

# Say hello To the elephant In the room

*Supporting workplaces to understand and respond to  
mental distress*



LIKE MINDS, LIKE MINE®  
Whakaitia te Whakawhiu i te Tangata

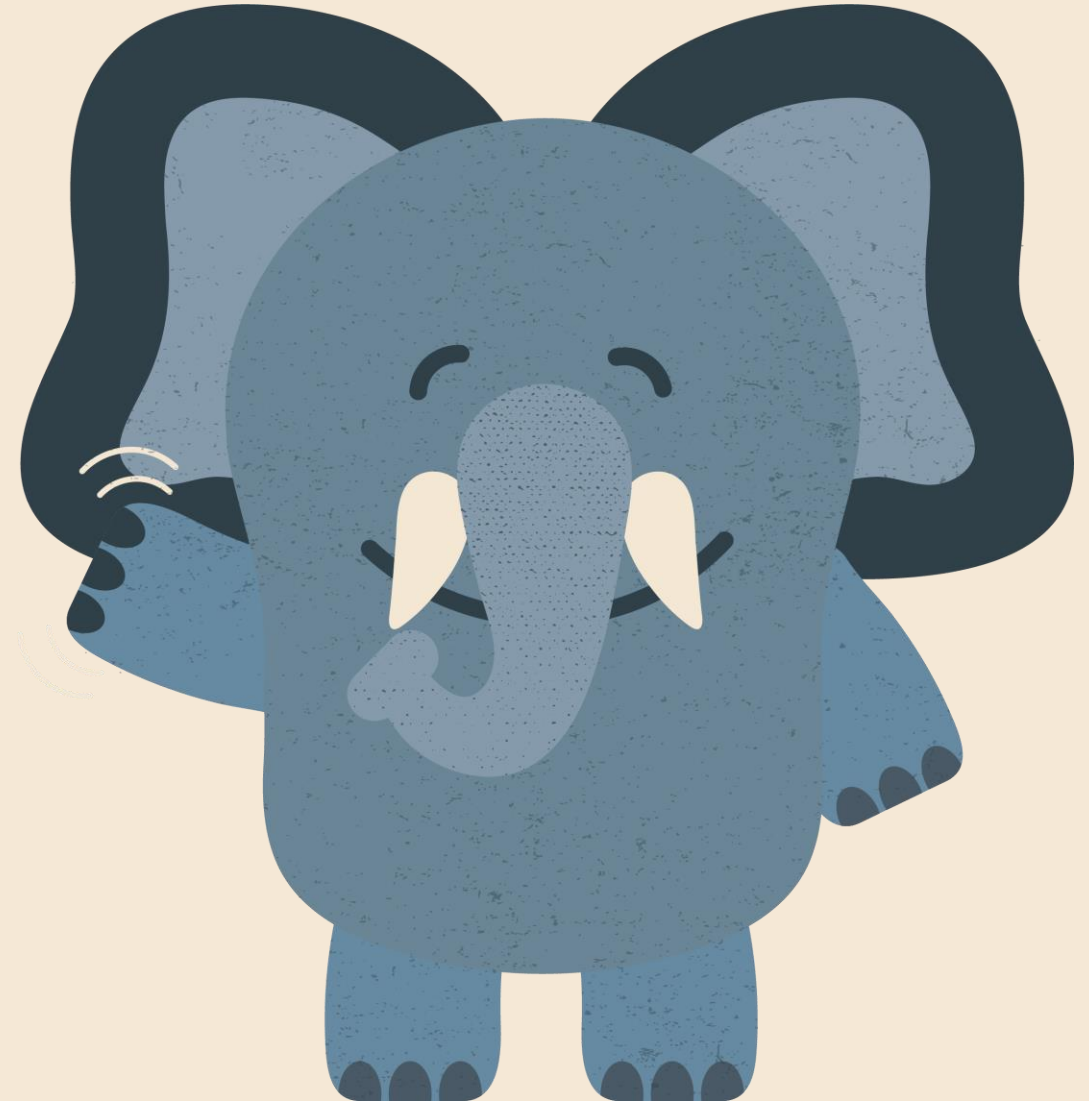


**NO WORRIES**

# Introductions

Kia Ora, Talofa lava, Greetings

**What brings us here today?**



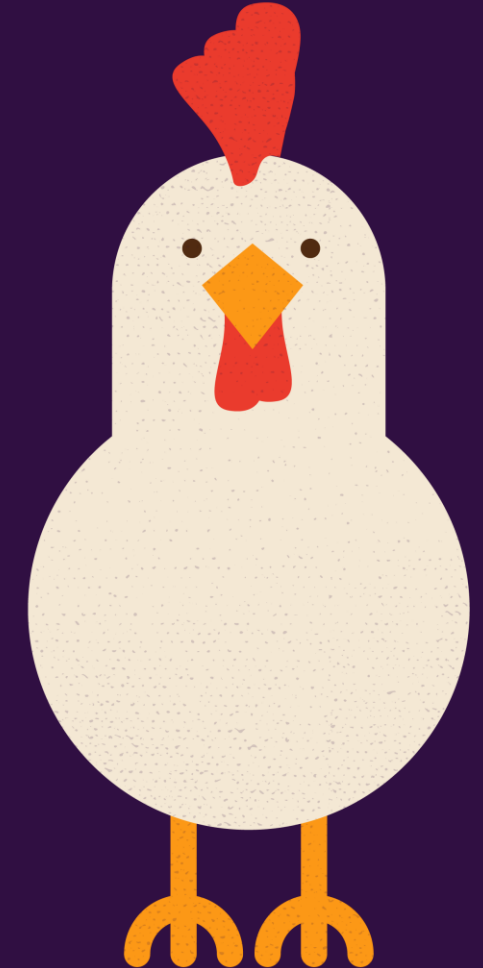
# What are the benefits to workplaces?



**No Worries supports employers and colleagues to better understand and respond to mental distress in their workplace.**

**We support employers and colleagues to:**

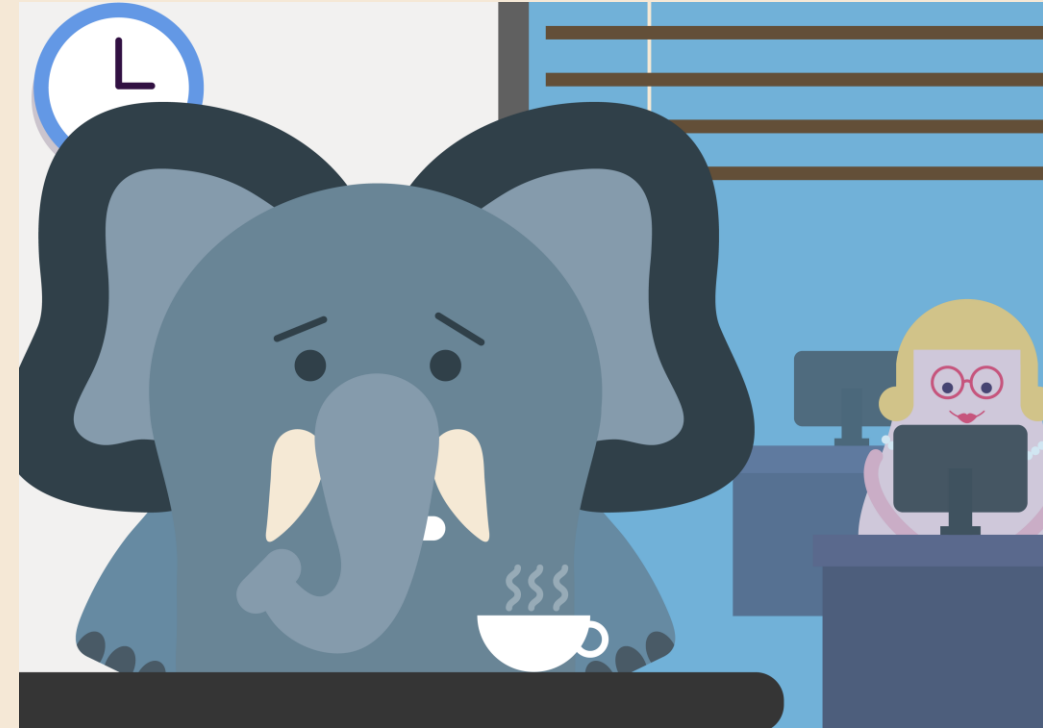
- **Recognise when colleagues are experiencing mental distress**
- **Feel more confident about having conversations about mental distress in the workplace**
- **Understand more about mental distress by working alongside our educators who have had their own personal challenges and experiences**
- **Create happy and inclusive workplaces which can be more productive and profitable**



**All good:** 2-hour long workshops for managers to better understand how to respond to mental distress in the workplace

**Sweet As:** Informal workplace-based discussion groups with staff to better understand and respond to colleagues experiencing mental distress

**A great yarn:** An animated video series following Gary the elephant



# AN EXAMPLE OF THE VIDEOS

ACCOMMODATIONS - What can help

# GARY

"ACCOMMODATIONS"

A SERIES BY  NO WORRIES



## Coming up to the end of year 2 – what have we achieved so far?

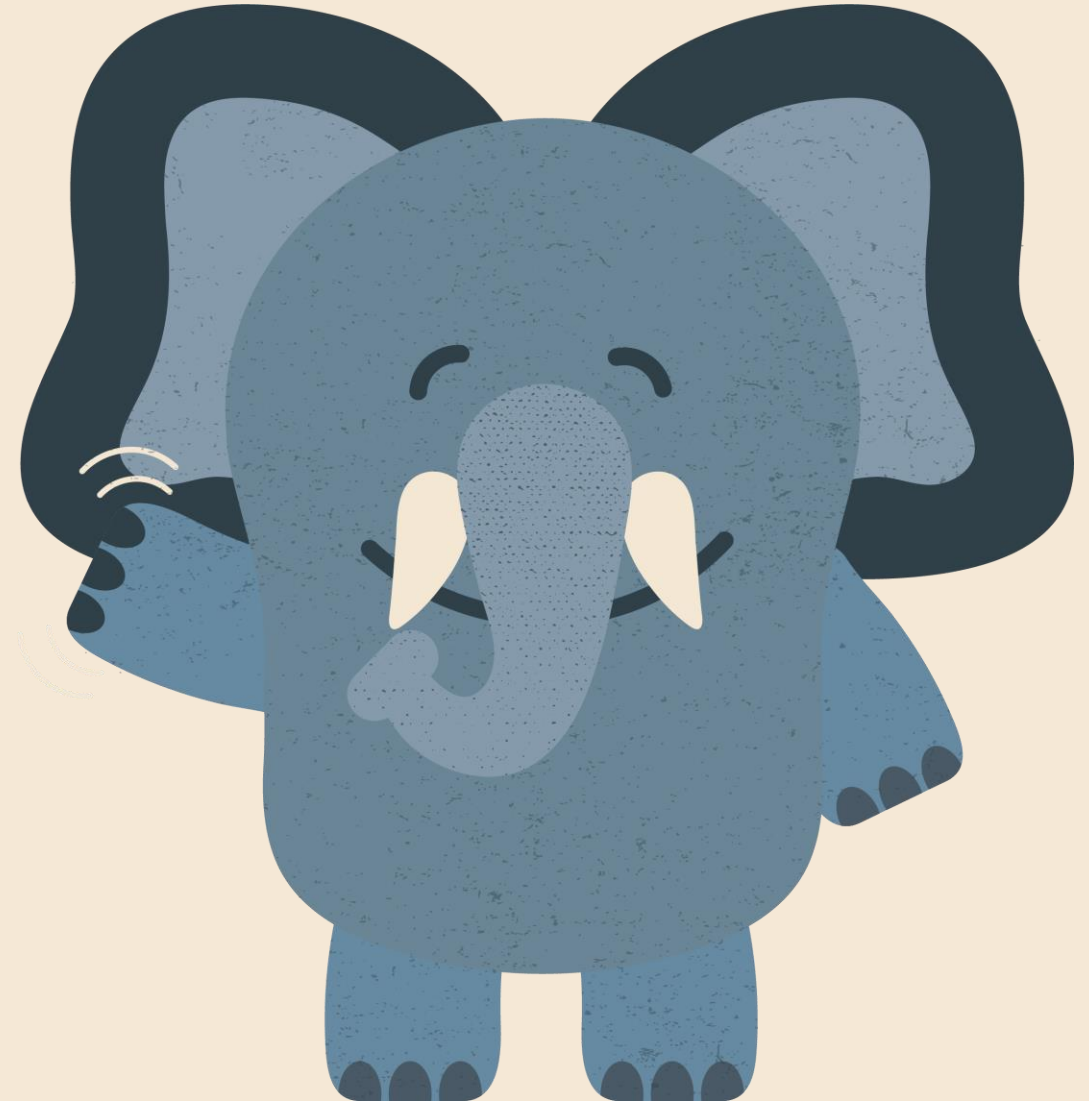
- **Branding and products that we are happy with and believe are effective when engaging with workplaces to educate and to reduce discrimination.**
- **Delivered presentations and workshops to 13 organisations nationwide (some multiple sites) with a mix of managers and colleagues**
- **Examples of organisations we have delivered sessions to include MARS (Whanganui), DHL (Christchurch), The Blind Foundation (Auckland and Tauranga), Engeo (Christchurch), Weta Workshops (Wellington), Lifewise (Auckland), Antarctic Centre (Christchurch), Urban Hub (Wellington) and Workbridge (Nelson and Tauranga)**
- **Strong relationship with Hospitality NZ Wellington Chamber of**



# Evaluation data

*What did people enjoy about the workshop? Some comments.....*

- **Open communication**
- **Great discussion**
- **The life experience and facilitators stories**
- **Easy to relate to the facilitator(s)**
- **Engaging presenters**
- **Informative and fun**
- **Good knowledge of the subject**
- **Responded well to questions**
- **Personable, spoke from the heart**



# Any Questions

## THANKS – any questions?

**Contact us**

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