





"YOU THINK IT WON'T HAPPEN TO
YOU, BUT IT JUST MIGHT."

"IT'S NOT RIGHT. WE SHOULDN'T BE
LOSING OUR BABIES LIKE THIS."

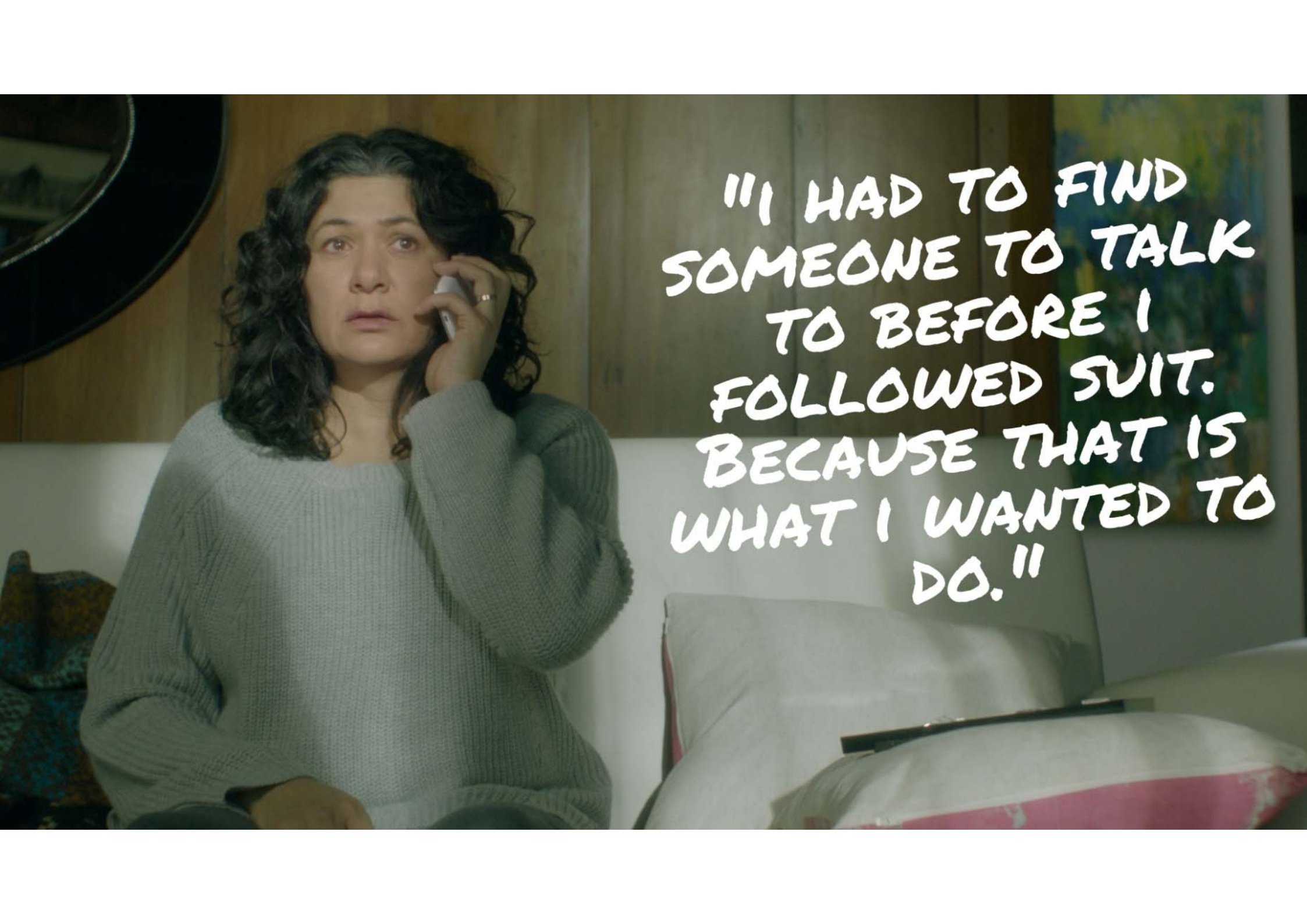




"IT JUST
LEAVES A MESS,
FOR US TO
CLEAN UP."

A close-up, low-angle shot of a man with dark hair and a mustache, wearing a flight suit. He is looking down and to the left with a somber, contemplative expression. The background is dark and out of focus, suggesting an interior space like a cockpit or a control room. The overall color palette is muted, with a teal or blue tint.

"IT'S A STRUGGLE TO
LIVE WITHOUT THEM."



"I HAD TO FIND
SOMEONE TO TALK
TO BEFORE I
FOLLOWED SUIT.
BECAUSE THAT IS
WHAT I WANTED TO
DO."



"FAMILIES CAN
DISCONNECT IN
RESPONSE
TO GRIEF."

A cinematic still from a movie showing two men in a car. The man on the left, with a beard and a leather jacket, is driving and looking off-camera with a serious expression. The man on the right, younger with dark hair, is looking down at something in his hands. The background shows the car's interior and a blurred view through the windshield. A white, handwritten-style quote is centered over the image.

"I AM OVER
ALLOWING THE
ENVIRONMENT OF
SHAME
TO CONTINUE."

"RECONNECTION THROUGH PONO, TIKA,
AND AROHA."



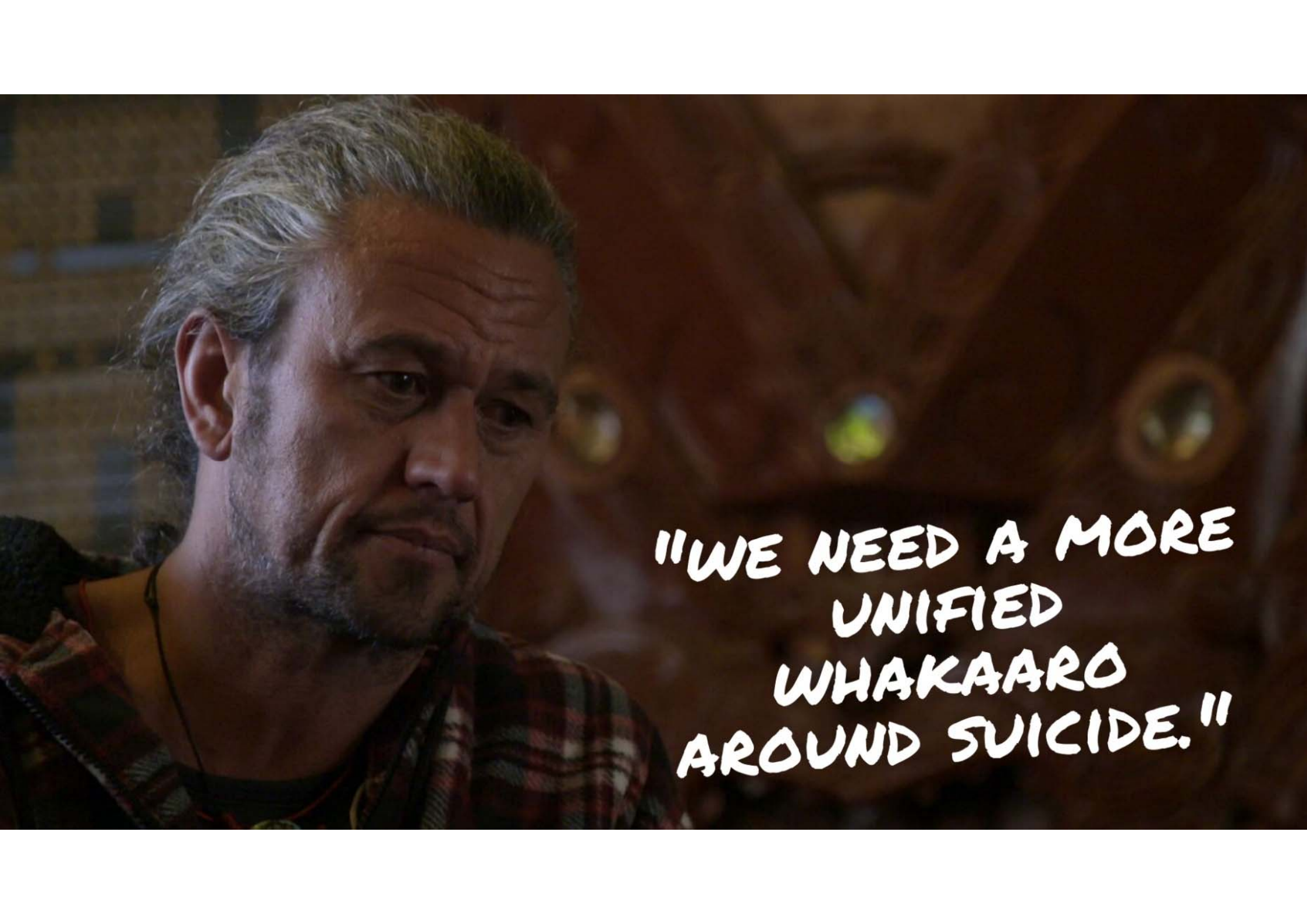
A group of people, mostly women, are standing outdoors at night. They are holding framed photographs, suggesting a memorial service or a gathering to honor someone. The lighting is dim, with some light reflecting off the surfaces of the photos and the people's faces. The text is overlaid in a white, handwritten-style font.

"WE CAN HEAL TOGETHER, THROUGH
TALKING ABOUT IT."

A close-up profile shot of a man with long, grey hair tied back, looking out over a vast landscape. The background shows a green field, a blue body of water, and a blue sky with light clouds. The man's face is weathered, and he has a slight smile. The text is overlaid on the right side of the image.

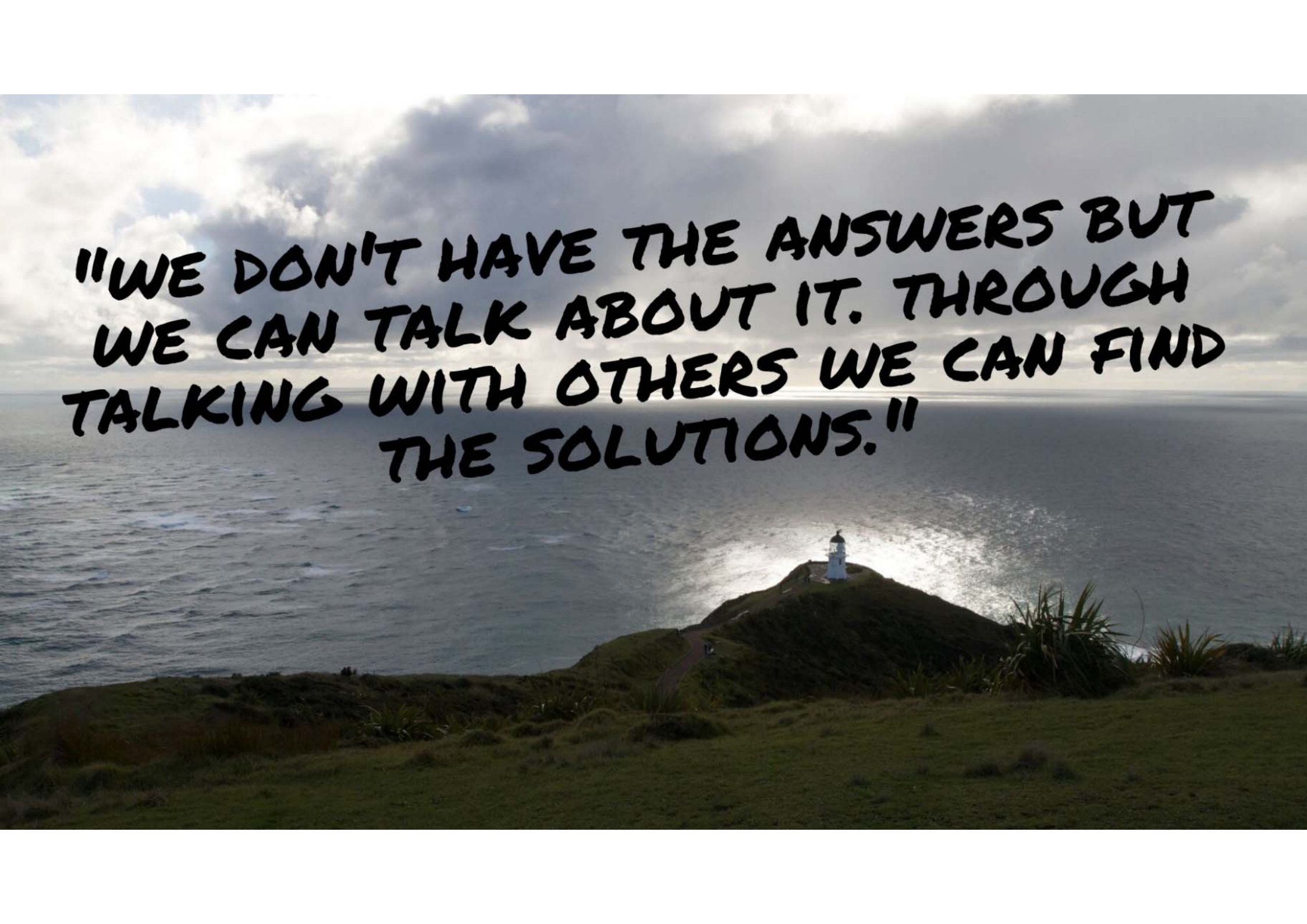
"BE HONEST ABOUT
WHETHER YOU ARE
FREE IN YOURSELF OR
NOT.

IF WE ARE FREE,
THOSE WHO TOOK
THEIR LIVES CAN ALSO
BE FREE."



"WE NEED A MORE
UNIFIED
WHAKAARO
AROUND SUICIDE."

**"WE DON'T HAVE THE ANSWERS BUT
WE CAN TALK ABOUT IT. THROUGH
TALKING WITH OTHERS WE CAN FIND
THE SOLUTIONS."**





Matthew Skellern, pictured, was a successful town planner and sportsman, and a member of the New Zealand Planning Institute and Surf Protection Society's executive committees. He helped develop a mentoring programme for young planners, and he was completing a Master's Degree on Creating Official Surfing Reserves in New Zealand. He took his life in May 2012 when bipolar became too much for him.

"... THANK YOU
FOR EVERYTHING
YOU HAVE DONE FOR ME."

MATTHEW SKELLERN

Inspiring new mental health support services

The Matt Skellern Bipolar Trust (MSBT) aims to increase the public awareness and understanding of mental health issues, particularly bipolar, depression and anxiety, and to reduce the associated stigma.



How Migo Works

Our Team

Contact

Login

Migo is a mood-aware wearable app, toolkit and social system designed to support people with their mental and emotional wellbeing.

THE REPLY

