

MARCH 2021

ENIGMA





WELCOME

Welcome to the March edition of Enigma.

Last month we announced that we are moving to an electronic newsletter, but that we will still post paper copies to anyone who would like one. Thank you for responding to our request for email addresses. We have drawn three people from our competition to win a \$50 grocery voucher and have notified them.

Last month we also held our first "Coffee & Connection" meeting. We really enjoyed it so will be holding another one on Monday April 12th.

This month we also have our first monthly forum on Monday March 29th and our Annual General Meeting on Wednesday March 31st. Everyone is welcome to attend. We hope to see you there!

We've also included an update on the Mental Health and Addiction Review that Southern DHB is undertaking. They're running a survey for people with personal experience of mental health and/or addiction challenges.

This is an important opportunity to influence future services, and we encourage everyone to get involved and give feedback. We can support you to make your voice heard - just get in touch with us.

Gemma Griffin, Manager

2021 AGM

You are welcome to come to our
Annual General Meeting

WEDNESDAY MARCH 31
12 NOON
DUNEDIN COMMUNITY HOUSE

Women's
GROUP

Now every Wednesday
from 1 - 3.

Meet at OMHST.



**C O F F E E &
C O N N E C T I O N**

C o f f e e / t e a o n u s !

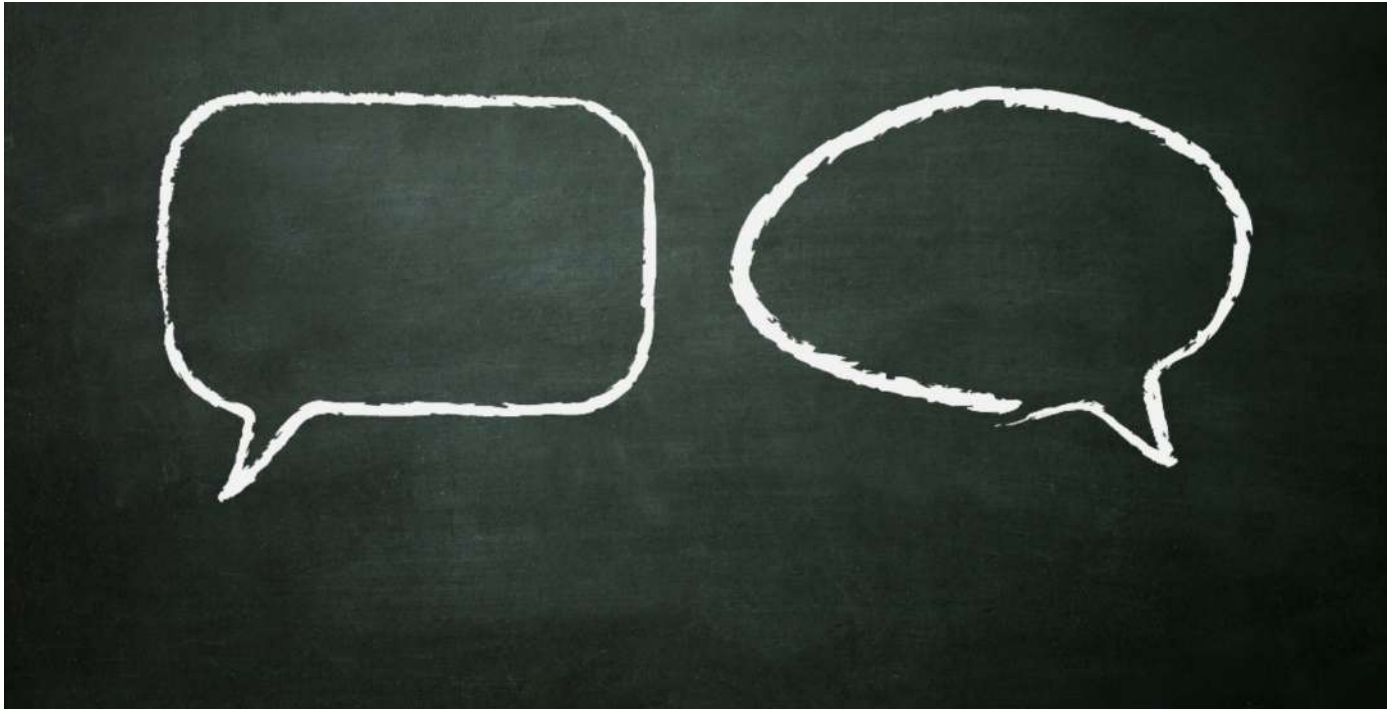
**MEET AT OMHST AND WE
WILL GO TO A CAFE**

**MONDAY 12TH APRIL
2PM**



OMHST PRESENTS

Monthly Forums



Forums

We are going to hold monthly forums where we will invite speakers to present on different topics.

The forums will be open to anyone who would like to attend.

If there are specific topics you would like us to cover, please email them to gemma@omhst.org.nz

Monday 29th March

Speaker: Grant Cooper

Topic: World of Difference Programme

Grant will present on a new programme being run at the University. The programme aims to increase understanding about mental health among medical students. Students are taught by people with experience of mental distress, and visit community services like OMHST!

VENUE

Alexander
McMillan
Room,
Dunedin
Community
House

12pm - 1pm
Monday 29th
March
Tea & Coffee
provided

SDHB REVIEW

Southern District Health Board is undertaking a review of mental health and addiction services across the district. Synergia, an independent organisation, has been contracted to support the review. They are seeking feedback from people who have personal experience of mental health and/or addiction challenges, via a survey.

The survey

The survey is available online at:

<https://www.surveymonkey.com/r/Lived-Experience-Survey>

The survey is brief and should take approximately 10 minutes to complete. It will be open until 5pm on Wednesday the 7th of April.

You can also complete the survey on paper if you wish. Just contact Otago Mental Health Support Trust and we can provide you with a hard copy and a pre-paid envelope to send your response to the review team.

**Responses are
anonymous and
confidential
and are only
available to the
review team.**



We can support you to
fill out the survey.

Contact us at
info@omhst.org.nz or
0800 364 462.

Otago Mental Health Support Trust provides **peer support, advocacy & information** for people affected by mental distress, whatever the cause. We will walk alongside you.

We will listen to you and hear what you say. We do not need to know a diagnosis, if you have one, and we are here for families, whānau and friends too.

Our service is **free, confidential, independent** and needs **no referral**. We provide services in Dunedin and Waitaki.

If you are suffering mental distress and would like support as you move forward with your life please get in touch. **You can call us toll free on 0800 364 462.**

