



MENTAL HEALTH
**carers
voice**

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

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October 21

E-Bulletin

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Mental Health Carers Voice

Mental Health Week 2013

The Launch of Mental Health Week on 8 October 2013 attracted about 350 participants, including close to 50 stall holders from the sector.



Emma Judges and Kristin Holzapfel, Carers ACT stall

The Launch included also a variety of entertainment, including drumming, and an appearance by Canberra band, the *Rainbow Musos*.



Chris, member of the Rainbow Musos.

Nine 2013 Mental Health Week Awards
 Health Week, Ms Amanda Bresnan:

- *Service Delivery and Innovation* (organisation): A Gender Agenda Service
- *Cross Sector Collaboration* (organisation): A Gender Agenda
- *Promotion, Prevention and Early Intervention* (organisation): Wanniasa School Primary
- *Service Delivery and Innovation* (individual): Bruno Aloisi
- *Cross Sector Collaboration* (individual): Steve Grigor
- *Promotion, Prevention and Early Intervention* (individual): Wendy Kipling
- *Consumer Contribution to Sector Development*: Ralph Wilson
- *Carer Contribution to Sector Development*: Murray Haines
- *Mental Health Volunteer*: Ellen Somerville

Mental

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Carers ACT would like to congratulate all the 2013 Mental Health Week Award recipients for this recognition of their sincere and generous contributions that have resulted in meaningful, appropriate services and supports, and better understanding of mental health and mental illness in the Canberra community. We particularly wish to acknowledge our long-standing carer representative, Murray Haines, on his award. This award recognises a carer who has demonstrated a high level of commitment and support to approaches in mental health that benefit carers and consumers and enhance the delivery of services in the ACT. Murray has long-standing experience as a carer representative and a peer support worker. He is passionate about initiatives that enhance the delivery of mental health services, and is an active, effective and tireless advocate for carers. Congratulations, Murray!



Murray Haines, Mental Health Week Award recipient

Following on from the Launch of Mental Health Week, Carers ACT hosted the *Understanding Carers Rights* forum, held on 9 October. This Mental Health Week event attracted 66 participants who engaged in a lively discussion with a diverse group of panelists. The forum report will be published in the next issue of E-Bulletin.

How will mental health developments affect you and your family?

A Networking & Consulting Forum — Tuesday 19 November

Find out the latest mental health news and their impacts on you and your family by joining in a conversation with:

- Ms Katrina Bracher, Executive Director, Mental Health, Justice Health, Alcohol & Drugs Service Division

- Mr Richard Bromhead, Manager, Mental Health Policy Unit, ACT Health
- Ms Wendy Kipling, ACT NDIS Taskforce.

This forum will provide you with an opportunity to ask our line-up of experts your questions about current and future health infrastructure developments, mental health reforms, and the National Disability Insurance Scheme.

We are delighted that local band *The Rainbow Musos*, who gave a rousing, *ad hoc* medley of 'oldie but goldie' songs to participants at the launch of Mental Health Week, will open the forum.

Date: Tuesday 19 November
Time: 5.00pm – 8.00pm
Location: The Hall, University House, Australian National University, Liversidge Street, Acton
Cost: Free. Refreshments will be provided
RSVP: 5.00pm Friday, 15 November. Phone Emma on 6296 9952 or email mhcarers@carersact.org.au. Please let Emma know of any dietary requirements.

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Secure Mental Health Unit – Consultation

The Mental Health, Justice Health and Alcohol & Drug Service (MHJHADS) Division, ACT Health has developed a draft Secure Mental Health Unit Model of Care. A copy of the draft Model of Care may be accessed [here](#). A summary document may be accessed [here](#).

The Division is seeking input from mental health carers on:

- whether the Model of Care identifies the key needs of the diverse groups it will provide a service to
- aspects of the Model of Care that carers would modify
- what would work well within the Model of Care
- any questions or comments relating to the Model of Care.

Carers ACT will be providing MHJHADS with a written response to the draft SMHU Model of Care. Please contact Doris (phone 6296 9936 or email doris.kordes@carersact.org.au) if you would also be interested in contributing to our submission. Comments close at 5.00pm on 29 October 2013.

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Opening Minds Radio Show – The show that talks about mental illness

Carers ACT has a regular timeslot on the MIEACT *Opening Minds* radio show 2xx Community

Radio 98.3 FM. The next timeslot is on Tuesday 10 December, 6-6.30pm. Please contact Doris (doris.kordes@carersact.org.au; ph 6296 9936) if you would like to participate on the show, and engage in a conversation on a topic of interest to mental health carers that you would like to share with a wider audience.

[Click here](#) for the Opening Minds program.

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Latest news from Janet Milford, ACT representative, National Mental Health Consumer and Carer Forum

(1) The Company We Keep: A user's guide to mental health clinicians

This booklet is a simple and yet comprehensive booklet on mental health clinicians written from the perspective of the 'patient'. There are discussions around experiences of clinicians' practice as identified and described by 'patients'. It includes invaluable information about how to get your medical history under Freedom of Information Legislation, making a Psychiatric Advance Directive, writing a letter of complaint, thanking a clinician when you are still in a therapeutic relationship, experiences of student clinicians and some hints about how we could better help students and new psychiatrists, dealing with inappropriate behaviour of clinicians and making a formal complaint.

Download document - <http://www.ourcommunity.com.au/files/OCP/CompanyWeKeep.pdf>

(2) MadQuarry Dictionary 2013

The MadQuarry Dictionary came out of a competition asking consumers to enter ideas, concepts, acronyms, phrases and anything connected to the mental health sector that needed light hearted attention from a consumer perspective. This will be a challenging document for some who might feel personally attacked. This is not its purpose but we do not shy away from consumer's right to comment on the mental health system. Consumers are aware that the different clinical groups use humour to critique each other. We have no intention of taking sides. This is our humour and will not be understood by some.

Download document - <http://www.ourcommunity.com.au/files/OCP/MadQuarryDictionary.pdf>

(3) The Consumer Movement in Australia: A memoir by Merinda Epstein

Our Consumer Place is proud to announce the launch of our first memoir. Merinda has been working as an advocate and activist in mental health for 27 years. Parts of this memoir are poignantly honest with Merinda talking about her experiences of being bullied and some of the big questions that still plague both mental health and the consumer movement. Merinda's writing is both generous and compelling. Her memoir makes fascinating reading both for consumers and for everyone involved in mental health decision making.

She discusses the consumer-led changes services she has witnessed and the problems still faced by a sector which is grappling with ways to understand consumer expertise and leadership.

Download document -

<http://www.ourcommunity.com.au/files/OCP/HistoryOfConsumerMovement.pdf>

(4) Mad Meetings

Every consumer we know has at some time or other been expected to be a meeting-sitter. Some sit on Boards as Directors. Some sit on committees for services. Some make a fine art of it and sit on many committees and others get co-opted with trepidation based on previous experience. All too frequently we are offered training in how to be a good committee wo/man, training that never seems to be offered to anyone else on the committee. This booklet takes a frontal assault on the assumptions implied by this sort of training.

This booklet starts from the assumption that it is the committee that needs training in how to respectfully include consumer expertise. Committees might have a lot of learning to do no matter how exalted or how local. It may be that understandings need to be acquired that are quite different from anything some of the external experts have ever been privileged to see before.

Download document - <http://www.ourcommunity.com.au/files/OCP/MadMeetings.pdf>

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Carers Week

Celebrations

Carers Week was launched by the Prime Minister the Hon Tony Abbott at the Press Club on Monday 14 October.

Carers ACT hosted a morning tea on the Tuesday at the National Gallery of Australia. 200 carers, along with local ministers, joined together for a great morning out. Guests enjoyed a private tour of the William Kentridge's "Dawn From Africa" exhibition. There were 6 tours of up to 30 people at a time and between tours there was a duo playing a violin and piano accordion to entertain carers with lively music, prompting the Italian Carers group to jump in and sing along to their country old favourites.

Meanwhile a photo booth with props was used to take fun photos of groups with passport shots to take home.

Quotes of the day!

"I am so grateful for this event, you have out done yourselves, it's simply beautiful"

"I especially loved the passionate speeches, it is so evident that you all care so much for us Carers"

"Thank you so much for holding this event, it makes me feel very special to be treated to such a lovely day, with delicious food and wonderful staff"

"I never get to treat myself to things like this and the day has been such a wonderful experience"

"What a perfect venue, the food was beautiful and thank you to all the staff here, you have all been so friendly and helpful"

National Carers Week aims to raise the profile of Australia's 2.6 million carers, to celebrate the extraordinary contribution carers make and to communicate the importance that carers have access to carer focused supports and respite in their own right.

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Media Releases

National Carers Week — Give Carers A Break!

'National Carers Week,' 13–16 October aims to raise the profile of Australia's 2.6 million carers, to celebrate the extraordinary contribution carers make and to communicate the importance that carers have access to carer focused supports and respite in their own right.

[Click here](#) to view the full media release.

Carers at highest risk of mental health issues, survey reveals

The 2.6 million informal carers in Australia who provide essential support for friends and family with disabling conditions are at high risk of developing mental health issues, and need more adequate support to avoid creating a further group of people with a disability, according to research being presented at the 48th APS Annual Conference in Cairns this week.

[Click here](#) to view the full media release.

Prime Minister Launches Carers Week 2013

The Prime Minister, the Hon Tony Abbott, launched Carers Week at the National Press Club today.

Mr Abbott said, "carers come from every walk of life; every carer's circumstance is different, but they all dedicate themselves to caring for someone else.

"This is truly a remarkable thing. It is truly a magnanimous thing.

"Not only do carers save our nation billions of dollars, but they are a reminder of our best selves. They are so often inspirational leaders in our community and in our nation."

[Click here](#) to view the full media release.

Carers NSW celebrates the 2013 NSW Carers Award recipients

Carers Week 2013 has got off to a flying start with ten carers and two organisations from around New South Wales being recognised at the NSW Carers Awards ceremony at Parliament House on Monday.

The awards acknowledge and celebrate the outstanding contribution that carers make to those they care for and the vital role they play in the wider community.

[Click here](#) to view the full media release.

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Carers ACT

Disability Australia — Enhanced Service Offer Planners at Carers ACT

The Enhanced Service Offer grants are designed to assist people who have a disability, due to a physical, cognitive, intellectual, psychosocial or sensory impairment and their families to be ready for the commencement of Disability Care, which will commence in July 2014 in the ACT, and to provide support for them in the interim. There are three types of Grants available, Aids, Equipment and Minor Modifications, Quality of Life and Flexible Support and Services Grants.

The second round of the Enhanced Service Offer grants has opened, and will close on 5.00pm Friday 8 November 2013.

Planners from the Enhanced Services Offer will be spending every Tuesday between 1 October – 5 November 2013 at Carers ACT Holt office to assist carers to fill in and lodge their applications for the grants. Appointments will be essential. The Planners would appreciate it if carers, recipients and their families can consider the supports, services or items that they would like to apply for, and the difference it will make in their lives, prior to coming to the appointment.

Date: Tuesdays on 22, 29 October, and 5 November

Time: By appointment

Venue: Carers ACT, 80 Beaurepaire Crescent, Holt

RSVP: Bookings are essential. Phone Elaine on 6296 9924 or Carers ACT Reception on 6296 9900 to make an appointment.

Please see below for more information on the Enhanced Service Offer Grants.

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On Course for Carers “A User’s Manual”

All you ever wanted to know about Carers ACT — information on services and supports for unpaid family carers, Q&A, discussions, handouts, etc. Morning tea will be provided.

Date: Thursday 24 October

Time: 10.00am – 12.00pm

Venue: YWCA Lanyon Youth and Community Centre, Sidney Nolan Street, Conder

This event is free for family carers residing in the ACT. To register please call 6296 9908 or email rsvp@carersact.org.au

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Mental Health Carers Connection Program — Change of date for the Gathering at Murramarang National Park

The newly launched Mental Health Carers Connection Program provides assistance to people in the North of Canberra caring for someone with a mental illness. In addition to assistance such as respite support, advice, referral and counselling, this program also offers social support and peer support events such as quarterly mingle evenings and biannual 'gatherings'. These gatherings are specifically designed to provide mental health carers with a chance to experience time away from their caring role and meet with other carers in a relaxing setting.

The first scheduled gathering will be held on the 20–21 of November at Murramarang National Park and an *expression of interest* to attend this gathering is available on the link below or through the Carers ACT webpage.

Date: Wednesday 20 – Thursday 21 November

Venue: Murramarang National Park

[Click here](#) for the expression of interest to attend. Applications close 25 October, so get in quick.

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On Course for Carers — Herbal & Prescription Medication, Dru Yoga for health & wellbeing

Naturopath Cathy will explain possible interference with medication absorption when herbs, supplements and medications are taken together. Shirley will lead carers in a refreshing yoga session.

Date: Thursday 21 November

Time: 10.00am – 12.00pm

Venue: The Carers Hub, Carers ACT, 80 Beaurepaire Crescent, Holt

This event is free for family carers residing in the ACT. To register please call 6296 9908 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 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 8 October, 12 November, 10 December (no groups in January or July)

Time: 5.00pm – 7.00pm

Location: Carers ACT, 80 Beaufort 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

ACT Medicare Local — New anxiety and depression program

NewAccess is an early intervention program intended to provide easily accessible, free and quality services for people with mild to moderate depression and anxiety who are currently not accessing mental health services. The program aims to support hard to reach groups. Despite one in ten Canberrans living with anxiety or mild depression, only one in four men access treatment.

NewAccess is a program funded by *beyondblue* and Movember. ACT Medicare Local is the first Medicare Local in Australia to run the program.

[Click here](#) to read Medicare Local's latest eNewsletter.

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ACT Consumer Carer Caucus — Reminder

The ACT Consumer Carer Caucus is a forum for mental health consumers and carers in the ACT to meet, share information, form partnerships and be involved in the development and implementation of mental health reform.

We held our first **Caucus Consumer and Carer Engagement Project Workshop** on Monday, which delivered some robust feedback and suggestions for Caucus and MHCC ACT to consider and act upon. It was suggested we hold a follow up workshop to really progress the discussion and thinking on practical solutions to address the issues raised and we would like to get this moving while the momentum is high.

Caucus Consumer and Carer Engagement Project: Workshop 2

Date: Monday 28 October
Time: 12.00pm – 2.00pm
Location: MHCC Meeting Room, Griffin Centre, Canberra City

Please can you confirm if the date and time for the next workshop suits you, by this **Friday 18 October**. *Attendance at the workshop will be reimbursed and a light lunch provided, RSVP's greatly appreciated!*

ACT Consumer Carer Caucus

The next meeting of the ACT Consumer Carer Caucus will be held on Friday 25th October 2013.

Date: Friday 25 October
Time: 12.00pm – 2.00pm
Location: MHCC Meeting Room, Griffin Centre, Canberra City

Lunch will be served as usual, so *RSVPs* are appreciated.

Consumer & Carer Engagement Project

The Project: will investigate if and how consumers and carers participate and engage with MHCC ACT and Caucus and look for ways to improve this.

Objective: to use the information gathered to improve access to and the meaningful experience of consumer and carer participation with MHCC ACT and Caucus.

Aim: to ensure that consumer and carer participation is active and meaningful for all parties, acknowledging the diversity and importance of the consumers and carers lived experience. This information will contribute to the process of informing policy change.

There will be a CCEP update at Caucus with results and feedback from the Consumer and Carer community survey, Caucus survey and the first CCEP workshop.

We will discuss how we use this information to move the project forward.

Please see the attached survey. We urge Caucus members unable to participate in the workshop to complete this survey and either email it back to Caucus at caucus@mhccact.org.au or mail it to the MHCC ACT office or complete it online at <http://www.surveymonkey.com/s/MFPMVDH>

[Click here](#) for the CCEP community survey. [Click here](#) for the CCEP caucus survey.

Please note the deadline date for survey completion has been extended to Friday 25 October.

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ACT Government Budget Consultation Paper 2014–2015

The 2014–15 ACT Budget Consultation Paper provides an overview of the Budget and valuable background information to assist the community in providing quick and easy input into the 2014–15 Budget development.

The Government is seeking the views of the community on how the ACT's resources are allocated, where services could be enhanced and where possible efficiencies could be made.

The closing date for feedback is **24 October 2013**.

For further enquiries, please call the Chief Minister and Treasury Directorate on 6207 1375.

[Click here](#) for more information and a link to the ACT Government Budget Consultation Paper.

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Invitation to consultation on the Improving the Management of Cognitive Impairment using the NSQHS Standards Project

The Australian Commission on Safety and Quality in Health Care (the Commission) is currently undertaking a project to improve the management of cognitive impairment using the National

Safety and Quality Health Service (NSQHS) Standards. During the first phase of this project, the Commission will produce a draft resource, which aims to guide services in improving the care of people with cognitive impairment.

The Commission will soon begin consultation, focusing on how well the draft resource

- Raises awareness of cognitive impairment as a safety and quality issue;
- Provides a useful guide to actions, strategies and resources to improve safety and quality; and
- Demonstrates how actions can be mapped to the current NSQHS Standards.

Feedback will be sought through a national round of consultation forums and an online consultation survey.

The consultation forums will be held for both consumers and health care providers in all States and Territories between **Tuesday, 29 October 2013** and **Wednesday, 4 December 2013**.

The online consultation survey will be available for completion between **Monday, 14 October 2013** and **Friday, 6 December 2013**.

To express your interest in attending a consultation forum, please complete the online expression of interest form: <https://www.surveymonkey.com/s/ciconsultationregistration>

For further information about the project and consultation, please visit: <http://www.safetyandquality.gov.au/our-work/cognitive-impairment/consultation/>

Please do not hesitate to contact the project team by emailing cognitive.impairment@safetyandquality.gov.au or phoning (02) 9126 3648 if you have any questions or require further information.

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What is the difference between Supported Decision making and Substituted Decision Making?

To find the answers to this question come to the interactive workshop that is co-hosted by Special Olympics ACT (SOACT) and the ACT NDIS taskforce.

Date: Tuesday 29 October
Time: 7.00 – 8.30pm
Venue: Hellenic Club, Woden

[Click here](#) for a copy of the invitation.

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PANDSI Twilight Seminar

The topic of this year's PANDSI Twilight Seminar is Survive and Thrive: building strong family relationships. With keynote speaker Michael Moore and other speakers including Dr Emma Adams, Angela Freeman and Alison Christie.

Date: Wednesday 13 November

Time: 5.30 – 9.00pm
Venue: Bradman Room, Manuka Oval

[Click here](#) for the Twilight Seminar flyer and registration form. For more information on this event and PANDSI please visit www.pandsi.org

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Mental health Carers Coffee & Chat

An informal monthly get together for anyone who has a family member or friend experiencing mental health problems. No agenda, just coffee and conversation.

Date: 3rd Monday each month
Time: 12.30 – 2.00pm
Venue: CIT Woden café canteen area, C Block, Ainsworth Street, Phillip

Buy good coffee from the café, BYO or buy your lunch.

For more information, contact CIT Skills for Carers on 6207 3628 or CarerSkills@cit.edu.au

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ImagineMore conference

This conference is for individuals and families who are experiencing disability and mental illness, friends and service providers.

Keynote speakers:

- Bob Rhodes (UK) providing a workshop about 'What really matters' and reflections from the UK direct payments and personal budgets scheme.
- Michael Kendrick (Canada/USA) discussing how to connect with communities, our values and personal fulfilment.

Date: Wednesday 27 and Thursday 28 November
Venue: Australian Catholic University

Early Bird registrations close on 24th October. Follow this link to register
<http://imaginemore.org.au/november-conference/>

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9th National Seclusion and Restraint Forum

One of the core functions of the Safety and Quality Partnership Standing Committee (SQPSC) is the allocation of and support to jurisdictions to hold an annual national seclusion and restraint reduction forum. National seclusion and restraint reduction forums provide a networking opportunity for mental health staff with an interest in reducing seclusion and restraint across

Australia and maintain momentum in the changing of culture and practice. National seclusion and restraint reduction forums additionally identify ongoing areas of continuous improvement and innovation in this arena.

The ACT was asked in November 2012 by the Safety and Quality Partnership Standing Committee to host the 2013 Forum. The theme of this year's Forum is ***'Reducing the trauma with least restrictive practice: Why it matters to walk the talk'***.

The desired outcomes of the Forum are:

- A continued reduction in the number of seclusion episodes
- The reduction of aggressive behaviour by any person in mental health settings and minimisation of the use of seclusion and restraint
- Best practices for the reduction and where possible the elimination of seclusion and restraint, and
- An increased focus on understanding and reducing areas of restraint in Health Services beyond mental health.

Date: Thursday 28 – Friday 29 November

Venue: Shine Dome, Australian Academy of Science, Canberra

[Click here](#) to view the flyer. [Click here](#) to access the registration form. [Click here](#) for a list of nearby accommodation.

If you have any further queries email Elizabeth.medley@act.gov.au or phone 6205 2154.

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Free Training Course: Engaging People to Talk About Problem Gambling Issues

Many people with gambling problems seek help for other problems such as financial difficulties, relationship, housing, mental health or drug and alcohol problems before seeking help for their gambling problems. It is likely that community sector workers in these non gambling specific areas will encounter people with gambling problems. This training will increase awareness and skills for these workers equipping them to help their clients begin the process of change.

The workshop will cover the following topics:

- Recognising problem gambling
- Raising the issue of gambling
- Assessment of gambling and related concerns
- Measuring readiness for change in relation to gambling
- Working with reluctance and resistance to changing gambling
- Overview of best practice in the gambling context
- Gambling specific referral options.

Date: Thursday 28 November

Time: 9.00am – 4.30pm
Venue: CIT, Ainsworth Street, Phillip

Tea/Coffee, morning tea and lunch are provided.

For more information or to book a place at the course for please contact Alex Ingham at the ACT Gambling and Racing Commission on 6207 0305 or email alexander.ingham@act.gov.au

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National & International News and Research

New Website for the National Mental Health Consumer Organisation Establishment Project

As part of our Engagement and Communication Strategy the NMHCO Establishment Project Website has had a major over haul and is now up and running! The new website has a complete new look and better functionality to help us better communicate, and get feedback on, important work happening to establish the new Organisation.

The Website

Visit our website to see the new look! It can be found at the same address <http://mhconsumer.org.au>.

We have had a lot of great feedback since the commencement of the Establishment Project, including suggestions to improve the ease of use and friendliness of our website. We have taken your constructive comments very seriously, and have come back to you with a new and improved platform for engaging with the community.

Please take the time to have a look, and feel free to [let us know what you think](#).

NMHCO Establishment Project Brochure

An information brochure has been developed to provide a general overview on the NMHCO Establishment Project and is [available in PDF to download from the new website](#) or by [clicking here](#). Please feel free to print and distribute the brochure to your networks.

As always, we would love to receive any feedback on the Project you would like to give us. Feel free to email us at enquiry@mhconsumer.org.au, and encourage your friends and colleagues to sign up for the registered interest list to receive all the latest details and updates.

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Mental Health in Multicultural Australia

[Click here](#) for the latest e-newsletter from MHIMA.

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Noetic Solutions — NDIS Roundtable Invitation

Noetic Solutions is pleased to invite you to join us in a roundtable event to discuss The National Disability Insurance Scheme.

Date: Thursday 7 November
Time: 10.00am – 3.00pm
Venue: The Conference Room, The National Library of Australia
Cost: Free admission, including coffee/tea and lunch
RSVP: Please RSVP by 25 October to Tina Dilege by emailing tina.dilege@noeticgroup.com or phoning 6234 7777

[Click here](#) to access the invitation and further information.

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Noetic Solutions — NDIS Survey

You are invited to participate in a National Disability Insurance Scheme (NDIS) survey.

Whether you are someone with a disability, a carer or a disability services provider, this survey is an opportunity to share your experience and opinion regarding the NDIS and its implications. The intent of this survey is to understand your current level of knowledge of the NDIS and identify how effectively information about the NDIS has been communicated. The survey results will support Noetic Solution's goal to raise awareness in the Australian community of the Scheme and thereby, ensure that the NDIS stays relevant and at the forefront of national discussion.

The NDIS is a historical reform that promises to empower people with disabilities and carers through the freedom of choice. Through putting people at the centre of decision making, the NDIS may provide individuals with the control they need to select the quality services they deserve. While transitioning through a national reform of this scale and significance will be challenging for all involved, it is important that people are provided with the relevant support and information to ensure the NDIS is as effective as possible. Through presenting your feedback to Government and the broader Australian community, Noetic hopes to positively influence policy through shaping a robust debate and informing decision making around the NDIS.

The NDIS survey is 14 – 17 questions long and will take approximately 10 – 15 minutes to complete. All participant information will remain confidential and anonymous, and data collected across the country will be aggregated. The outcomes of this survey will be made freely available once the results have been collected and further analysed.

If you wish to have further information about the study, please feel free to contact Tina Dilege at (02) 6234 7777 or tina.dilege@noeticgroup.com.

Your consideration and willingness to complete the survey will be invaluable to us. Thank you in advance for your participation. To begin the survey, please [click here](#).

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FECCA 2013 Conference

Breaking down the barriers: A strength-based approach for a just society

Join the Federation of Ethnic Communities' Councils of Australia (FECCA) in partnership with the Ethnic Communities Council of Queensland (ECCQ) and the Multicultural Communities Council Gold Coast (MCCGC) at the FECCA 2013 Conference.

Date: Thursday 7 – Friday 8 November

Venue: Gold Coast Convention and Exhibition Centre

[Click here](#) for the application form. For more information on the program and invited speakers, or to register please visit www.fecca2013.com

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In the media

Links to current media that may be of interest to carers

- [Mental health issues : Gen Y “more accepting” than older generations](#)
- [Untapped potential of those who have mental illness](#)
- [Wonderful Wendy nominated for award](#)
- [Eastern Health staff wearing odd socks to promote mental health awareness](#)
- [Mental health ‘street triage’ teams slash numbers held by police](#)
- [Alison on mental health mission](#)
- [Mental health problems more likely among people with unsecured debt](#)
- [Police respond to thousands of calls for help every year](#)
- [Nursing students benefit from mental health experience](#)
- [Headspace struggles with growing demand](#)
- [Carers cope with obsessions](#)
- [Mental health can’t miss out](#)
- [Mental Health Awareness Week a time to connect](#)
- [Stigma sticks to mental illness in the workplace](#)
- [OPINION: Rise in anxiety among young is depressing](#)
- [Study finds work stress costs economy \\$14.81b annually](#)
- [How we can break through the silence of boys](#)
- [Mental health week ‘should focus on rural needs’](#)
- [Beyondblue report shows doctors are at most risk of mental health issues](#)
- [Campaign presents the unpaid carer’s daily life](#)
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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.

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