

Writer: Bethany Reitsma

Free mental health help debuts on Massey campus

Students and young people aged 18-25 will now be able to access free counselling and mental health support on the Massey Wellington campus.

The mental health pilot programme Piki originally launched in Porirua in February and is now available through Massey's student health services as well as other providers throughout the Wellington region.

The programme is about early intervention to prevent mental health

issues, according to Health Minister Dr David Clark and Associate Health Minister Julie Anne Genter.

They said Piki would help up to around 10,000 young people in these areas with "mild to moderate" mental health symptoms.

Clark said the service would help people improve their mental health "without feeling judged".

Students will be able to refer themselves

for the service, ring helpline 1737, or seek help from their doctor or local hospital.

The programme is delivered through Tū Ora Compass Health along with other partners. At the end of March this year, Piki had provided just over 1300 therapy sessions to 609 young people.

All Piki counsellors will complete Cognitive Behavioural Therapy training at the University of Otago before working with students and young people.

Writer: Ellen Giltrap

Massey Digital take over Armageddon Expo 2019

Members of the growing Massey Digital content creators club attended and filmed the 2019 Wellington Armageddon Expo in April.

Armageddon Expo is an annual pop culture convention held at Westpac stadium in Wellington. This year the event featured celebrity guests like Nicholas Hoult, Tom Welling, Amy Acker and many more.

A team of 13 students from the club attended the expo and spent the weekend filming events, talking to movie stars, interviewing fans and wrestling people in dinosaur costumes.

"It was great to get a team out and filming at Armageddon Wellington this year. We had a really strong and passionate group of students from all years and schools and were pleased to be able to get some awesome videos

produced," said second year CMP student and creative director for Massey Digital, Paris Renalson.

Massey Digital has grown over the past two years after it was originally founded under the name MasseyTV.

The rebranding to Massey Digital has provided an opportunity for new leadership and growth with many new events and short film projects currently underway.

"Watch this space! The club is growing faster than ever, and we are excited to be currently collaborating with a variety of students from CMP and Communications to Design and Commercial Music," Massey Digital President Campbell Semmens said.

"It's a great place for like-minded creatives to get together and

practice making content. Events like Armageddon provide a fun place to explore these skills and we plan to be filming more of these types of events soon."

Massey Digital will be putting two teams together for the 48 hour film festival on the 14-16th of June. The club is open to anyone from amateur to semi-professional and is always on the lookout for more creatives to get involved.

If you wish to get involved contact @masseydigital on Facebook or Instagram or email the team at maseydigitalwgt@gmail.com You can check out their video of Armageddon on the Massey Digital Facebook or Instagram here <https://www.facebook.com/masseydigital/> or follow Massey Digital on Youtube for more content.