



School Talks

Voices of Hope will be visiting your child's school in the coming weeks and providing a talk to the students.

The purpose of this document is to provide parents and caregivers with some information regarding the talks and the topics covered. If you have any concerns regarding your child attending the talk, please discuss this directly with the school. If you would not like your child to attend the talk please let their teacher know.



Who are Voices of Hope?

Voices of Hope (VoH), a mental health charity, was founded in 2017 by Genevieve Mora and Jazz Thornton, individuals who have personally battled mental illness. Using their past experiences and their passion for content creation, they built a new narrative around mental health. Over the years VoH has grown into a community of people around Aotearoa and the world, who contribute to the ever evolving mental health conversation. Both founders actively engage in public speaking engagements at schools, corporations, and conferences, where they openly share their own lived experiences.

We believe in the power of sharing your lived experience to create positive change. Our storytelling platform exists to bring better understanding of mental health challenges, promote help-seeking behaviours and useful resources, and ultimately spread hope.

What do we talk about?

Our primary focus areas include anti bullying, general mental health, finding hope and encouraging help-seeking behaviours.

Jazz and Genevieve will share their personal stories, highlighting the message that 'it's not weak to speak.' As well as hearing from Jazz and Gen, we have Tai Tupou from the Last Chance Project joining us to speak. The Last Chance Project creates a safe environment for men to develop and create new chapters of their lives through healing and nurturing. Tai will highlight the importance of having conversations in person, challenging your inner critic, and the importance of communication. Together we aim to leave students with new tools to support their own wellbeing with a whole lot of hope!

Voices of Hope Talks average 40 minutes, depending on the selected topics. It is important to note that both the Voices of Hope and Last Chance Project teams both have extensive experience in delivering talks. They exercise discretion in discussing sensitive topics. Notably, local suicide prevention coordinators have previously attended our talks, offering an additional layer of support and reassurance.

Our testimonials

BAY OF ISLANDS COLLEGE

"Thank you to all the group who came to share with our students some journeys of your lives with strong messages of student well being and how to look after themselves and each other. I could see that our students were all engaged with the korero, listening intently and interacting when asked to. If the messages touch one student then I am pleased, however I could see that the messages were getting through to the vast majority of them. The next day I could hear conversations going on about your presentation and how they enjoyed it."

RODNEY COLLEGE

"I was seated among my year 11 science students and the comments from them were very positive. I had a student next to me who was a big fan already and he was so moved by what was presented. I also had students make very positive comments in the seats behind me. I myself felt very moved as I had my own struggles with mental health as a teenager. As well as my daughter who suffered from anxiety and depression. The presenters were very relatable at both age levels."