

## Mental Health Carers Participation and Representation Program E Bulletin – 25 June 2012

CARERS VOICE  
ACT NEWS  
NATIONAL NEWS

### CARERS VOICE

#### Report from National Mental Health Recovery Forum

Murray Haines, Mental Health Carer Representative, was supported to attend the National Mental Health Recovery Forum through the Mental Health Carers Voice Program, Carers ACT. Read his report from the National Mental Health Recovery Forum [here](#).

### ACT NEWS

#### Uniquely Us

Carers ACT is delighted to announce that we have secured funding for 12 months to develop the exciting Uniquely Us initiative. Uniquely Us is a café and catering business operating out of the Holt Community Hub that provides training for young people with disabilities who are transitioning from school or who need more training before they can enter the workforce. Uniquely Us is open Monday, Tuesday and Thursday from 9:30am-12:30pm at Holt Community Hub, 2/80 Beaurepaire Street Holt, ACT.

#### Smoke Free Environment Update – June 2012

An update from Mental Health, Justice Health, Alcohol and Drugs Services regarding the introduction of a smoke-free environment by January 2013. Read more [here](#).

#### ACT Women's Return to Work Grants Program

The ACT Women's *Return to Work Grants Program* assists women who have been out of the paid workforce, due to care responsibilities, with financial assistance to undertake training or education opportunities that increase their employability. Read more [here](#).

#### ACT leads Australia in access to community mental health services

A report by the Australian Institute of Health and Welfare has shown that the ACT tops Australia in access to community mental health care. You can read the report [here](#). You can access a media release by ACT Minister for Health Katy Gallagher [here](#).

## NATIONAL NEWS

### June Edition, Carers Australia

#### National News

You can access the content from the June Carers Australia Newsletter by following this [link](#). You can also sign up to their newsletter on [this page](#).

### Personal Helpers and Mentors (PHaMs) Employment and Mental Health Workshop Report

Thank you to everyone who was able to participate in the PHaMs Employment and Mental Health Workshop held in Canberra on 2 May, 2012. The workshop generated a great deal of discussion and information and was a useful forum to identify linkages and new ways of working between relevant mental health and employment services.

The workshop report has now been finalised and is available on our website at [www.mhca.org.au](http://www.mhca.org.au). We have also posted copies of the three Powerpoint presentations delivered by guest speakers during the workshop.

Information from the workshop will be used to inform decisions about how the key strengths of the current PHaMs program can be carried forward into the new PHaMs employment stream. Should you have any questions, please contact Peter Perfrement on 6285 3100 or [policy@mhca.org.au](mailto:policy@mhca.org.au)

I would like to thank our presenters Sally Sinclair (NESA), Dorothy Belperio (Mind Australia), Keith Mahar (PHaMs worker and consumer advocate), Jill Farrelly and Cate McKenzie (FaHCSIA).

Thank you for your support,  
Melanie Cantwell, Deputy CEO, Mental Health Council of Australia.

### Two nations assess results of stigma-fighting efforts

Two major reports released recently have discussed the successes and shortcomings in the UK and Australia of anti-stigma campaigns targeting discrimination against people with a mental illness and in increasing public understanding of mental illness. Read more [here](#).

### Suicide Prevention Australia

Suicide Prevention Australia is the national peak body for the suicide prevention sector in Australia. Subscribe to their newsletter and read more [here](#).

### ABC's 7.30 Report – Suicide and public discussion

This story discusses the impact of suicide on those left behind and how greater public discussion might help to reduce the number of young people who take their lives every year in Australia. The story is available [here](#).

### COPMI

Do you have a parent with a mental illness? The COPMI website is a great website containing lots of relevant information and links. You can find it [here](#).

### Carers of people with a mental illness – recovery information research

Charles Sturt University is looking for carers of people with mental illness and mental health to take part in a research project relating to the recovery approach. Read more [here](#).

### Men's Mental Health Week

Men's Health Week ran this year from June 11-17 as a means to address some of the barriers to men effectively engaging with health care services, and improving men's health and wellbeing outcomes. You can access the website [here](#).

### Improving Men's Mental Health

Opinion from John Mendoza and Sebastian Rosenberg on the recent report by Ernst & Young and the Inspire Foundation into young men's mental health: John Mendoza's article in *The Conversation* is available [here](#); this is the [link](#) to the Sebastian Rosenberg report in *Crikey*.

### Child Mental Health Checks

Australian preschoolers are set to be screened for early signs of mental illness as part of a new program. Read more [here](#).

This issue has generated a lot of attention in the press. Follow the links to read coverage from [The Age](#), [ABC News](#), and [The Australian](#).

### In Sickness and In Health

More and more Australians are being diagnosed with a mental illness. Are we pathologising normal states of mind, or are we really getting sicker? Read more [here](#).

### Young Australians have their say on National Mental Health Report Card

Twenty five young people in Western Australia have had their say on Australia's first national Report Card on Mental Health and Suicide Prevention. The consultation marks the beginning of a national consultation on the Report Card, and is part of a wider engagement process with young Australians. Read Minister Butler's media release [here](#).

### Mental health fears for Australia's casual workforce

This is a transcript from ABC Radio AM about the impact that stress and anxiety caused by job insecurity can have on casual workers in Australia. Read more [here](#).

### **The voices of those held in indefinite detention**

This article examines the experience of asylum seekers held in detention centres and the implications of prolonged detention (or indefinite detention in the case of adverse security findings by ASIO) can have on a detainee's mental health. Read more [here](#).

### **Social Determinants of Health**

Catholic Health Australia has released a report into the long-term health impacts of policies and practices with an influence on social inclusivity. You can read the report [here](#). Here is Minister Butler's related press [release](#).

### **Minister Butler: Headspace to open in 13 more locations**

Minister Butler has announced that 13 new headspace youth mental health services will be opened to support young people dealing with depression, substance abuse and other mental health issues. Read more [here](#).

### **Mental Health and Dental Health**

This article examines the linkages between mental health and oral health. Read more [here](#).

### **Survey shows many men misinformed about mental health**

Research from beyondblue's 'Depression Monitor' has shown that men's attitudes towards depression and anxiety are 'negative, discriminating and discourage help seeking.' Read more [here](#). The beyondblue media release is available [here](#).

### **Mental health campaign celebrates first decade**

The world's first mental health promotion campaign developed by a team at Curtin University has celebrated 10 years since its first inception. Read more [here](#).

### **Disasters and mental health in rural and remote areas**

This article from *The Conversation* discusses the impact of disasters on the mental health of those who reside in rural and remote Australia. Read more [here](#).

### **Depression and falling in the elderly**

Researchers have found that elderly people experiencing depression are more likely to fall, indicating a complex relationship between mental illness, a person's sense of balance, and falling. Follow the link [here](#).

### Internet helping youth mental health

A conference in Sydney has heard how young people are increasingly using the internet and social media to seek solutions and help for mental health issues. Read more [here](#).

### Hepatitis Treatment and the ACT Community

To mark World Hepatitis Day, the ACT Hepatitis Resource Centre is holding a community and stakeholder hepatitis forum on 30 July at the Canberra Hospital Auditorium. You can read the promotional material [here](#) and [here](#).

### Veterans let down by Department of Veterans' Affairs

An external audit by the Australian National Audit Office has found that programs currently offered by the Department of Veterans' Affairs to assist young members of the Defence force have only been of 'limited effectiveness' in addressing mental health issues experienced by current and former service members. Read more [here](#).

### Mental Health and Insurance

According to beyondblue and the Mental Health Council of Australia, people with a history of depression, insomnia or stress are being denied access to insurance. Read more [here](#). You can access the full report [here](#).

### New Consumer Reference Group for mental health reforms

Minister Butler has announced the establishment of a Consumer Reference Group to help guide the new National Mental Health Consumer Organisation. Read more [here](#).

*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.*