

"A Warrant of Fitness (WoF) is an official New Zealand document certifying that a light motor vehicle has passed a compulsory periodic inspection of safety and roadworthiness."

"A WoF test checks tyre condition, brake condition, structural condition, lights, glazing, windscreen wipers and washers, doors, seat belts, airbags (if fitted), speedometer, steering and suspension, exhaust, and fuel system."

"A vehicle must meet certain criteria in each category to pass the Warrant of Fitness. Many local car repair garages throughout New Zealand are authorised to perform testing and to issue Warrants of Fitness."

We have a Warrant of Fitness for our cars in NZ, because we know if our car is not "well" we could have an accident, and potentially hurt ourselves & others.

Why don't we place the same emphasis on our mental health?

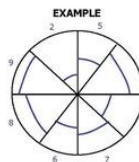
When someone is mentally not "well", their mental health can affect not just that person, but their friends and family, and also their community & society.

Why don't we have a "Wellness Warrant Of Fitness" for each person in NZ?

When you go to the doctor, you could fill out the check list while you are waiting:

- | | |
|------------------|-----------------|
| 1. Physical | 5. Financial |
| 2. Emotional | 6. Occupational |
| 3. Intellectual | 7. Social |
| 4. Environmental | 8. Spiritual |

WHEEL OF LIFE INSTRUCTIONS
 The 8 sections in the Wheel of Life represent balance.
 1 Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
 2 Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
 3 The new perimeter of the circle represents your "Wheel of Life". Is it a bumpy ride?



This would give the doctor an overall view of how the patient sees their life.

Then a holistic approach could be used to treat/help the patient.

The practice nurse or social worker could involve other support services.

If a patient is prescribed medication, they should have more regular checkups.

Or do we need a Health Coach?

A "Social Worker/Life Coach/Personal Trainer" type person who can keep the patient accountable and have a better idea of the patient's daily routine.

Children seem to have better access to help, the doctor can refer them to a specialist mental health service eg. Whakatata House.

Adults don't seem to have the same access to help. Your doctor can refer you to a private specialist if you have insurance/money to pay for the appointment.

The only other options for an adult concerned about their mental health are last resort: Emergency Department at Hospital, Psychiatric Emergency Service, or the Police.

Knowledge is the key, but most research/information is complicated to read and not easy to understand. We need more easy to read "visual" information.

Research/Information Needed at Patient's Medical Centre and/or Public Library:

- Side Effects of Medications, Combination Options of Medications, Drugs
- Different Mental Health Disorders: ADHD, Autism, Sensory Processing etc
- Psychology of Colour, impact on person's wellbeing, at home and/or work
- Alternative Treatments: Chiropractor, Osteopath, Aromatherapy, Vitamins & Supplements, Hydrotherapy, Yoga, Music Therapy, Art Therapy etc
- Impact of Social Media on a person's wellbeing/mental health
- Affects on a person's wellbeing due to long Waiting Lists, no contact/update

