

## **NEW ZEALAND MENTAL HEALTH RECOVERY RESOURCES**

Information on most of the following items is available on-line from the website of the NZ Mental Health Commission - [www.mhc.govt.nz](http://www.mhc.govt.nz)  
These items are also currently offered, free of charge, on request from the MHC via [info@mhc.govt.nz](mailto:info@mhc.govt.nz)

- A set of 4 **Recovery posters**
- **Recovery Competencies** for NZ Mental Health Workers (2001) – 95 page document. Also available – **Teaching Resource Kit** for Mental Health Recovery Competencies (CD included)
- “Kia Mauri Tau!” **Narratives of Recovery** from “Disabling Mental Health Problems” – a Report of the U. of Waikato Mental Health Narratives Project (2002).
- **Blueprint for Mental Health Services in New Zealand** (1998) – This is the national mental health policy that NZ adopted after a consultation process to adapt a recovery approach to mental health in their country.
- Awhi, tautoko, aroha – Celebrating recovery-focused mental health workers (2002).
- **Series of 4 Recovery booklets** (2000) :
  - 1) Four Maori Korero about their experience of mental illness
  - 2) Four Families of People with Mental Illness Talk about their Experiences
  - 3) Pacific People in New Zealand Talk about their Experiences with Mental Illness
  - 4) Three Forensic Users and their Families Talk about recovery
- **A Travel Guide** for People on the Journeys Towards Equality, Respect, and Rights for People who Experience Mental Illness (1998)
- **Video** (2003) – “Service Users Discuss Mental Illness and Recovery” – this video aims to show that most people recover from mental illness and that mental health services should focus on helping people recover and get reconnected with their job, home, family and communities again.
- **Mental Health Notes** – Mental Health Commission Newsletter
- **Our Lives in 2014** – A recovery vision booklet