

# 'Our Voice' on air at Your Place

'Could be me, could be you' — that's the catchphrase of new weekly Community Radio Hamilton show *Our Voice, Our Journey* which starts on Monday.

Hosted by passionate mental health campaigner Aaron Woolley, the show aims to educate people by addressing the stigma surrounding mental illness head on. "One in five people will experience mental illness in any given year, so it's important for us all to remove the myths and fear people have," says Aaron.

*Our Voice, Our Journey* will be a voice for the mental health sector and involve a range of Tangata Motuhake (people living in self determination), tangata whaiora (people seeking wellness), and other well-being service representatives.

"We are the true leaders who know best about mental illness. We have lived the experience and walk the talk," says Aaron, who has first-hand experience of mental illness.

Guests will share personal stories and experiences and talk about their path to recovery. A range of health information



HTW160710CV01

**Mental health campaigner Aaron Woolley hosts a new Monday show on Community Radio.**

and community support services will also be covered.

Aaron is the Like Minds Like Mine service co-ordinator for Te Korowai Hauora O Hauraki, a kaupapa Maori health provider.

"Through the show we hope to create greater understanding of mental illness and ultimately change some negative

attitudes and behaviours," he says. Like Minds Like Mine is a public education programme aimed at reducing the stigma and discrimination faced by people with experience of mental illness. The successful campaign, famously fronted by ex-All Black John Kirwan, was a result of the 1996 Mason Inquiry into mental health services.

The report recommended that a public awareness campaign was a must.

"It is fundamentally wrong that a vulnerable group in our society should be continually subjected to the comments and actions of those who possess an outcast mentality.

"We are optimistic enough to believe that a well-informed New Zealand public will then realise that [people with a mental illness] are people whom we should nurture and value."

■ **Learn more about these issues by listening to *Our Voice, Our Journey*, 2pm on Mondays on Community Radio Hamilton 106.7FM, 1206AM, and online at [www.communityradio.co.nz](http://www.communityradio.co.nz).**

■ **On-demand podcasts are also available for free download online. For more information ph (07) 834 2170.**