

What **VIBE** is all about

Kia ora

VIBE is a peer support group for young adults with experience of living with mental illness (17 – 30 years) for the whole Auckland region.

This was an initiative that started over one year ago from a focus group of young adults with mental illness who were asked what things they needed from a service or group that wasn't currently provided.

Key things were:

- to meet other young adults with experience of living with mental illness
- to find out information about things that were happening for them in the Auckland region – rather than rely on one worker's knowledge
- to get training and help that they requested for the group
- to do stuff out in the community – education, drama, fun stuff...
- social stuff together
- non-clinical – although, to get some mental health information / education if they requested it
- to be a network of young adults in the Auckland region – to provide support

And that is basically what we endeavour to do. It is an initiative from the Like Minds project – and judging from the Ministry of Health's new document – "Building on Strengths" – we are on the right track!

Currently we are gathering and researching data on attitudes about mental illness from young people to help develop ways to counter stigma and discrimination.

We have one newsletter that we developed for promotion, and are currently producing our second for publication.

So, if you are interested in VIBE or would like to refer young adults to the group, please get in touch. It's a great way to meet people that may have a similar experience to your own.

Call Erwin at the Mental Health Foundation on (09) 300 7015 or email: erwin@mentalhealth.org.nz for more information.

