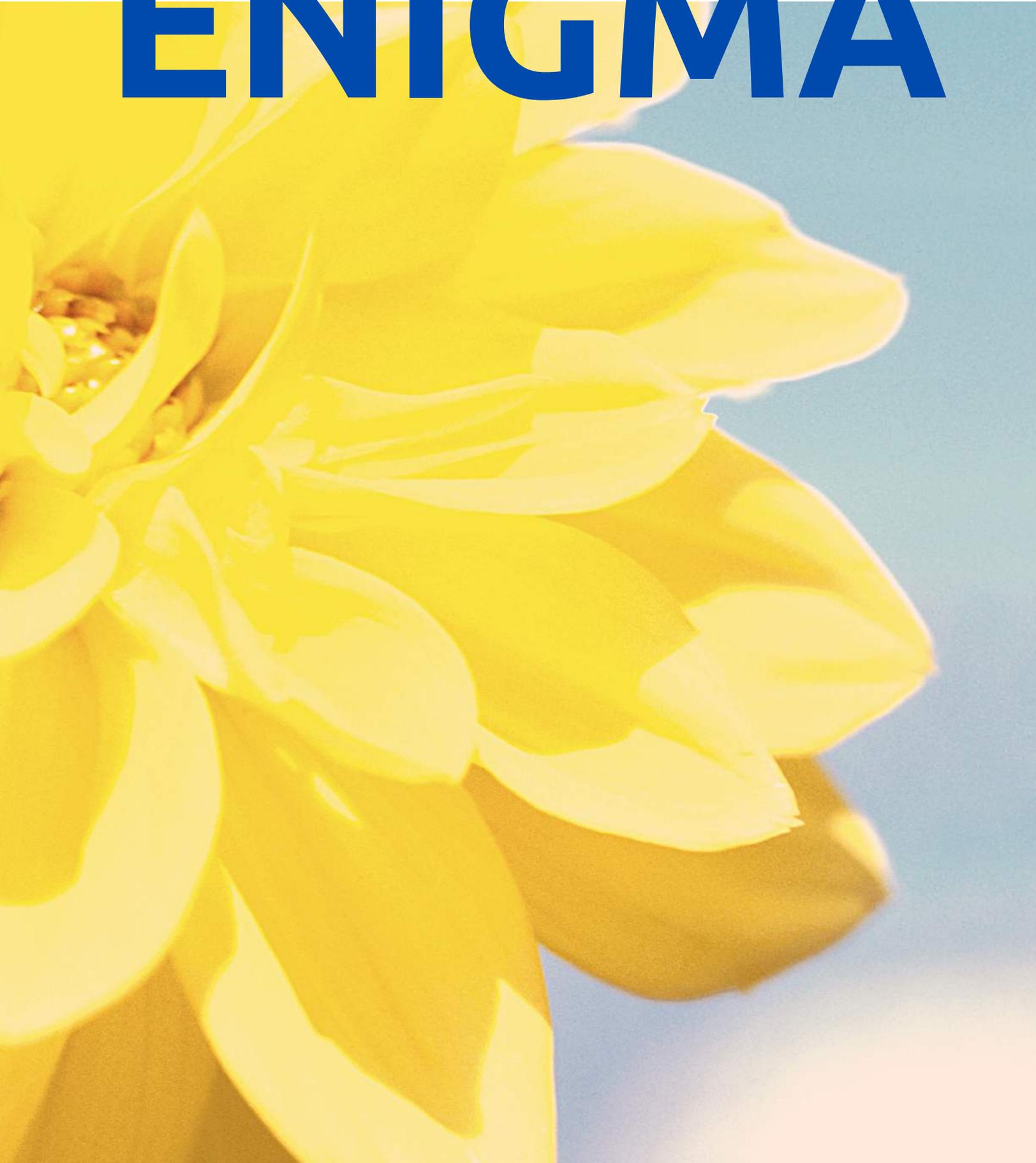


ISSUE 4 2021

ENIGMA



WELCOME

Welcome to this edition of Enigma.

This month we are pleased to offer two new opportunities to be involved with OMHST.

We are seeking a **new trustee who has personal experience of mental distress and has used a mental health and/or addiction service.** The position will involve preparing for, and attending, monthly trustee meetings. Expressions of interest close on 30th June 2021.

Due to high demand, we are also hiring a **new peer support worker** to work for 16 hours per week, on a 12-month contract. Training will be provided if necessary. **If you'd like to know more about what a peer support worker does,** some of our team members will be presenting at our monthly forum on 31st May. They'll be sharing what they do, and will be available to answer any questions. **Applications close on 4th June 2021.**

Next month we are also starting a new group - the **Anxiety Toolkit group** will start on June 1st and run from 2pm-4pm every Tuesday for four weeks. There are **only two places left** - let us know if you'd like to join!

Gemma Griffin, Manager



OMHST IS HIRING A



PEER SUPPORT WORKER

16 hours per week. 12 month contract.

Use your personal experience to connect with others as a peer support worker.

Walk alongside people experiencing distress.

This position requires you to share your personal experience of mental distress and/or addiction. The role will include facilitating a men's support group.

For more info & an application pack
email info@omhst.org.nz
Applications close
5pm 4th June 2021

OMHST is seeking a **new trustee, who has personal experience using a mental health and/or addiction service.**

We need a trustee who can use their **experience of distress** to **provide strategic advice** at a governance level. The trustee will be expected to prepare for, and attend, **monthly trustee meetings.**

To express your interest, **email your CV and a letter explaining why you are interested in the role** to gemma@omhst.org.nz.

Expressions of interest close **30 June 2021.**



**TRUSTEE
VACANCY**



Anxiety Toolkit

ONLY TWO PLACES LEFT!

Who: People who wish to discover and share experiences to add to their anxiety toolkit.

What: A series of collaborative workshops offering knowledge and understanding alongside a space to explore tools and strategies, education and information to make friends with our anxiety.

When: Every Tuesday 2-4 pm for 4 weeks. Start date Tuesday 1st June.

Where: Pam Warren Room, 1st floor, Dunedin Community House, 301 Moray Place.

Register your interest by either talking with your peer support person or calling our office on 0800 364 462 or [03] 4772 598.

OMHST PRESENTS

Monthly Forums



Forums

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

The forums are 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 31st May

Speaker: OMHST team

Topic: Being a Peer Support Worker.

OMHST is currently recruiting for a new peer support worker. We'd like to help potential candidates understand what its like to be a peer support worker, and will be sharing some of our experiences. Questions will be welcomed!

This event is for information only. It is not part of the selection process and you will not be assessed as a potential candidate.

Alexander McMillan Room,
Dunedin Community House

12noon - 1pm.
Monday 31st May
Tea & Coffee provided

Women's group meets weekly on a **Wednesday** from **1pm till 3pm**. Meet at the office.

The last Wednesday of each month we will meet outside of the office at the same time (1pm till 3pm).

On Wednesday 26th May we will meet at the Botanic Gardens Duck pond.

If raining meet in the Rotunda Bandstand Stage.

Women's **GROUP**



**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 21 JUNE
2PM**



TEAM PROFILE:

Helen

The only time I've ever been for a ride in the back of a police car was when I was escorted to EPS 32 years ago. At the time I was Studying for a Commerce degree at Otago University and 8am Business Law lectures on a cold Dunedin winter's day contributed to my depression. Student health gave me an old tricyclic anti-depressant that triggered off a manic episode and I ended up admitted to an acute psychiatric ward with a diagnosis of manic depression which I had never even heard of! This was my first contact with OMHST; formerly known as the Manic Depressive Support Trust and then the Bipolar Network.

OMHST's support helped me understand what I was experiencing with Bipolar for the first time. It was reassuring meeting others that felt the same and "got it", and that I was not the only one going through this.

I was representing Otago and NZ Universities in soccer and made the NZ under20 training squad in cricket. After my hospital admission to ward 6a (now ward 9c equivalent) for 6 weeks, then attending Day Hospital for 10 weeks, I gained 10kg, had blurred vision, dry mouth, dizziness, lost all my confidence and self esteem and stopped playing sport at a representative level. I returned to University part-time, was on medication for a year and graduated with a Commerce degree majoring in Marketing and have never experienced another manic episode since.

Voluntary work for 5 years at PACT's 420 drop in centre (now known as the Apartment) helped my recovery and also led to paid work for 3 years as their co-manager. I then moved to Auckland for 2 years and worked as an activity co-ordinator for an elderly private psychiatric home as well as working for a head injury unit.

After Auckland; I taught English in Taiwan for 5 years then returned to Dunedin working in mental health as a support worker part-time for 10 years for PACT's Forbury Road women only supported accommodation whilst also working for OMHST as a peer support worker.

I'm passionate about bipolar disorder, sharing people's stories of recovery and supporting people to self advocate by giving them information.

This month marks my 16th year working for the OMHST.

Student job: Santa photographer in the Arthur Barnett basement Santa grotto

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.**

