental health professional, frontline worker, social or community service provider or lived experience advocate, this symposium is not to be missed.

This free event is now open for registrations! Spots are limited, so secure yours today.

Register now!

## Community Champions' mahi



After a successful series of workshops in 2024, we continue to extend our reach through our community champions' mahi. Our champions are trained to host workshops to improve awareness, create open dialogue, and challenge the silence and judgement around mental distress within our Pacific communities.

So far this year, our champions have reached more than 150 people through three talanoa. We've also had our first sessions with our sports and teaching communities, expanding our reach beyond churches.

Participants raised how stigma around mental health has prevented them from understanding mental distress and seeking support from church leaders, teachers,

coaches and services. Our talanoa also helped break-down intergenerational barriers to communication, allowing parents and their children to listen to one another and commit to talking more openly about difficult topics.

### **Service Users in Academia wānanga!**



Our friends at Service Users in Academia are hosting a wānanga to advance the meaningful involvement of tāngata whaiora in mental health and addictions research. Lived experience expertise plays a crucial role in ensuring that research about us honours our perspective and provides stigma-free narratives around recovery and healing.


This year marks their tenth event and will be held on **Thursday 20 and Friday 21 November** at AUT city campus in **Tāmaki Makaurau**.

Over the two days, speakers from across Aotearoa and Australia will showcase their work in research, hold workshops, and facilitate kōrero on ways we can continue to ensure that nothing about us is done without us.

We encourage all lived experience whānau to join the peer-led research movement and register for this event.



Follow on LinkedIn

 **Story of the month**



Hunting is a cherished part of New Zealand's culture, providing kai for our whānau, creating connection to nature, and fostering a sense of belonging through teamwork. However, stigma and misconceptions surrounding gun licensing laws have created unnecessary fear, causing many to avoid seeking support for their mental health because they are afraid of losing their gun licence.

A recent story from Re:News challenges these misconceptions, highlighting the importance of breaking down the stigma around gun access for tāngata whaiora. We hear from two tāne who faced this issue and learn about the critical role of the Firearms Safety Authority in providing a strengths-based approach to supporting licence holders.

By creating wellbeing centric systems, we can break down barriers to participation and empower rural whānau to maintain hauora hinengaro by staying connected to our traditions and community.

**Content warning:** *Please note this story covers some difficult topics and has images of animal hunting. If you need support, free call or text 1737, or find more resources listed at [Helplines](#) | [Mental Health Foundation](#).*

[Read more](#)

Follow us on social media for more updates



# 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.





[Share](#)



[Tweet](#)



[Share](#)



[Forward](#)

133 Molesworth Street, Wellington 6011

Nōku te Ao is a public awareness programme that aims to increase social inclusion and end discrimination towards 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](http://www.nokuteao.org.nz)

[Preferences](#) | [Unsubscribe](#)