


NEW ZEALAND MENTAL HEALTH AWARENESS WEEK 2018 AT UCOL

Together we are ***Making a Difference***

A colorful illustration at the bottom of the page depicts a woman with long dark hair, wearing a red long-sleeved shirt and white pants, sitting in a meditative pose on a green hill. To her left, a kiwi bird is perched on a branch. In the background, there are rolling green hills, a blue fish, and a person in a red tunic holding a spear. The sky is a light teal color with white clouds and small white stars.

**8-14 MENTAL HEALTH
OCTOBER AWARENESS WEEK**

 Mental Health Foundation
mauri tū, mauri ora

#MHAWNZ

NEW ZEALAND MENTAL HEALTH AWARENESS WEEK 2018 AT UCOL PALMERSTON NORTH

OCTOBER 8TH – 14TH 2018

The 2018 theme of NZ Mental Health Awareness Week is “let nature in to strengthen your wellbeing”

UCOL is proud to be involved in this important week of mental health awareness. We will be running a series of events in the Atrium on the Palmerston North Campus between 12 - 1pm. Each day we will focus on one of the five ways of wellbeing. Read on for details of each event.



MONDAY 8TH OCTOBER

12-1pm in the Atrium

Way of Wellbeing:
Connect | Me whakawhanaunga

The Student Success Team and AS@U will be hosting a pop-up Connect! Normally held in the Atrium on the last Tuesday lunchtime of each month. This special MHAW pop-up version will have BBQ burgers for \$2 each, Volleyball and music. Money raised will go towards Breast Cancer Awareness Pink Ribbon Day also happening during the week. Come and connect with others in a safe and fun environment while raising money for a good cause.

TUESDAY 9TH OCTOBER

12-1pm in the Atrium

Way of Wellbeing:
Take notice | Me aro tonu

Join the Wellbeing Hub and Kelly, an Eco Therapist from Te Waka Huia, as she guides us through an outdoors grounding and reconnection session. Meet in the Atrium at 12pm.

WEDNESDAY 10TH OCTOBER

12-1pm in the Atrium

Way of Wellbeing:
Give | Tukua

Kind hearts and Volunteer Resource centre

Come and find out more about the Kind Hearts and Volunteer Resource Centre groups and what they do for our community. This is an opportunity for those who want to volunteer in the Palmerston North community or those who would like to donate something that they no longer use.

Crash Course on skincare

“Three ways to improve your skin” a crash course on skincare, delivered by the UCOL beauty team.

THURSDAY 11TH OCTOBER

12-1pm in the Atrium

Way of Wellbeing:
Keep learning | Me ako tonu

Come and make a zine with the Learning HUB team.

Have some fun making a simple tiny magazine that you can add your own spin to, and meet the Learning advisors - draw, fold, cut and chat.

Quick and easy day make-up

Come and join our hair and beauty students and faculty as they share some make-up skills.

FRIDAY 12TH OCTOBER

12-1pm in the Atrium

Way of Wellbeing:
Be active | Me kori tonu

Come and join Wellbeing Hub alongside Suzanne and Warren from Exercise and Sport Science as they take us through some gentle lunchtime activity. Keeping bodies and minds active to improving our Wellbeing.

RESOURCES

Te Whare tapa Wha:

www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha

The Five Ways of Wellbeing.

Free posters, sticker and collateral:

www.mentalhealth.org.nz

Mental Health Awareness Week:

Free posters, stickers, collateral:

www.mhaw.nz

EVENTS

www.mhaw.nz/whats-on

BLOG

www.mhaw.nz/#stories

Mā te taiao,
kia whakapakari
tōu oranga



Let nature in to strengthen your wellbeing

8-14
OCTOBER

**MENTAL HEALTH
AWARENESS WEEK**

VISIT MHAW.NZ TO GET INVOLVED

 Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND

#MHAWNZ