



MENTAL HEALTH
**carers
voice**

Leading change and action with, and for, mental health Carers

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July 18

E-Bulletin

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Mental Health Carers Voice

New Carer Representation Opportunities and Training

The Division of Mental Health, Justice Health, Alcohol and Drug Service has commenced an exciting project to review and develop Adult Mental Health Services Model of Care. Mental health carers are invited to nominate as representatives on the following working groups:

- Hospital based services
- Adult Community mental Health
- Crisis Support
- Assertive Outreach
- Rehabilitation and Day Services.

If you are interested in participating, but would prefer to be a little less engaged, you may wish to consider nominating as alternate representative. The alternate attends meetings when the carer representative cannot attend.

For more information about becoming a carer representative, phone Doris Kordes on 6296 9936 or email mhcarers@carersact.org.au. Nomination forms and additional information about

committee vacancies are available on the Mental Health Carers Voice website at www.carersvoice.com.au.

In late August 2013 the Mental Health Carers Voice program will also be providing training that is specific for mental health carer representatives. For more information about the training, phone Doris on 6296 9936.

If you are interested in learning more about representation skills with a view of nominating for a carer representative role, the Health Care Consumer Association is offering a free two-day workshop. [Click here](#) to see the flyer.

Dates: Friday 13 and Friday 20 September

Time: 10.00am – 3.30pm each day

Location: HCCA Meeting Room, Sports House, 100 Maitland Street, Hackett
Morning tea and lunch will be provided.

To register phone 6230 7800 or email adminofficer@hcca.org.au

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Report on the Networking & Consulting Forum for CALD Carers

A forum for mental health carers of diverse cultural backgrounds was held at the Quality Inn Woden on 25 June. Forty-five participants engaged in lively discussion on their experiences of accessing mental health services. The forum also provided an opportunity for CALD carers to meet with carer representatives. A report of the forum may be accessed [here](#).

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Seeking mental health carers' views on Suicide Prevention Forum in September

A Networking & Consulting Forum on suicide prevention will be held during World Suicide Prevention Week (8-14 September 2013) on a day and venue to be confirmed in the next e-bulletin. Suicide prevention is everyone's business, and the Mental Health Carers Voice program would like to hear from you about what suicide prevention information and/or guest speakers you believe would be relevant and helpful to mental health carers. Phone Doris on 6296 9936 or email mhcarers@carersact.org.au with your suggestions.

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Forum for Aboriginal and Torres Strait Islander families and friends of people with mental health issues

The Mental Health Carers Voice program is hosting a Networking & Consulting Forum for Aboriginal and Torres Strait Islander families and friends in a caring role of people living with mental health issues. The forum will be facilitated by local Aboriginal Elder, Wayne Applebee.

Date: Wednesday 7 August 2013

Time: 12.00-3.00pm

Venue: Mabo Room, Australian Institute for Aboriginal and Torres Strait Islander Studies

RSVP: Close of Business Friday 2 August. Phone Doris on 6296 9936 or email mhcarers@carersact.org.au .

Enquiries may be addressed to Doris (6296 9936) or Donna (6296 9940).

A final program for this event, including a line-up of guest speakers, will be sent out in the week beginning 22 July 2013.

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Opening Minds Radio Show: John Tucker on Supported Accommodation

Tune into Opening Minds, the show that talks about mental illness, on 2XX, Tuesday, 23 July at 6.00pm when Doris will be talking to John about a supported accommodation project in the ACT. [Click here](#) for the latest Opening Minds program guide.

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Carers Corner

“I took control!” by a mental health carer

Why did I make 30 phone calls to my beautiful son in the first six days back from my holiday? Was this necessary? Hadn't he managed without me, the first time without even a crisis happening. No emergencies at all – all good. I am so proud of him.

My daughter summarised how this worked. When her brother reminded her about the things she needed to do to support him, she was impressed. But when she reminded him about things like having his blood tests, attending his MRI scan, getting together his belongings to go away for the weekend and managing his timetable, she had trouble. She also found it hard giving him the support he needed for his CIT assignment. The main reason for her frustrations was she had to phone him so many times to make things happen.

Many carers do not consider the burden they place on themselves when perhaps it's possible to let go more and hand back responsibility to the person they care for. It's often around the clock, if they care for the person in their own home.

Although I feel obligated by love and compassion to help my son, I have decided that I must not deprive him of the challenges to meet his own responsibilities. My resolution after my holiday is:

Teach me to give him his right to dignity and independence, as I would wish to have others leave

mine to me. And I must cut down on those phone calls.

Carers ACT

August: Day Trip to the Craft and Quilt Fair

Come and enjoy a day at the Craft and Quilt Fair. Tickets will be distributed prior to the event. Carers are to arrange their own transport to and from the Fair. Tickets can be used on any day of the Fair (once only).

Date: Thursday 8 to Sunday 11 August 2013
Time: 10.00am – 4.30pm daily
Location: Royal Canberra Show, EPIC, Flemington Road, Mitchell
RSVP: by Wednesday 31 July to Reception on 6296 9900
or email rsvp@carersact.org.au

August: Advance Care Planning (ACP) and Enduring Power of Attorney (EPA)

Joy from the Respecting Patient Choices Unit at the Canberra Hospital will present information and assistance to carers to create their own ACP.

Date: Wednesday 14 August
Time: 10.00am – 12.00pm
Location: Carers ACT, 80 Beaurepaire Crescent, Holt
RSVP: Reception 6296 9900 or email rsvp@carersact.org.au
For suggestions on future topics, please email Marie at marie.falconer@carersact.org.au
[Click here for the flyer.](#)

August: Private Viewing at the National Gallery of Australia

Roy Lichtenstein: Pop Remix

This exhibition traces the artist's print projects from the 1950s to the 1990s.

Date: Wednesday 28 August
Time: 10.30am (Meet at the Main Entrance at 10.15am)
Location: The National Gallery of Australia, Parkes
RSVP: by Friday 23 August to Reception 6296 9900
or email rsvp@carersact.org.au

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Mental Health Carers – Southside Support Group

This is a support group for family members and friends caring for someone living with mental health issues. The group meets on one Wednesday evening most months.

Date: Wednesdays 28 August, 25 September, 30 October, 27 November,
18 December (no groups in January or July)
Time: 6.00pm – 8.00pm

Location: Woden Smith Family, Corner of Launceston and Easty Streets, Woden
For further information please call 1800 242 636 or email rsvp@carersact.org.au

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Mental Health Carers – Northside Support Group

This is a support group for family members and friends caring for someone living with mental health issues. The group meets on the second Tuesday of each month.

Date: Tuesdays 6 August (5:30pm start), 10 September, 8 October,
12 November, 10 December (no groups in January or July)

Time: 5.00pm – 7.00pm

Location: Carers ACT, 80 Beaurepaire Crescent, Holt

For further information please call 1800 242 636 or email rsvp@carersact.org.au

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Mental Health Carers Respite — 1800 052 222

The Mental Health Respite Program provides flexible respite and other supports to meet the individual needs of carers of people with severe mental illness, autism or intellectual disabilities and their families. Services include respite options based on needs assessments, information and referral, links to education programs, counselling, peer support, advocacy services and social and recreational activities. Please call 1800 052 222 or email

mentalhealth.respite@carersact.org.au. The Mental Health Respite program is funded by the Australian Government Department of Families, Housing, Community Services, and Indigenous Affairs. For more information about support available under this Program, visit the Carers ACT [website](#).

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Counselling at Carers ACT — Supporting Family Carers — 1800 242 636

Did you know that Carers ACT can provide short-term counselling for family carers? Our counselling service can help you manage difficult situations and balance caring in your life. Qualified counsellors are located on site in Holt and Woden to provide carers with confidential and professional face-to-face and telephone counselling. Call the Carer Advisory Service to make an appointment on 1800 242 636. Click here for more information on [support that Carers ACT counsellors can offer mental health carers](#).

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ACT News

Workshops and outings for artists with disability

ArtsabiliTEA is an inclusive group valuing the expressions of ACT artists experiencing disability

and disadvantage. The program has been developed by Nicola Lambert, who is also the facilitator for 2013. Through workshops and group outings, the program aims to give artists the opportunity to grow conceptually and technically, to manage unexpected challenges and to excel in their own expectations. The artists work toward an annual exhibition at the Belconnen Arts Centre, which coincides with the International Day of People with Disability.

[Click here](#) to see the flyer. Please contact Nicola Lambert for further information and membership: nicola.lambert@belconnenartscentre.com.au or phone 6173 3322 (Monday and Tuesday).

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Centrelink live chat

On Monday, 22 July, the Department of Human Services will host a live and interactive chat with the Minister for Human Services Jan McLucas and Departmental General Manager Hank Jongen from **2 pm – 2.30 pm** at humanservices.gov.au/webcast

During the chat, they will answer your questions about the range of services the department offers people of a multicultural background, and discuss issues of interest to migrant communities and multicultural organisations.

Video segments of the live chat will be uploaded to YouTube to view again and share with your clients. This will be the 10th live chat the department has hosted and we encourage you to get involved!

On the day, you can call **1800 802 028** to speak directly with the Minister or Hank, or ask questions in an online forum. If you'd like to get in early, you can submit questions now by emailing webcast@humanservices.gov.au

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ASIST Tune Up workshop

ASIST Tune Up, created by LivingWorks, an international suicide prevention training organisation, is available to those who have completed a two day ASIST workshop within the last five years.

The workshop is designed to consolidate and refine previous ASIST learning, as well as provide participants with opportunities for new learning, to share how ASIST is applied in the 'real world' and share what they have learned from applications in the real world. By completing the ASIST Tune Up course participants can reconfirm their ability to be willing, ready and able caregivers who:

- Explore invitations for help.
- Talk openly, honestly and directly about suicide.
- Review risks and create a safeplan.
- Know local resources and how to access them.

- Follow up on safeplan commitments.

Date: Wednesday 31 July

Time: 9.30am – 1.00pm

Location: OzHelp Foundation Training Suite, Unit 6/41-45 Tennant Street, Fyshwick

Cost: \$93.50 / \$71.50 (concession/discount rate) per person

Morning tea will be provided.

For further information please contact Tricia Eldridge, Community Development Project Officer, on 6251 4166 or email ocs@ozhelp.org.au You can also register on line, [click here](#).

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Enhanced Services Offer – thinking outside the box session

Imagine More is offering two sessions in July. The facilitator is Marsha Marshall, CEO of a New Zealand organisation called Manawanui Incharge, an organisation that specialises in individualised funding. Marsha will share stories of how people have individualised their funding to their greater benefit.

Manawanui Incharge offers life coaching/mentoring to:

- Design a Personal Support Plan that reflects you, your choices and lifestyle.
- Employ the support staff you want in your life, people who understand your culture, priorities, preferences and lifestyle choices.
- Set your own timetable to come and go as you want, so you can build stronger relationships and enjoy a better social life.
- Find support that best benefits your family.
- Identify new sources of support.
- Take charge of who enters your life and call the shots when it comes to your priorities.

Date: Monday 22 July

Time: 5.30pm – 8.30pm

Location: Merici College, 10 Wise Street, Braddon

Cost: \$20.00 per person

Date: Tuesday 23 July

Time: 9.30am – 12.30pm

Location: Koomarri, Corner Launceston and Callam Street, Phillip

Cost: \$20.00 per person per session

RSVP: Email imaginemore@hotmail.com.au

To see Marsha Marshall flyer, [click here](#).

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FREE QUIT Smoking Sessions for Multicultural Groups

The Health Care Consumers' Association (HCCA) has developed a Health Literacy Project. The project's 12 modules are designed to be delivered in a friendly atmosphere where participants can learn relevant skills, develop new knowledge, have their questions answered and have their comments about the health system passed on.

One of these modules is focused around the "Quit Smoking" concept for multicultural groups. This module has been designed to provide people from culturally and linguistically diverse (CALD) backgrounds with strategies to help them to give up smoking. Resources are provided in community languages.

HCCA believes that consumer led health literacy is the cornerstone of health consumer empowerment. High levels of health literacy plays a significant role in delivering better health outcomes for consumers and for the health system.

Date: Friday 26 July

Time: 10.00am – 11.30am

Location: Meeting Room 2, 100 Maitland Street, Hackett

Morning tea will be provided. Please contact them re any dietary requirements.

For further information, please email Yelin Hung at yelinhung@hcca.org.au or contact the HCCA office on 6230 7800.

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Volunteering Opportunity – 1 Day Compeer Volunteer Training

Compeer is an award winning volunteer program sponsored by the St Vincent de Paul Society and ACT Health. They are looking for people to offer friendship and social support to people who have become isolated due to a mental illness. They also aim to break down the stigma associated with mental illness. Compeer is focused on matching people diagnosed with a mental illness with a 'buddy' who is a caring and compassionate volunteer. Compeer seeks to address the misconceptions in the community around mental illness that often cause those with mental health problems to become isolated, lonely and depressed. It is based on the simple premise that 'friendship is a powerful medicine'. One steady, reliable and caring companion can make all the difference.

Volunteers specifically needed are friendly compassionate men and women, between the ages of 18 and 75. The initial commitment sought from volunteers is a minimum of 4 hours per month for a 12 month period.

The training is free and the next session will be held next month.

Date: Saturday 3 August
Time: 9.00am – 3.00pm
Location: Board Room, St Vincent de Paul Offices, 14-16 Colbee Court, Phillip
Lunch and refreshments will be provided.
RSVP: Friday 26th July 2013

For further information about the program and to register interest, please contact the Volunteer Coordinator, Katherine Horak. Phone 6234 7348 or email volunteer@svdpcg.org.au

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Majura Women's Group Exhibition now on

A new photographic exhibition entitled "Women: Celebrating a Century of Canberra's Women" will be on display to 4 August in the foyer of the Belconnen Arts Centre. [Click here](#) to see the flyer/invitation to the opening.

Majura Womens' Group support women and their families. They meet on Wednesday mornings during school terms, 9.30am to 12.30pm, at the Downer Community Centre, Frencham Place, Downer. [Click here](#) to visit their website.

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Gender and Grief workshop

Oz Help Community Services are offering a half day workshop on Gender and Grief with Mandy Cox and Sonia Fenwick (Canberra Grief Centre).

The death of someone we love has the ability to throw all that we know into a state of unknown. The individual's experience of this is grief. When two people are grieving for the same loss, their individual experiences may be very different. At times they can feel misunderstood and unheard by each other. How does gender contribute to these differences?

Mandy and Sonia will outline some of the presumptive stereotypes, social and culture expectations often branded and prescribed as "masculine" and "feminine" expressions of grief. Following on, they will introduce a more contemporary perspective which suggests there are 'styles' of grieving considered 'typical' of, but not determined by, gender.

The workshop is aimed at people who provide support to others who are experiencing grief. This could include Health and Welfare workers, Chaplains, Counsellors, Educational Professionals, Carers and Volunteers.

Date: Thursday 15 August
Time: 9.15am arrival for 9.30am – 1.00pm
Location: OzHelp Foundation Training Suite, Unit 6/41-45 Tennant Street, Fyshwick
Cost: \$50.00 per person, including morning tea

For further information please contact Tricia Eldridge, Community Development Project Officer, 6251 4166 or email ocs@ozhelp.org.au You can also register on line, [click here](#).

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Next MHCC ACT Consumer Carer Caucus meeting

The next meeting will be held next week. [Click here](#) to see the agenda.

Date: Wednesday 31 July
Time: 12.00pm – 2.00pm
Location: MHCC Meeting Room Level 1, Griffin Centre, Canberra City
Lunch will be provided. RSVPs would be appreciated.

For further information, or if there is anything you would like to add to the agenda for discussion, please contact Kat Bhathena at kat.bhathena@mhccact.org.au

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When being angry no longer works – Personal Development course for Women

The Women's Information and Referral Centre are offering a Wednesday mornings course, held over six weeks. This is an interactive and practical course for women who seek to improve their strategies to manage anger and other strong emotions in an effective and a positive way.

Aims of the course include:

- Develop an awareness of the external and internal causes of anger;
- Learn to respect and trust your own perceptions and emotions;
- Work through past anger and other associated emotions;
- Notice emotional triggers and change automatic reactive responses;
- Learn to self-sooth effectively and compassionately;
- Communicate with confidence and effectively assert yourself;
- Explore positive physical, emotional and behavioural solutions for anger; and
- Use anger effectively to motivate and energise yourself.

Date: Wednesdays 14 August to 18 September
Time: 9.30am – 12.00pm
Location: Women's Information and Referral Centre,
Ground Floor, London Court, 13 London Circuit, Canberra City
Cost: \$80.00 and \$40.00 concession (please discuss with their staff)

For more information or to register your interest, please contact the Women's Information and Referral Centre on 6205 0303 or 6205 1075, email wirc@act.gov.au or drop in and visit them at

the address above.

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National & International News and Research

New Toolkit soon to be available to help the homeless

beyondblue and Homelessness Australia have recently agreed to work together to reduce the impact of depression and anxiety among Australians experiencing homelessness or who are at risk of homelessness.

The incidence of depression and anxiety among Australians experiencing homelessness is high, as many people in this situation are often dealing with a relationship breakdown, family conflict or financial crisis. A 'Take Action Toolkit' will be developed to provide case managers with the necessary information and resources to 'have the conversation' about depression and anxiety, as well as to encourage those experiencing homelessness to take action. Homelessness Australia will work with *beyondblue* and other representatives from the mental health and homelessness sectors to ensure the Toolkit will be ready for a mid-2014 release.

For further information on this project please contact *beyondblue* Project Officer, Andrew Thorp, at Andrew.Thorp@beyondblue.org.au

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Creating healthy workplaces

University of New South Wales (UNSW) is leading nationwide research into creating healthy workplaces for people with mental disorders. The University and The Black Dog Institute are among the founding members of the Mentally Healthy Workplace Alliance, a landmark partnership between business, the mental health sector, government and research organisations.

"Depression alone costs the Australian economy more than \$12 billion a year," says UNSW Medicine's Dr Sam Harvey, who is leading the research.

"Most of the financial burden is born by employers in terms of sick leave and lost opportunity because people are not performing at their best," says Dr Harvey, who is a senior lecturer in Workplace Mental Health in UNSW's School of Psychiatry, based at the Black Dog Institute.

The researchers are asking businesses to put forward their examples of best practice by the end of July, which will be incorporated in the project.

"We know that sometimes work can contribute to people becoming unwell, but we are now looking at how it can help individuals' resilience and help be a part of people's recovery," he says.

[Click here](#) to find out more about the project.

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Release of new Indigenous Mental Health Tool in WA

A new culturally appropriate screening tool that can effectively gauge indigenous social and emotional wellbeing, has been released. It is based on the “yarning principle”, enabling those being interviewed “to tell their own story” rather than self-assess and tick boxes. It has been developed jointly by Aboriginal health workers and community leaders, and the University of WA School of Psychiatry and Clinical Neurosciences.

Known as the Here and Now Aboriginal Assessment (HANAA), it is suitable for remote, rural and urban-based indigenous adult populations and it is hoped it will help overcome problems created by WA’s great distances and health workforce shortages.

“It is based on 10 years of our work, involving many Aboriginal people from remote, rural and urban WA,” UWA Winthrop Professor of Psychiatry Aleksandar Janca said. “The reason why we did this project is that so-called Western concepts, terms and diagnostic and assessment tools are not suitable for Aboriginal people because they use different concepts and terms when they talk about wellbeing.

“They don’t talk about depression, schizophrenia, psychosis and anxiety. They talk about grief, loss, anger, rage and despair.

“This tool is not about diagnosis, it advises whether the person should be sent for further evaluation and diagnosis or not.

“It will prove valuable when someone, in the middle of nowhere, needs to decide if a person needs further assistance and hopefully it will also reduce unnecessary referrals and transfers by plane to Perth.”

Those interested in the screening tool should contact Professor Janca, aleksandar.janca@uwa.edu.au and Assistant Professor Lyons, zaza.lyons@uwa.edu.au at the UWA School of Psychiatry and Clinical Neurosciences.

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Hunter Institute launches their report on Carers

The Hunter Institute of Mental Health launched their national evaluation report ‘Supporting Those Who Care: *Partners in Depression* National Program Outcomes’ report at the Wheeler Centre in Melbourne on 28 May 2013.

The report draws attention to the potential risk of poor mental health and wellbeing amongst the 2.6 million Australians who care for someone with a disability, chronic condition, drug and alcohol dependencies, or who has a mental illness or who is aging. The national evaluation of the *Partners in Depression* program demonstrates the need for evidence-based interventions that focus on looking after the mental health and wellbeing of carers. *Partners in Depression* is one of the only evidence-based group education programs that provides cost-effective tools and

resources for people who care for someone with depression, helping them to develop coping strategies and self-care abilities.

Without the *Partners in Depression* program families, friends and carers who love, live with or care for a person experiencing depression would not have access to the necessary information and skills to build individual and family resilience, and manage the impacts on their own mental and physical health. [Click here](#), to go to the report.

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Mental Health Funding Changes: Risks and Opportunities

The implementation of activity-based funding (ABF) in mental health is an opportunity to direct funding towards Australia's critically under-resourced community mental health sector, according to a new analysis published in the Australian Health Review. However, if not implemented correctly, this funding change could result in the additional resources going into the hospital sector, where evidence suggests they will not achieve the same level of outcomes.

The Australian Health Review is the peer reviewed journal of the Australian Healthcare and Hospitals Association (AHHA). "It is vital that the implementation of ABF is consistent with Australia's goal of establishing a genuine and effective model of community-based mental health care. Despite a policy commitment to better home- and community-based mental health services, this sector is currently hugely biased toward the acute and hospital sector."

[Click here](#) to see AHHA press release.

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Movember expands its mental health agenda

Movember CEO and co-founder Adam Garone has announced that Movember will expand its strategic priorities for men's mental health in Australia. In line with Movember's global mental health strategy recently approved by the Movember Board, Movember will now address an expanded number of key mental health challenges affecting men – including but not limited to anxiety and depression.

Adam Garone says of the new strategy, "Many of the Mo Bros and Mo Sistas that participate in the campaign have had their lives touched by mental illness. Movember acknowledges their commitment to raising funds and awareness, by investing in innovative interventions and research programs for mental health. Over the past 12 months we have reviewed our global mental health strategy, and decided to prioritise our men's mental health investment in the areas of prevention and promotion, early intervention and destigmatisation - across the spectrum of mental health issues faced by men."

Over the past 10 years, Movember has worked exclusively with *beyondblue* to address depression and anxiety. Movember will continue its partnership with *beyondblue*, including an annual investment of \$2 million for *beyondblue*'s support service. In addition, over the coming

months Movember looks forward to announcing, in partnership with *beyondblue*, several major new initiatives funded by the proceeds of previous Movember campaigns.

[Click here](#) to read more about Movember's change in strategy.

Movember is held each November, with participants signing up in October. [Click here](#) to visit their website.

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New Mental Health help for LGBTI Australians

A new mental health telephone counselling service will be established across the country for people of diverse sexual orientation, gender identity and intersex status.

Announcing the project in Perth today with WA Senator Louise Pratt, Minister for Mental Health and Ageing Jacinta Collins said the Australian Government would give \$3.3 million over two years to the National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Health Alliance to provide the QLife support service. Senator Collins made the announcement while addressing an industry forum held by GRAI (Gay Retirement Association), COTA (Council for the Aged WA) and ACSWA (Aged Care Services WA). Senator Collins said a major part of QLife is its 1800 telephone peer support counselling service which is now available across Australia seven days a week between 5:30pm and 10:30pm on 1800 184 527. QLife will also provide Self Help and a We!

[Click here](#) to see the press release.

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Contributing Life Conversations

The National Mental Health Commission made a commitment last year to ensuring that people always have a voice and remain at the centre of decision-making about the services that impact on them. **From Monday 22 July to Sunday 11 August**, the Commission is encouraging people to meet in homes, workplaces, café's, parks and public spaces around Australia to have 'Contributing Life Conversations'.

These conversations are about sharing what *A Contributing Life* means to you and those close to you, and discussing what gives each of our lives meaning and purpose. They are based on four simple questions, designed to take less than an hour.

This initiative is part of the Commissions' *National Contributing Life Project*, and will help build a rounded picture of people's lives and experiences.

[Click here](#) for more information on how you can be part of this initiative. [Click here](#) to see the brochure.

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Mental Health Services (TheMHS) 2013 Conference

The annual TheMHS Conference will be held in Melbourne, 20–23 August. This year's program will include multiple sessions focusing on:

- Developing the Mental Health Workforce
- Mental Health and the Law
- Mental Health Recovery Services
- The Mental Health Reform Agenda.

Details of the program and related conference activities can be found [here](#). To register on line, [click here](#)

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NFP Funding for Disability Workshops

A Not for Profit Consortium between Carers Australia and the First Step Alliance has received funding to deliver 300 workshops over two years across the country as part of the Federal Government's Better Start for Children with Disability initiative.

"Our Better Start Early Days Workshops aim to provide parents and carers with practical information about eligibility for Better Start funding as well as advice about the assistance that is available to them to help them care for their child with disability," the Parliamentary Secretary for Disabilities and Carers Amanda Rishworth said.

"The workshops will be delivered by with each organisation delivering a minimum of 140 workshops throughout Australia"

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In the media

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If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

The opinions expressed in this E-Bulletin do not necessarily reflect the opinions and views of Carers ACT.

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www.carersvoice.com.au