



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



8 March 2013

E-Bulletin

[Contents](#)
(click on the links below)

[Mental Health Carers Voice](#)

[Carers ACT](#)

[ACT News](#)

[National and International News and Research](#)

[In the Media](#)

Mental Health Carers Voice

Mental Health Carers Voice recent news and announcements

Medicines and Mental Health Carers Forum

On 27 February 2013, mental health carers participated in a forum on the safe and effective use of medicines. A panel of four guest speakers with a range of expertise in this area engaged with participants. This issue of E-Bulletin focuses on Len Kanowski's presentation. Len is a mental health nurse with four decades of experience in the mental health field. He has worked at the local, national and international levels as a clinician, manager and educator during his mental health career. In addition to his currently work roles as Senior Advisor to the NSW Centre for Rural and Remote Mental Health and a Visiting Fellowship with the ANU National Centre for Indigenous Studies, Len is a Mental Health First Aid (MHFA) instructor.

Key points from Len Kanowski's presentation are:

- Consumers and carers have the right to gain a second opinion and should feel empowered to exercise that right if they are not happy with their current treatment or health professional

- Family and carer education about mental illness is most important. Education is key. Consumers, families and other carers have a right to be better informed about their illness, their treatment, and especially about their medication and possible side effects
- Consumers and carers are encouraged to work in close collaboration with their treating doctor and mental health team to reach the 'minimum effective dose' to adequately control symptoms of their illness
- It is most important to have regular medication reviews and physical checks as well as reviews of mental health and wellbeing
- Stigma is unfortunately alive and well. The 'WHO observed in their 'World Health Report 2001, Mental Health: New Understanding, New Hope' that stigma was one of the biggest challenges over the next decade. According to the WHO the single most important barrier to overcome in the community is the stigma and associated discrimination towards persons suffering from mental and behavioural disorders (World Health Organisation, 2001).
- MHFA training has demonstrated that it improves mental health literacy as well as reduces stigma. It also makes people more confident in recognising and responding to a mental health crisis, and in communicating with health professionals.
- MHFA looks at medication as a key treatment, alongside other treatments (eg exercise, counselling, self help strategies)
- The uptake of MHFA has been greatest amongst those living in rural Australia, perhaps due to a lack of available mental health services in rural and remote areas.

[top](#)

Mental Health First Aid Training for Carers

Subsequent to the Medicines forum, Len Kanowski has generously offered to provide Mental Health First Aid training at no cost to mental health carers:

Dates: Thursdays 23 and 30 May, 6 and 13 June
Time: 1.00-4.00pm
Location: Carers ACT, 80 Beaurepaire Crescent, Holt
Cost: Free to current mental health carers living in the ACT.

This is a wonderful training opportunity for mental health carers. Participants will be awarded a certificate of completion. It is therefore vital that you are able to commit to attending on each of the four, three hour sessions. Places are limited to 16 participants, so if you wish to undertake the training please reserve your place as soon as possible by phoning Rosie on 6299 9900 or email mhcarers@carersact.org.au.

Janet Milford, ACT Carer Representative, National Mental Health Consumer and Carer Forum

Janet Milford, ACT carer representative on the National Mental Health Consumer and Carer Forum, met with other carers who attended the medicines forum on 27 February. Mental health carers who wish to contact Janet regarding systemic mental health carer issues in the ACT may email her at NationalMH@carersact.org.au.

Mental Health Carers Networking and Consulting Forums

Second Exposure Draft, Mental Health (Treatment & Care) Act – Tuesday 9 April

The Second Exposure Draft Amendment Bill of the Mental Health (Treatment & Care) Act will be available for comment from late March 2013, for a period of six weeks. Carers ACT will be hosting a consultation with mental health carers.

- Date:** Tuesday 9 April
Time: 12.00pm – 2.00pm
Location: Quality Hotel Woden, Corner Melrose Drive and Launceston Street, Phillip
Cost: Free. Lunch will be provided
RSVP: By COB, 1 April. Phone Rosie on 6296 9900 or email mhcarers@carersact.org.au.

Navigating the Mental Health System – Thursday 16 May

Knowledge about how to navigate the mental health system is a huge issue for people who have just entered the 'system', but also for those people who may be unaware of the range of services and supports that are available for people living in Canberra. A panel of key organisations, and consumer and carer representatives will share information and provide resources.

- Date:** Thursday 16 May
Time: 12.00pm – 2.00pm
Location: Riley Hall, Pilgrim House Conference Centre, 69 Northbourne Avenue, Civic
Cost: Free. Lunch will be provided
RSVP: By 10am, 14 May. Phone Rosie on 6296 9900; or email mhcarers@carersact.org.au
[top](#)

VACANCIES - Mental Health Carer Representative Positions

Mental health carers are invited to consider nominating for a carer representative position, through the Mental Health Carers Voice program, on the following committees and working groups:

Calvary Hospital Mental Health Management Committee

For more information about this Committee, click [here](#) for a copy of the Terms of Reference. Further questions about the role may also be directed to Chrissy English, Volunteer Services Manager, on 6201 6646 or 0467 790 863.

Health: Division of Mental Health, Justice Health and Alcohol & Drug Services (MHJHADS)

- Risk Management
- Smoke-Free Evaluation Working group **and** Smoke-Free Working Group (Community)
- MHAGIC (Mental Health Assessment Generation Information Collection) Advisory Committee
- Reducing Aggression Steering Committee

MHJHADS Redesign Projects

- Alexander Maconochie Centre Medication Management
- Steering Committee for the redesign projects

Adult Mental Health Unit

- Clinical Effectiveness Committee

Community Sector

- Mental Health Community Coalition ACT: Peer Workforce Advisory Group.

If you wish to find out more information about the above committees/working groups, contact Rosie Fisk on 6299 9900 or email mhcarers@carersact.org.au. A Carer Representative Nomination Form, Terms of Reference and Code of Conduct for the Mental Health Carers Voice Program may be downloaded from the Mental Health Carers Voice website at www.carersvoice.com.au, or give Rosie a call.

If you are interested in participating, but would prefer to be a little less engaged, there are vacancies for alternate representatives for various committees. The alternate representative attends meetings when the carer representative cannot attend. If you would like to access the current list of committees please click [here](#).

[top](#)

Carers Corner

The next edition of Carers Circle, which will be published in early June, includes an interview with Murray Haines, mental health carer representative, painter and sculptor. Included in this edition of E-Bulletin are several images of Murray's artworks. Selected sculptures by Murray are also currently being exhibited at the South Hill Gallery, 3 Garroorigang Road, Goulburn. The Gallery is open Fridays 12.00-5.00pm; Saturdays 10.00am-5.00pm; and Sundays 10.00am-4.00pm.



Silver Pendant



Burden



Slot

Mental health carers are invited to respond to or submit articles for Carers Corner. Please contact Rosie Fisk by phone, on 6296 9900, or email mhcarers@carersact.org.au.

[top](#)

Carers ACT News

Carers Circle Issue 1 2013

The first issue of Carers Circle for 2013 is now available. [Click here to download a copy.](#)

NDIS Update

The most recent developments in regard to the NDIS concern the work of the Senate Community Affairs Committee on the NDIS Bill and a Ministerial Statement by the ACT Minister for Disability Ms Joy Burch on plans for the ACT.

The Senate Standing Committee on Community Affairs is conducting an inquiry into the NDIS Bill which is currently before the parliament. The Committee has received hundreds of submissions including several from Carers Associations. Carers ACT has contributed to the Carers Australia submission and liaised with other Carers Associations on their contributions. Carers Association submissions have focused on a number of key issues including:

- the ability and willingness of carers and families to provide care to their family members with a disability and sustain such care should inform the plans of developed for participants in the NDIS
- Carers and families must be able to contribute fully to the assessment and planning processes of the NDIS
- Individual independent advocacy will be needed by some participants or their carers to assist them to manage the new choices and processes involved in the NDIS
- A nationally consistent carer assessment is needed as an element of the NDIS to strengthen carer capacity, to help determine “reasonable and necessary” supports for the participant, and to take account of the carer’s own health and wellbeing.

The Committee is expected to report on 13 March 2013.

In the ACT, the Minister for Disability Joy Burch released a statement on the NDIS. She announced that the ACT and Federal Governments will invest \$10.6m to respond to the existing demand for disability and mental health services and to prepare for the transfer of services to the NDIS in July 2014 for eligible residents. Also in 2013 the Enhanced Service Offer “to be introduced in the ACT will enable eligible people to access additional funding to improve their quality of life and independence, while also providing a break for their families and carers”.

We hope further details about the new services will become available soon and we will provide an update then. Please [click here for media release NDIS funding to deliver more support from July 2013](#) and [click here for NDIS Ministerial Statement](#).

Bill Kerley, Policy Officer

Draft Rules for the NDIS

On 5 March the Gillard Government released further detail of the rules that will guide how the National Disability Insurance Scheme (NDIS) works for people with disability, their families, carers and service providers. The rules support the National Disability Insurance Scheme Bill, which is currently before the Australian Parliament. The Bill establishes the NDIS, including eligibility criteria and what constitutes reasonable and necessary support, and the NDIS Agency to deliver the scheme. [Click here to read more](#) and click here to [access the draft rules](#).

[top](#)

On Course for Carers

Chinese Medicine with Dr Wang

Dr Wang's welcome return session will focus on seasonal care and individual "self help" strategies you can follow up at home as winter approaches.

Date: Wednesday 13 March 2013

Time: 10.00am – 12.00pm

Location: Carers Hub, Carers ACT, 80 Beaurepaire Crescent, Holt

To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

[top](#)

Autumn Seasonal Lunch

Come along and enjoy an appetising lunch with other carers.

Date: Wednesday 27 March

Time: 12.00pm – 2.00pm

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

RSVP: Wednesday 20 March

To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

[top](#)

Private viewing at the National Gallery of Australia – Kaston: Art of Vanuatu

A private guided tour of the unique collection of arts from Vanuatu will be held by the National Gallery of Australia.

Date: Wednesday 3 April

Time: 10.30am (meet at the main entrance at 10.15am)

Location: The National Gallery of Australia, Parkes

To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

[top](#)

Care Inc Financial Counselling Service

"Who we are and what we do". Financial entitlements, budgeting and debt management for carers and families.

Date: Thursday 4 April 2013

Time: 10.00am – 12.00pm

Location: Carers Hub, Carers ACT, 80 Beaufort Crescent, Holt

Morning tea is provided at 11.00am. To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

For suggestions on future topics please email Marie at marie.falconer@carersact.org.au

[top](#)

An Opportunity for Aboriginal and Torres Strait Islander Carers

Are you a carer of a loved one with mental health and perhaps drug and alcohol problems? A two day group session around caring for someone with some of these issues is being offered. This is a tremendous opportunity for Aboriginal and Torres Strait Islander carers to learn and share.

Dates: Thursday 21 March

Friday 22 March

Time: 10.00am – 4.00pm

Location: Carers ACT, 80 Beaufort Crescent, Holt

Cost: Free.

Please register your interest by phoning Donna (Carers ACT) on 6296 9900.

[top](#)

Branch Out Café

The Branch Out Café is open at Carers ACT Holt every Monday, Tuesday and Thursday 8.30am – 12.00pm. Why not drop by for a coffee and some delicious lunches and sweets. The Branch Out Café is an opportunity for up to six young adult school leavers with disability to gain confidence and learn new skills with a view to gaining job ready certificates and hospitality competencies to transition to open and supported employment in the hospitality industry. As well as our wonderful café with coffee and cakes we also provide catering for meetings, functions and events. [Click here to read more about the Branch Out Café.](#)

[top](#)

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 supports available under this Program visit the Carers ACT [website](#).

[top](#)

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 1800 242 636.

[top](#)

ACT News

Two research positions in the new ACT Consumer and Carer Mental Health Research Unit

The ACT Consumer and Carer Mental Health Research Unit has been established at the Centre for Mental Health Research (CMHR), Australian National University, to undertake research in partnership with and for the benefit of mental health consumers and carers in the ACT. The positions are for a Research Fellow/Fellow who is a consumer with lived experience of mental illness, and a Research Assistant who is a carer with lived experience caring for a person with a mental illness. The new centre will strengthen and grow consumer and carer mental health research in the ACT and within the CMHR. **The closing date for applications has been extended to COB 25 March 2013.** Read about the [Research Fellow/Fellow vacancy here](#), or the [Research Assistant here](#). For more information about these positions contact Professor Kathy Griffiths: phone 6125 9723 or email Kathy.Griffiths@anu.edu.au

[top](#)

Two Workshops for family carers – CIT

Mindfulness & Relaxation

This four week course will explore ways to create more time for ourselves despite often having to juggle competing demands and caring for a family member. Taking time to care for ourselves is time well spent for our wellbeing and health. Each week there will be a discussion on various aspects of mindfulness and meditation and the benefits of relaxation. [Click here to access the flyer.](#)

Date: Thursdays 7, 14, 21, 28 March
Time: 1.00pm – 2.30pm
Location: Hartley LifeCare, 6 Hodgson Place, Pearce
Cost: Free

Emotional Mastery

This course is about gaining an understanding of how our emotions affect us and how we can use them to improve the quality of our life. The price we pay when we shut down our emotional expression can be loss of energy and passion for life and feelings of tiredness and fatigue or disease. Also expressing too much emotion or letting our emotions overwhelm us can be damaging to our relationships, wellbeing or success in life. [Click here to access the flyer.](#)

Date: Tuesdays 5, 12, 19, 26 March
Time: 6.00pm – 8.00pm
Location: CIT Woden, Ainsowrth Street, Phillip

Cost: Free

To register for either of these courses phone 6207 3628 or email carerskills@cit.edu.au

[top](#)

Mental Health Foundation: Skills for Life workshop – Be money wise

Mental Health Foundation along with Skills for Life will be running a financial literacy workshop – Be Money Wise. The aim is for participants to learn tips and strategies to gain control of their finances and maximise their income. There will be plenty of practical activities and everyday life examples to make it useful and relevant to everyone! [Click here to access a flyer.](#)

Dates: Thursdays from 7 March to 18 April

Time: 10.30am – 11.30am

Location: The Rainbow, H Block, Canberra Technology Park, Phillip Avenue, Watson

Cost: Free

RSVP: Eleonora on 0406 377 512 or via e-mail: eleonora.araoz@mhf.org.au

[top](#)

YWCA Housing & Social Inclusion Unit and Toora Women Inc. – Life Experience Counts

The YWCA Housing & Social Inclusion Unit and Toora Women Inc. are running a free seven week program called " Life Experience Counts" for people who are unemployed or who are not in the paid workforce and are returning to work. Life Experience Counts will assist you to:

- Identify the skills and expertise you have learned from your own life experience
- Gain a better understanding of the recognition of prior learning concept
- Produce a simple portfolio and resume which details your skills and experience
- Identify key local networks and supports in your area
- Have a better idea about what you want to do in the future in regards to further study or work options.

Dates: The course will run from 7 March to 18 April 2013

Time: 10.00am – 12.30pm

Location: Gungaharra Homestead situated between Sapling Street and Mapleton Avenue, Harrison

For enquiries and registrations please contact Sarah or Kylie on 6173 7100. Childcare and transport available on request.

[top](#)

Alzheimer's Australia ACT

Better practice younger onset dementia

Christian Bakker is the manager and co-founder of the Florence Centre for Specialized Care in Younger Onset Dementia and healthcare, Mariahoeve in the Netherlands. Be inspired by this international speaker who is leading the way in best practice for Younger Onset Dementia service provision.

Date: Wednesday 13 March 2013
Time: 1.00pm to 4.00pm Tea/coffee provided
Location: Ainslie Football Club, Wakefield Avenue, Ainslie
Cost: Free - Donations Welcome
Bookings essential, email act.admin@alzheimers.org.au or phone: 6255 0722

[top](#)

Heart Your Brain

Walk, talk and free brekkie. As part of the Brain Awareness Week 2013, Alzheimer's Australia is launching the Heart Your Brain: 21 days to brain healthy habits challenge which is part of the Your Brain Matters brain health program.

Date: Friday 15 March
Time: 7.00am – 8.45am
Location: John Knight Memorial Park, Aikman Drive, Belconnen (parking on Townsend Place)
RSVP: Phone: 6255 0722
Cost: Free - Donations welcome

[top](#)

Managing Change – Two evening workshop

Going through change is never easy and there is a psychological reason for this: our conscious mind (ego) perceives all departure from the familiar as a threat to our existence. That is why change automatically creates resistance, which leads to procrastination, anxiety and fear. The good news is that change does not have to be difficult, fearful or traumatic. It is a natural and inevitable part of life, and it can be your friend, rather than your enemy.

Anna Anderson is a Certified Life and Executive Coach and a Neuro Linguistic Programming (NLP) Practitioner and trainer. She is the Founder and Executive Director of the Institute of Quantum Mind TM – a professional coaching and training practice based in Canberra.

Date: Tuesday 9 and Wednesday 10 April
Time: 5.30pm – 8.30pm
Location: Women's Information and Referral Centre, Ground Floor, London Court, 13 London Circuit, Canberra City
Cost: \$100 (Concession available, proof required)

Bookings are essential. For more information or to register your interest, please contact Women's Information and Referral Centre by phone on 6205 0303 or 6205 1075.

[top](#)

SMART Recovery

SMART Recovery is a self-help group for people facing addiction focusing on Cognitive Behaviour Therapy. The four main principles of SMART Recovery are:

- Motivation to abstain
- Coping with urges

- Lifestyle balance
- Problem solving

Attendees are encouraged to share strategies and tools used around managing their addictive behaviours. All are welcome, whether in active addiction or recovery. All Directions SMART Recovery facilitators are trained by, and registered with SMART Recovery Australia. Sessions are:

Days & times: Tuesday 10.30am – 12.00pm
 Wednesday 5.30pm – 7.00pm

Location: 1 Bradley Street, Woden

No bookings required. For further information contact Directions on 6122 8000.

[top](#)

Mental Health Council of Australia submission on “Improving the employment participation of people with a disability in Australia”

In December 2012 the Department of Employment Education and Workplace Relations (DEEWR) sought input on their discussion paper "Improving the employment participation of people with a disability in Australia". [Click here to read the MHCA’s submission on the discussion paper.](#)

[top](#)

National Close the Gap Day – Thursday March 21, 2013

Join Australia’s largest ever Aboriginal and Torres Strait Islander health campaign! Since 2006, the Close the Gap campaign has achieved an enormous amount. This has only happened with community support. In 2012 alone, more than 130,000 Australians joined National Close the Gap Day to show their support, to talk about, to spread the word, and to take action to improve, Indigenous health. To be a part of National Close the Gap Day, [click here for more information and to register.](#)

[top](#)

Cultural Conversations

Cultural Conversations (part of the Mental Health Community Coalition ACT) would like to invite you to take part in their on-going professional training and development program. The Dimensions of Culture session looks at how our own culture and that of others can affect our communication and either help or hinder relationships and service provision. The training is designed to explore, through theory and interaction, the impact of both stigma and culture on our world view and particularly how that view colours our understanding of mental illness and the role of services. Details of the training are:

Date: Wednesday 20 March

Time: 9.00am – 12.30pm

Location: Room 7, Level 1, Griffin Centre, 20 Genge Street, Canberra City

The course is free and presented by Christine Bowman, Cultural Conversations Manager.

Bookings essential, please phone 6249 7756 or email Christine.bowman@mhccact.org.au

[top](#)

PANDSI - Partners' Information Evening

This is an evening for partners/family members to learn more about postnatal depression and anxiety and ways to help.

Date: Wednesday 13 March

Time: 7.00pm onwards

Location: 25 Stapylton Street, Holder

RSVP: Monday 11 March

Notes: Please note there is no childcare available.

If you have any questions do not hesitate to contact one of the Support Workers by phone on 6288 1936. More information can be accessed at www.pandsi.org.

[top](#)

Mental Health Foundation Directory of Services in the ACT

Click here to download the [Mental Health Foundation Directory of Services](#) in the ACT. Click here for [more information about the Mental Health Foundation ACT](#).

[top](#)

New housing options for young mentally ill Canberrans

A new supported accommodation service has opened in Canberra for young people with a mental illness. Six people aged between 18 and 25 will be able to receive live-in care at a suburban house in Kambah as part of a Step-up, Step-down program. ACT Chief Minister Katy Gallagher says the service is aimed at early intervention and helping people avoid a hospital stay. [Read more here](#) and read the [media release from the ACT Government here](#).

[top](#)

Mental Health Community Coalition ACT – ACT Government Budget Submission 2012-2013

The ACT Government Budget Submission 2012 - 2013 was developed by Mental Health Community Coalition in consultation with member organisations and the ACT Consumer Carer Caucus during October and November 2011. [Click here to download the ACT Government Budget Submission 2012 - 2013](#).

National & International News and Research

Mental Health Framework highlights role of pharmacists

A mental health framework which highlights the expertise of pharmacists and their roles as partners in mental health care has been released by the PSA in partnership with mental health stakeholders. [Click here to read more.](#)

[top](#)

Mental health study identifies dementia carers' suffering

A Queensland study has found people who care for dementia sufferers are more likely to contemplate suicide than the general population. About 300,000 Australians suffer from dementia and more than 65 per cent of those are cared for in their own home or by their family.

Dr Siobhan O'Dwyer from Griffith University says a survey of 120 carers in Australia and the US found that one in four had contemplated suicide more than once in the past year. "Our results are more than eight times what the general population say, and so if people are thinking about it we need to be really concerned," she said. [Click here to read more](#) and [click here to download the study *Suicidal Ideation in family carers of people with dementia: a pilot study.*](#)

[top](#)

eheadspace is now available

eheadspace is a confidential, free and secure space where young people 12 – 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. Young people may contact eheadspace if they need advice, are worried about their mental health or are feeling isolated or alone. eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation. eheadspace also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 – 25. [Click here to go to the eheadspace website.](#)

[top](#)

Australian Psychological Society – Bipolar disorder in young people

Bipolar disorder in young people is a very interesting article written by Dr Tanya Hanstock MAPS, University of New England, Stephen Hirneth MAPS, Newcastle Child and Adolescent Mental Health Service, Catherine Cahill MAPS, University of Sydney and Dr Craig Macneil, Orygen Youth Health. [Click here to read the article](#) and for other interesting reports and articles you can access the [Australian Psychological Society website here.](#)

[top](#)

AIHW – Development of a prototype Australian mental health intervention classification: a working paper

The Australian Institute of Health and Welfare has published a prototype Mental Health Intervention Classification (MHIC). This has been developed so that information on mental health interventions can be collected using a standard classification scheme. Adoption of the prototype will enable nationally

comparable and consistent reporting of trends, patterns and best practice in the provision of mental health services. [Click here to access the paper.](#)

[top](#)

Mental Health Consumer Organisation FAQs

The CRG and MHCA have worked together to create a list of Frequently Asked Questions around the National Mental Health Consumer Organisation Establishment Project. These questions are now accessible on the website at <http://www.mhconsumer.org.au/>.

These questions respond to some of the enquiries already received by the Establishment Project Team. The FAQ is a developing document that will grow as the Project evolves to inform all interested parties.

If you have any further questions on the Project, or suggestions for additions to the Frequently Asked Questions, email enquiry@mhconsumer.org.au.

[top](#)

COPMI – How it feels to have depression – information for kids, teens and young people

This information is for kids, teens and young people. COPMI (Children of Parents with a Mental Illness) describes how a person feels when they are depressed. [Click here to watch the video.](#)

[top](#)

Mindframe Social Media Profile Analysis: Mental Health & Suicide Prevention Sectors

To better explore the nature and type of social media used by the media and mental health and suicide prevention sectors, *Mindframe* has completed two scoping studies in 2012. This report investigates and analyses the social media use of Australian mental health and suicide prevention organisations. [Click here to download the report.](#)

[top](#)

Neighbourhood cohesion linked to resilience of rural women

Emerging evidence suggests that older women living in Australia's rural areas have better mental health than their sisters in the cities. The findings come from the Australian Longitudinal Study on Women's Health (ALSWH) and will be examined in a colloquium on Resilient Rural Women at the 12th National Rural Health Conference to be held in April this year. The longitudinal study provides information from three birth cohorts of women – those born 1973-1978, 1946-1951 and 1921-1926 – and the focus of the colloquium will be urban-rural differences in women's mental health and wellbeing.

Sue Conrad's paper on Neighbourhood cohesion among middle-aged women is a good news story for rural women who report better neighbourhood safety and connection, and better neighbourhood attachment and trust than women living in cities. [Click here to read the media release](#) and for details of

the conference.

[top](#)

New model of care for eating disorders in South Australia

The new model of care for eating disorders in South Australia supports the creation of ‘hub’ and ‘spoke’ services for the treatment of eating disorders, with the hub being provided by a newly created specialist eating disorders team and the spoke services being provided by community based services.

The model is another step in reforming mental health in South Australia, which includes the introduction of 86 more mental health beds and the development of a coordinated system of community health care.

[Click here to read more.](#)

[top](#)

New app "The Fifth Army" from Cotton On Foundation and headspace

Help raise awareness on depression, homophobia and bullying through this wonderful app: <http://fiftharmy.com.au/>. For more information on [Cotton On Foundation click here.](#)

For more information on [Headspace, click here.](#)

[top](#)

Supporting consumer participation in health and medical research: future directions for Australia

The Consumers Health Forum of Australia (CHF) is the national peak body representing the interests of Australian healthcare consumers. CHF works to achieve safe, quality, timely healthcare for all Australians, supported by accessible health information and systems.

The purpose of this paper is to explore mechanisms to support consumer participation in health and medical research. This paper also provides a snapshot of the current literature, research and policy debate surrounding these issues. The analysis draws on extensive work in this area, including consumer consultations and literature scoping undertaken by CHF throughout 2012. [Click here to read more and access the paper.](#)

[top](#)

In the media

- [Cultural focus for police mental health training](#)
- [Smoking ban causing patients to check out](#)
- [Australia's doctors surveyed on their mental health](#)
- [\\$21 million to support young people with mental illness](#)
- [Call for NFP mental health service tenders](#)
- [Young people, social media and suicide prevention roundtable](#)
- [Defence leadership on soldier welfare comes from the top](#)
- [Agreement on Homelessness in Limbo](#)

- [Aussie not for profit App a world wide success](#)
- [ACT ready for change with NDIS](#)
- [NFPs question Mental Health Report](#)
- [Mental health shortage having impact](#)
- [‘Can we talk about mental health and suicide?’ Research findings highlight community attitudes to mental health](#)

[top](#)

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.

Mental Health Carers Voice E-Bulletin is funded by the ACT Government.