

## ABOUT US:

**Tayler Whitehead**

*Has spent 16 years in mental health working in different roles from peer support within service user organisations to being an advisor to the local*

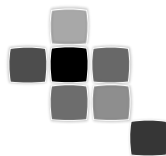
*DHB and the Ministry of Health. The last 10 years included recovery education within the DHB for service users and staff. Certified WRAP trainer.*

**Rosemary Melendez**

*Has spent time in the U.S. facilitating programs for young adults and peer run support groups. In New Zealand, Rosemary has worked as a field worker for a service user organisation and run weekly groups on recovery. She has successfully run mental health recovery forums online for 12 years.*

*Has certification in WRAP (Wellness Recovery Action Planning) and Intentional Peer Support programs.*

**Self management and  
planning will have a  
positive  
impact on your health  
and  
wellness**



**MindfulSolutionNZ**

Mental Health Recovery Education

**Tayler Whitehead  
Rosemary Melendez  
Recovery Educators  
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<http://mindfulsolutionz.homestead.com/HOME.html>

[http://www.youtube.com/watch?v=5bccx3x6W\\_0](http://www.youtube.com/watch?v=5bccx3x6W_0)

Are you experiencing any of the following?

- **Depression**
- **Anxiety**
- **Low Self Esteem**
- **Self Doubt**
- **Stress**

***Or have you  
been  
diagnosed with  
a Mental  
Illness?***

**MindfulSolutionNZ**  
Mental Health Recovery Education

# *If....*

*you have said yes to any of the preceding statements then we can help you learn practical solutions to manage the symptoms and get your life back on track. Mental illness doesn't have to control you. Take charge and begin to understand why you feel this way.*

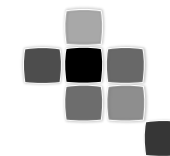
*Managing mental illness is about using your existing strengths to develop new responses that empower and promote self determination and the ability to handle the ups and downs that life throws at us. It's about being our own "Life Coach".*

How we can help you achieve wellness by helping you learn some easy techniques

- Self Management
- Relaxation
- Managing Lifestyles
- Developing your own Action Plans
- Emotional Resilience
- Problem Solving



- Teach recovery using a variety of methods
- Help you identify issues traumas and triggers
- Identify your solutions
- Build effective action plans
- Support your change
- Empower your progress
- Teach you to set your boundaries
- Identify your support systems
- Help you identify community supports, agencies, and resources
- Advocate for you



## What we don't do

- *We do not give you clinical advice*
- *We do not discuss other providers*
- *We do not enable self destructive behaviours*

We only use recovery focussed methods that are evidence based, such as WRAP (Wellness Recovery Action Planning)