

We had the privilege to have Mike King and Tai Tupou come and present the Key to Life message to both our junior and senior students this term. Words don't really convey the warmth, genuineness and vulnerability that both Mike and Tai embodied in their respective talks. The PC was peeled back and what was shared came straight from the heart in what was both an appropriate and hilarious presentation.

The talk spoke direct to the human condition of suffering and pain that can inflict all of us at various points in our lives. The students were challenged to see the need and importance of de-stigmatising and challenging the way we as a culture think about and judge mental health, and the insecurities that we all share and struggle with; "the voices in our heads"

Mike and Tai as well as Julie from SPT were very generous with their time, staying and talking personally to every student waiting afterwards, wanting to connect in with them about their own voices, pain and or confusions that were present or brought up for them. They connected students to the counselling service who may not have connected by themselves.

If there are any concerns about the content covered in the Key to Life messages, I attest to the content as safe and hearable for even the most at risk kids in our schools, at no point was suicidality mentioned or alluded to. The entire talk was founded on bringing limiting emotions and mental pain out in to the open through humour and honesty, and the students were encouraged repeatedly to talk and seek out Counsellor's and other professionals with help in healing from emotional upset, anger and depression.

I know that this talk changed the lives of our students, it opened their minds and hearts to how skewed we position mental health, how the stigma isolates us from each other, weakens us and is not the way forward for a happier, more contented life.

On behalf of the students and staff of Kavanagh College, I thank Mike and Tai for their time, their passion and the obvious caring they tangibly hold for our young people.

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Facilitate- health and wellbeing