

# WHAT SUPPORTS MY HEALTH & WELLBEING?

THE IMPORTANCE OF MENTAL HEALTH AND PHYSICAL HEALTH ARE OFTEN TREATED OR THOUGHT OF SEPARATELY WHEN THEY ARE DEEPLY INTERTWINED  
-TE WHARE TAPA WHA

## HOPE + OPTIMISM

I THOUGHT THAT RECOVERY WAS GOING TO BE ABOUT LIVING WITHOUT PSYCHOSIS. NOW I ASPIRE TO HAVING A LIFE WORTH LIVING IN THE PRESENCE OF MENTAL DISTRESS. I ACCEPT MY EXPERIENCE.



MY DREAM OF RECOVERY IS TO BE ABLE TO DO WHATEVER I WISH IN A DAY WITHOUT MY MOOD OR STATE OF MIND GETTING IN THE WAY

HEALTH + RECOVERY IS TURNING UP EVERY SINGLE DAY.

## MEANING

I WANT TO BE A FAMOUS RAPPER



THERE NEEDS TO BE MORE EDUCATION ABOUT THE DIVERSITY + COMPLEXITY OF PSYCHOSIS

I WANT TO BE AN ANIMATOR

I WANT TO MAKE A DIFFERENCE BY HELPING OTHERS

I WANT TO BE A GAMES DESIGNER

## CONNECTEDNESS

I WISH THE SYSTEM WAS CO-OPERATIVE NOT AUTHORITATIVE



IT'S LIKE FINDING A TRIBE

-THE IMPORTANCE OF WHĀNAUNGATANGA- WHĀNAU + OTHERS WHO BECOME LIKE WHĀNAU

LIVING WITH A FLATMATE WHO ALSO EXPERIENCES INTERESTING REALITIES MAKES IT FEEL OK TO BE ME.

TAKING CONTROL

FILL YOUR CUP. DON'T RELY ON OTHERS TO FILL IT

BEING CONSIDERED AN EXPERT IN MY OWN EXPERIENCES, VALUING MY LENS

A SIMPLE LIFE IN NATURE

I TRY TO GET THE BASICS RIGHT- EATING, SLEEPING, MOVING, CONNECTING & ENJOYABLE ACTIVITIES.

PEOPLE EXPERIENCING PSYCHOSIS ARE THOUGHT OF AS A THREAT WHEN IN FACT, THEY TEND TO BE THE MOST VULNERABLE.

## MYTH-BUSTING

THE MEDIA HAVE A ROLE TO PLAY- THEY DON'T KNOW WHAT PSYCHOSIS REALLY MEANS

I WISH WE COULD TALK ABOUT PSYCHOSIS THE SAME WAY WE TALK ABOUT MENTAL HEALTH AND DEPRESSION

MY BED IS A SAFE & COMFORTING PLACE FOR ME.

MENTAL HEALTH WARDS ARE JUST NOT SAFE SPACES FOR US.

## IDENTITY

PSYCHOSIS FEELS LIKE A SUPERPOWER SOMETIMES



I THINK ABOUT X-MEN WHEN WE GET TOGETHER WITH OUR OPEN MINDS, FREE SPEECH + INDEPENDENT THINKING THE LABEL 'PSYCHOSIS' IS DISMISSIVE OF THE EXPERIENCE.

I WANT A WORLD WHERE IT'S OK TO BE ME, NO MATTER HOW I AM.

THERE ARE SIDE EFFECTS TO MEDICATION... I WAS A DIFFERENT PERSON BEFORE.

## EMPOWERMENT

EXPERIENCES OF PSYCHOSIS CAN COME FROM ACTUAL LIFE EXPERIENCE AND SO ARE MEANINGFUL IN THEMSELVES.

## SAFETY + SECURITY



AND OUT IN THE WORLD THERE'S STIGMA AND DISCRIMINATION