

# MONTHLY MENTAL HEALTH UPDATE

## MARCH 2021

Kia ora koutou

I hope March has found you well and looking forward to the Easter break which is nearly upon us. As we enter autumn and head towards winter and the months that can be harder for those suffering the effects of mental health struggles, there are some timely and welcome resources from both New Zealand and Australia. The Building Hope series from Postvention Australia has a webinar **today (24<sup>th</sup> March)** Trauma after Suicide, please note that the times are AEDT (the time in NSW), webinars continue through to September and look to be a great resource. The Mental Health Foundation are also offering two fabulous resources which would be of value to keep on hand in your clinics. Links to all are below.

### Building Hope Webinar Series

Postvention Australia is launching a series of monthly webinars between December 2020 and September 2021. The *Building Hope Together* Webinar Series is funded by the NSW Ministry of Health as part of their Towards Zero Suicides Initiatives to better support those impacted by suicide. The NSW Post-Suicide Support Webinar Series will bring together people bereaved, peer and lived experience workers, health and frontline workers, professionals, researchers, and experts to discuss various postvention topics.

There will be 9 subsequent webinars occurring monthly until September 2021. The webinar series aims to help reduce stigma surrounding suicide and improve community awareness and understanding of the bereavement experience.

The Webinar Series aims to:

- promote networking, education, and training.
- provide access to current research, innovative counselling practice, a diverse range of suicide bereavement group models and other programs.
- to support those bereaved by suicide.
- and to advance the body of knowledge in suicide postvention with the aim of reducing the incidence of suicide.

To register please follow this link. [https://webinars.postventionaustralia.org/event/5e947a86-101a-4d0d-8d7a-628a632c6935/websitePage:08450121-2e59-489b-a880-8613fa927d92?environment=P2&tm=-Ede\\_AGpNRAS2WFUepFb9vAsP8gu4CPEkMBdRxNkhos](https://webinars.postventionaustralia.org/event/5e947a86-101a-4d0d-8d7a-628a632c6935/websitePage:08450121-2e59-489b-a880-8613fa927d92?environment=P2&tm=-Ede_AGpNRAS2WFUepFb9vAsP8gu4CPEkMBdRxNkhos)

## Anxiety NZ

Moving between alert levels can have a range of effects on us as alert levels and environments change. The team at Anxiety NZ have put together some helpful tips and resources to help us cope with these challenging times and the associated anxiety that may accompany them. For resources for patients, team members or you please follow this link. <https://www.anxiety.org.nz/post/tips-to-cope-with-covid-and-anxiety>

Please remember that there is free and confidential mental wellbeing support available for frontline health worker staff. HealthCare New Zealand can connect staff with a registered psychologist, it is as simple as calling 0800 820 080 Monday – Friday 9:00 am to 7:00 pm

## The Mental Health Foundation

Suicidal thoughts are not uncommon and those who experience them deserve aroha and compassion, never judgement or blame. By practising aroha and compassion, you can help make sure no one around you feels judged or afraid to ask for help.

The Mental Health Foundation's [Having suicidal thoughts and finding a way back](#) resource has just been updated with new organisation listings and contact details.



The resource's companion, the Personal Safety Plan, (found in the back of the booklet), can now also be ordered as a [folded](#) or [stapled](#) version separately. Both these free resources can be [ordered online here](#).

**For further resources, information or questions about any mental health issues please do not hesitate to contact me by email or call, Monday through Thursday and I will get back to you as soon as possible.**

Mā te wā

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