

# Anxiety with Matthew Peppercorn

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**Research and co-ordination:** Lisa Pirihi and Louise Ratcliffe

**Presenter:** Louise Ratcliffe

**Produced by** Louise Ratcliffe and Wintec Music and Performing Arts

## Guests

### Matthew Peppercorn

TASK Mental Wellness

Matthew has worked as a nurse for 25 years in mental health and intellectual disability. He has a IDCCR Act care manager diploma and has completed three post graduate papers. He has been integral into the planning of and restyling of both new and existing services in the care sector. He has done this both in England and NZ. He has lived in NZ for 15 years. When he isn't nursing he enjoys mountain biking, live music and gardening. He is also a free style rapper.

## Programme Synopsis

- Louise finds out how anxiety presents in people, and how it differs from day-to-day stress
- Matthew gives us some practical strategies for preventing and dealing with anxiety, with reference to Christmas and the holiday season being a particularly stressful time of year for parents.

## Links

[TASK Mental Wellness](#)

[Depression NZ](#)

[Sparx online game for anxiety and depression](#)

[Parent to Parent New Zealand Inc](#)

[Altogether Autism](#)

[Care Matters](#) or 0508 236 236 freephone service for carers

[Mana Whaikaha](#) – MidCentral only

