Mental Health Week

There are many events and activities being planned across Tasmania. Mental ill health affects every Tasmanian. Half of us will experience a mental health issue directly while many others, as carers, families, friends and colleagues will live with or witness its impact. It is an issue for us all.

Mental Health week is part of a national mental health promotion campaign held in October each year. It aims to engage communities in activities that promote mental health and wellbeing, raise awareness and understanding of the needs, experiences and issues concerning people living with mental ill health and their friends and families and other support people.

Mental Health Carers Tasmania’s signature event the Road to Recovery walk each year does just that. It also raises the importance of looking after our health and wellbeing, both emotionally, physically, and mentally.

The walk is on World Mental Health day 10th October. We meet and park for free at the Hobart Cenotaph and walk to parliament House lawns. Once there people are provided free food, entertainment and conversation.

Come along and join with us, bring your dog companion and enjoy this great event.

This year ABC is going Mental as.

To kick-start a national conversation about mental health across the wider community, the ABC is launching Mental as.

As a week of distinctive programming for Mental Health Week, and invites all Australians to join the discussion.

ABC Managing Director, Mark Scott said the ABC “has an important role in not only reporting national issues but also in leading discussion, debate and community awareness on the issues and challenges affecting Australians.

*Mental health is a significant matter affecting many Australians and the ABC would like to engage in a national
discussion about this complex and wide reaching topic.”

Across ABC TV, radio, online and mobile ABC Mental As will take a look at mental health from all angles and perspectives, from comedy to documentary, entertainment to debate, as we aim to help join the dots on mental health in Australia. We want to encourage audiences to talk about mental health, seek support and give generously.

The week will culminate in a two-hour, live, TV fundraising event on Friday 10 October - The Friday Night Crack Up. Australia’s biggest personalities - comedians, actors, sportspeople, musicians and politicians – will show their support for Mental Health Week and encourage Australians to take action, start talking and to give to mental health research.

MHCTas Tas is delighted to be Tasmanian partners in this initiative.

Look out for other activities in your area where you can join in and promote mental healthy living.

MHCTas has become one of many signatories to the ACOSS joint sector statement on budget and social security changes – http://acoss.org.au/take_action/federal_budget_2014-15/joint_sector_statement_on_budget_social_security_changes/signatories/

— Wendy

Meet the author and book signing

Launceston – Fullers Bookstore 93 St John St Wednesday 24th Sept @1pm

Hobart – Fullers Bookstore 131 Collins St Friday 26th Sept @5pm

The story of a mother’s journey through inconsolable grief after the death of her teenage son. Powerfully written, it’s an eloquent reminder that our hold on life is tenuous, and communication, love and togetherness are the key to surviving such a tragedy.

Christopher was 17 and he had everything to live for. He was smart, charismatic, loving, and deeply loved, and a champion rugby player. Yet behind the veneer of a popular and confident athlete he was struggling. Diagnosed a year earlier with depression and severe anxiety, he hid his fears from family and friends. Finally, Christopher chose to stop fighting.

A request from Jodie Stephens at The Examiner

Wendy received a call from the examiner requesting input about a potential a story about issues facing people who are being discharged from clinic mental health facilities.

Jodie says, “I’m hoping to speak to people living with mental illness and/or their carers, about their experiences following discharge from an acute mental health facility. Was there enough support or follow-up to aid recovery? What worked well? What was lacking?”

This is the story of Christopher’s shocking death and its tragic aftermath for the family. It is also the story of a mother and father’s love, and their determination not to lose another son to the temptation of taking his own life. Honest, raw, and deeply moving, Jayne’s account brings to life the visceral experience of grief and the long, painful journey towards finding meaning in life again.

This is compelling and inspirational reading for anyone affected by the death of a young person.

Jayne Newling has 25 years experience as a print journalist. This is her story.

Sponsored by Mental Health Carers Tasmania.

This is for a potential story in the paper, but I have no problem if people wish to remain anonymous or off-the-record.” Jodie Stephens, Health reporter, The Examiner

6336 7358 | jstephens@fairfaxmedia.com.au
YOU ARE INVITED TO

Mental Health Carers Group

Mental Health Carers Tasmania
di.hayes@mentalhealthcarerstas.org.au

Are you caring for someone with a mental illness?

Guest Speakers

Resources

Sharing & Support

Take time out with us

Beaconsfield Neighbourhood House
33 Grubb St, Beaconsfield TAS 7270

For more info contact Diane 0439 189 886
Mental Health Carers Tasmania
di.hayes@mentalhealthcarerstas.org.au

Every 1st Monday of the Month
1 pm—3 pm
SPOTTY DOG SUPPORT GROUP
(we all have our black spots to work on)

FOURTH MONDAY OF THE MONTH
3.00 PM TO 4.30 PM

Adult Education Building
51 York St
Launceton

Support for depression & anxiety

For more information please contact:
Diane Hayes 0439 189 886
di.hayes@mentalhealthcarerstas.org.au
MENTAL HEALTH SERVICES
SOUTHERN PARTNERSHIP FORUM

DATE: Thursday 18 September 2014
TIME: 10 am – 1 pm (morning tea provided)
VENUE: Glenorchy Civic Centre
        Terry Martin Room
        Cooper Street Glenorchy

Please RSVP by Monday 15 September to: Rosie Walker on 6230 7819 or email to mhs.executiveassistant@dhhs.tas.gov.au

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<tr>
<th>TIME</th>
<th>AGENDA ITEM / FORUM TOPICS</th>
<th>PRESENTER</th>
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<tbody>
<tr>
<td>10.00 am</td>
<td>Introduction</td>
<td>Ian Munday</td>
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<tr>
<td>10.05 – 10.45 am</td>
<td>Older Persons Mental Health Services from a Community Perspective – Including DBMAS</td>
<td>Stewart Reed and Michelle Kemp</td>
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<td>10.50 -11.30 am</td>
<td>Roy Fagan Service &amp; Roy Fagan Centre Day Centre</td>
<td>Joanne Triffitt</td>
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<td>11.30 -11.45 am</td>
<td>Morning Tea</td>
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<tr>
<td>11.45 am - 12.20 pm</td>
<td>Alzheimers Association Presentation</td>
<td>Sue Clausen</td>
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<td>12.25 – 1.00 pm</td>
<td>Ageing Well in the Community</td>
<td>Elida Meadows</td>
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<td>1.00 pm</td>
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DATE FOR NEXT FORUM: Thursday 18 December 2014

Mental Health Carers Tasmania warmly invites you to our

Annual General Meeting

5pm Tuesday 30 September 2014
Mental Health Carers Tas Office
1 St Johns Avenue
New Town, Hobart, Tasmania

A representative from ABC goes Mental As will be our guest speaker. The agenda will include amendments to the constitution. Full details of the proposed changes are available from the CEO on 62287448 or wendy.groot@mentalhealthcarerstas.org.au.

Refreshments will be served and there will be time to talk with other members, volunteers and friends of Mental Health Carers Tasmania.
YOU ARE INVITED TO

Bipolar Support Group

- Peer Support
- Guest Speakers
- Resources

We meet on the 4th Monday of the month at Adult Education, 51 York St, Launceston (Opposite Toyworld), 1 pm to 3 pm.

For more information contact:
Diane Hayes 0439 189 886
di.hayes@mentalhealthcarerstas.org.au
www.mentalhealthcarerstas.org.au
Mental Health Carers Tasmania (ARAFMI) in partnership with Hobart City Council invites you to join with them to celebrate health & wellbeing and recovery, walking from the Regatta Ground to Parliament House Lawns for free activities, entertainment, food and information.

**Community Walk**

**Friday 10 October 2014**

Meet: The Regatta Ground for an 11am walk to Parliament House Lawns

Speeches commence 11.30am at Parliament House Lawns

Activities continue 11.30 am - 1.30 pm

Car parking will be available at the Regatta Ground (10.30am - 2.30pm)

To register your interest please contact Mental Health Carers Tasmania 6228 7448

Road to Recovery wrist bands will be available for walkers.

Dog walkers are welcome
YOU ARE INVITED TO

a special fashion event

Saturday 11 Oct
11am to 2pm

blue illusion® Boutique

Magnet Court, Sandy Bay

Come and view the latest fashion collection and enjoy some retail therapy!

20% OF SALES will continue the support of carers, relatives and friends of people with mental ill health.
You are invited to

World Suicide Prevention Day • 10 September

Join Lifeline Tasmania on World Suicide Prevention Day as we walk Out of the Shadows and into the Light.

Suicide is the leading cause of death for Australians under the age of 44. Lifeline believes most suicides are preventable and we all have a role to play.

Show your support to preventing suicide and remember those lost to suicide by joining us on our walk.

Date: Friday 12th September 2014
Time: 5.45am
Place: Cenotaph, Hobart
RSVP: www.outoftheshadows.org.au

By taking part you will be making a difference to people’s lives by raising awareness of suicide prevention.

For more information visit outoftheshadows.org.au
YOU ARE INVITED TO

Presents

Chasms, Bridges and Pathways
A workshop to explore service gaps for people with Mental Illness in Southern Tasmania, and an opportunity to discuss how we can overcome these.

Where
Glenorchy Civic Centre

When
Friday, 19 September
9.00am-12.30pm
RSVP by Wed, 17th September
Sarah – sarahb@colony47.com.au
Phone: 62141355

Morning tea included.
Government, non-government, community, people living with mental illness and their significant others are all welcome.
YOU ARE INVITED TO

TSPCN Annual Suicide Prevention Forum and LIFE Awards

Wednesday 24th September—Thursday 25th September 2014
Tram Sheds Function Centre, 4 Invermay Road, Invermay Launceston

Preliminary Program—Overview

Wednesday 24 September

1:00pm to 4:30pm Pre conference workshop

MindFrame Community Sector Training

This workshop is for those working in the community sector who may need to write or speak publicly about suicide. Marc Bryant, Manager of Community Media and Arts program at the Hunter Institute of Mental Health will be conducting this training. It is suitable for those that may work with the media (such as the mental health sector, the suicide prevention sector and the police) to facilitate better understanding about issues to consider when working with the media around mental illness and suicide. Registrations are limited to 25 participants. Cost $11.50

5:30pm to 7:00pm LIFE Awards Reception

Join in an evening celebration of the outstanding work of Tasmanians in suicide prevention, intervention and postvention. Three Tasmanian LIFE Awards will be presented and canapes, wine, beer and non alcoholic beverages will be served. $32.50/$15.50 (concession)

Thursday 25 September

8:30am to 4:30pm TSPCN Annual Suicide Prevention Forum

With outstanding speakers and workshop facilitators from Tasmania and interstate, this year’s forum presents a program that will be of interest to clinicians and practitioners from the Government, non government and private sectors, policy makers, program leaders, community members, volunteers and students. The second TSPCN Annual Suicide Prevention Forum has a program that will stimulating, interesting and inspiring. Delegates will hear from experts in the field, engage in workshop discussions, activity and practices and network with others who work to help reduce the rate and impact of suicide in Tasmania. The preliminary program for the day is over the page. Cost $78.50/$37.50 (concession). Cost should not be a barrier to attending, there are a limited number of further fee reductions available.

For more information contact Victoria Vyvyan at Relationships Australia Tasmania, on 1300 364 277, or victorial@reeltas.com.au.

Register online at Sticky Tickets