



MENTAL HEALTH
**carers
voice**

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

ISSN 2201-8913 (Online)



June 5

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 Operational Survey Results

Earlier this year a survey was sent to all E-Bulletin subscribers. The purpose of the survey was to gauge your views on the Mental Health Carers Voice program. About 8% of E-Bulletin subscribers completed the survey. While the response rate is disappointingly low, some interesting themes emerged that correspond with anecdotal, informal feedback received by MHCV program staff and current Carers ACT strategic priorities.

The MHCV Survey Report is divided into two parts. Part 1 looks at what respondents said; and Part 2 outlines Carers ACT response to the survey findings. Click [here to access the Report](#).

Rosie Fisk

Rosie Fisk, the Mental Health Carers Voice Program Administrator, is leaving Carers ACT on 14 June. Rosie is a valued team member who has brought fantastic skills, energy and passion to her role. While we are very sad to say goodbye to Rosie, we are also happy for her: she has secured a position of Financial Counsellor with Care Financial Services. Carers ACT wishes Rosie our very best wishes in her new role.

[top](#)

DisabilityCare Australia and Mental Health Carers Focus Group

Wendy Kipling from the ACT NDIS taskforce met with mental health carers at Carers ACT on 30 May. Click [here to access key points about DisabilityCare Australia relevant to mental health carers](#). Click [here to access Wendy's presentation](#).

Forum for Culturally and Linguistically Diverse Carers - 25 June

Carers ACT is holding a networking and consulting forum for mental health carers and families from culturally and linguistically diverse backgrounds. The aims of this forum are to:

- provide an opportunity for CALD carers to talk about issues relating to accessing mental health services and supports; and
- meet mental health carer representatives who, through their participation on committees, are working towards systemic change for carers.

We look forward to seeing you at this forum that is specifically for CALD carers and their families.

Date: Tuesday, 25 June

Time: 12.00pm – 2.00pm

Location: Quality Inn Woden, corner Melrose Drive and Launceston Street

Cost: Free. Lunch will be provided

RSVP: Phone Doris on 6296 9936 or email mhcarers@carersact.org.au.

Enquiries may be addressed to Doris Kordes (6296 9936) or Anndey Ho (6296 9948).

[top](#)

****WANTED** Mental Health Carer Representatives**

The Mental Health Carers Voice Program is funded by the ACT Government for mental health carers to have a greater voice. Carer representatives are remunerated for their time and their expertise and, in addition, receive a range of training and supports.

Currently, the Program has several vacancies for carer representative positions, and people with lived experience of being a mental health carer are invited to consider becoming a carer representative. 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.

Current vacancies:

ACT Health

- Adult Mental Health Services Model of Care Steering Committee (new Committee)
- Mental Health Assessment Generation Information Collection Advisory Committee
- Risk Management Committee
- Smoke Free Evaluation Working Group
- Partnering with Consumers Committee (new Committee)
- Adult Mental Health Unit (AMHU) Clinical Effectiveness Committee
- Mental Health Services Plan – Executive Strategic Oversight Group

Mental Health Community Coalition ACT

- Peer Workforce Steering Committee

For more information about becoming a carer representative or for further information about any of the above committees, phone Doris Kordes on 6296 9936 or email mhcarers@carersact.org.au. More information is also available on the Mental Health Carers Voice website at www.carersvoice.com.au.

[top](#)

Submission by Carers ACT Review of the Mental Health (Treatment & Care) Act 1994 (ACT)

Click here to [download the Submission by Carers ACT Review of the Mental Health \(Treatment & Care\) Act 1994 \(ACT\) Second Exposure Draft Bill](#).

[top](#)

Carers ACT News

On Course for Carers

June: Tobins Canberra Funerals

Wendy from Tobins will talk about prepaid funerals and how to plan a funeral.

Date: Tuesday 25 June

Time: 10.00am – 12.00pm

Location: Carers ACT, 80 Beaurepaire Crescent, Holt

July: Wellness Day – Special Session Including Lunch

Our Wellness Day this year will offer life-enhancing sessions including energising yoga, COTA's "Positive Outcomes Program", hand-on mini-sessions and demonstrations of alternative therapies, with a guided meditation to end the day.

Date: Wednesday 24 July

Time: 9.30am – 3.30pm (healthy lunch provided)

Location: Carers ACT, 80 Beaurepaire Crescent, Holt

RSVP: by Wednesday 17 July (please advise of any special dietary needs) to 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](#)

Winter Seasonal Lunch

Warm up in winter with an east meets west buffet style lunch with other carers.

Date: Thursday 6 June

Time: 12.00pm – 2.00pm

Location: Family Food Court Restaurant, upstairs 28 Woolley Street, Dickson
RSVP: To register please call Eleanor on 6296 9908 or email rsvp@carersact.org.au
[top](#)

Private viewing at the National Gallery of Australia

Turner from the Tate: The making of a Master

A comprehensive overview of Turner's monumental landscapes and atmospheric, light-filled seascapes, while offering insights into his working life and practices.

Date: Wednesday 12 or Thursday 13 June
Time: 10.30am (meet at the main entrance at 10.15am)
Location: The National Gallery of Australia, Parkes
RSVP: By Wednesday 5 June, call Eleanor on 6296 9908 or email rsvp@carersact.org.au
[top](#)

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 22 May, 26 June, 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 & Easty Streets, Woden
For further information please call 1800 242 636 or email rsvp@carersact.org.au
[top](#)

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: 14 May, 11 June (dates for second half of 2013 coming soon)
Time: 5.00pm – 7.00pm
Location: The Carers Hub, Carers ACT, 80 Beaurepaire Crescent, Holt
For further information please call 1800 242 636 or email rsvp@carersact.org.au
[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 on 1800 242 636. Click here for more information on [support that Carers ACT counsellors can offer mental health carers](#).

[top](#)

Carers ACT new disability ebulletin

Carers ACT have released a new ebulletin to keep carers informed and up to date with the latest news about DisabilityCare Australia. [Click here to download the latest edition of the disability ebulletin](#) and to subscribe.

[top](#)

ACT News

Information Session on the University of Canberra Public Hospital

Consumers and carers are invited to an information / Q&A session with representatives from ACT Health, to discuss:

- progress on the planning and design of the sub-acute inpatient and day services; and
- community consultation processes.

This event has been organised by Health Care Consumers' Association Inc. in partnership with ACT Health. It will provide consumers and carers with a great opportunity to find out about an exciting and important health infrastructure project that will result in the provision of sub-acute services for people with aged care, mental health and rehabilitation needs.

Date: Tuesday, 18 June

Time: 12.00pm – 1.00pm

Venue: HCCA, 100 Maitland Street, Hackett

RSVPs are requested by 14 June, to Heather McGowan, ph: 6230 7800, or email

heathermcgowan@hcca.org.au.

[top](#)

Carer Consultant located at the Adult Mental Health Unit 2 days per week

Did you know there is a carer consultant located at the Adult Mental Health Unit 2 days a week? If you would like to discuss your experience as a family member/friend/carers of someone who

has been admitted to the Adult Mental Health Unit, you can make an appointment or drop in to reception every Wednesday from 12.30pm to 1.30pm. [Click here to download the flyer](#). You can contact the Carer Consultant on 6174 5424 or send an email to: Carly.Vesela@act.gov.au.

[top](#)

NDIS email and the help line

They can assist with ACT specific questions and National.

Visit: www.ndis.gov.au

Email: NDISenquiries@fahcsia.gov.au

Call: 1800 800 110

[top](#)

Free talks for people with Chronic Conditions and their carers

[Click here to view the The Chronic Conditions Seminar Series for July to November](#).

(*Please note the last date is not Thursday 20 June it should read Thursday 21 November – Help with Continence)

[top](#)

Mental Health Community Coalition ACT response to the 2013 – 2014 ACT

Budget: An overview for the ACT Mental Health Sector

Click here to download the [Mental Health Community Coalition ACT response to the 2013 – 2014 ACT Budget: An overview for the ACT Mental Health Sector](#).

Homeless Connect Day

After the huge success of the inaugural Canberra Homeless Connect last year, the Early Morning Centre is starting to work on this year's Homeless Connect Day. Please put this in your diary!

Date: Thursday 8 August

Time: 10.30am – 3.00pm

Location: Pilgrim House Church and Conference Centre and the Early Morning Centre
69 Northbourne Avenue, Canberra City

More information will be coming soon. If your service would like to participate please email Chris Stokman at unitingcare@canberracityuca.org.au

[top](#)

Mental Health Foundation – The Rainbow Calendar June

Click here [to download a copy of the Rainbow Calendar for June 2013](#).

[top](#)

Effective Communication Skills

Mental Health Foundation (Skills for Life Program) and Nexus Human Services present Communication Skills. Do you know you can become a better communicator by learning more

about effective communication skills? If this sounds interesting come along to this two hour workshop. [Click here to download a flyer.](#)

Date: Tuesday 18 June

Time: 2.00pm – 4.00pm

Location: Nexus Human Services, 24 Mort Street, Braddon

Cost: Free. Afternoon tea will be provided.

RSVP: By 14/06/2013

For more information and/or registration please contact Skills for Life program by phone 0406 377 512 or email info@mhf.org.au or Nexus by phone 6247 3611 or email admin@nexushumanservices.com.au.

[top](#)

Mental Health Community Coalition ACT Newsletter

Click here [to download a copy of the MHCCACT May Newsletter.](#)

[top](#)

The Pathways Program – Free of charge University Program

Clemente Canberra, a free-of-charge university program offered by the St Vincent de Paul Society in partnership with the Australian Catholic University, is now enrolling students into the two mainstream Clemente university programs for Semester II, 2013, the Certificate in Liberal Studies Program and the Pathways (bridging) Program. Please see details below.

Students must be 18 or over, and priority is given to those who have suffered marginalisation and/or major setback in their life caused by mental illness, disability, addiction, unemployment, homelessness, family breakdown, and other such disadvantage.

All Clemente Canberra Programs are free-of-charge except we ask that students provide their own pen and exercise book/paper for taking notes. We also ask that the students get themselves to and from the Australian Catholic University in Watson. Tuition, morning tea, lunch, study materials, textbooks and so on, are all provided free-of-charge by the St Vincent de Paul Society.

There are only 25 places available on each of the two programs and as a significant number of people have already enrolled, it is important that prospective students, or their representative, contact the Clemente Canberra Coordinator, Robyn Keech, as soon as possible. Please phone 0418 714 835 or by email robyn.keech@svdp-cg.org.au

[top](#)

Community Information Sessions – Enhanced Service Offer

ACT Government is hosting Community Information Sessions about the Enhanced Service Offer. These are grants for people with disabilities, including those with psychosocial disabilities, who are ACT residents aged under 65 years.

There will be a session dedicated to psychosocial disability:

Date: Wednesday 17 July

Time: 12.30pm – 2.00pm

Location: The Rainbow, Phillip Avenue, Watson

RSVP: Email to ndis@act.gov.au or phone Canberra Connect 133 427 and ask to be registered for an Enhanced Service Offer information session. [Click here for more information, dates and times.](#)

[top](#)

A Celebration of Recovery

Karralika are holding their first reunion for clients, staff, and community partners who have been a part of their program over the last 35 years to attend A Celebration of Recovery event as part of Drug Action Week. It's a chance to catch up with past staff and clients, share some stories and some lunch in a celebration of recovery.

Date: Tuesday 18 June

Time: 11.00am – 2.00pm

Location: Tuggeranong Community and Function Centre, 245 Cowlshaw Street, Greenway

RSVP: Friday 7 June by phone 6163 0200 or email rsvp@karralika.org.au

[top](#)

What a good life means for me! Interactive Workshop for people with a lived experience of Psychosocial Disability

DisabilityCare will potentially bring opportunities for people with a lived experience of psychosocial disability to change how they receive their services and supports.

The ACT NDIS taskforce and the ACT Mental Health Consumer Network would like to invite you to participate in a workshop which will explore how thinking broadly about your life and your goals can help you, and others, make the choices that DisabilityCare may offer. Facilitated by Mr Bradley Foxlewin, Deputy Commissioner – NSW Mental Health Commission Member, ACT Mental Health Consumer Network.

Date: 19 June 2013

Time: 10.00am – 12.00pm

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

RSVP: RSVP by 14 June by phone 6230 5796 or email ndis@act.gov.au

[top](#)

MHJDAS Smoke free environment newsletter 32

Click here to [download the latest newsletter for the smoke free environment.](#)

[top](#)

Radio 1RPH for those unable to read

Radio 1RPH provides news and other information needed by people who are unable to read. Radio 1RPH assists those unable to read by utilising the skills of volunteer readers and administrative supporters to turn print into sound, thus providing a broad range of detailed

information which is available in printed form, but not provided by other radio and television stations. You can find the Canberra station at the frequency 1125AM band. Click here [to access the Radio 1RPH website](#).

[top](#)

National & International News and Research

Carers NSW welcomes report on the review of the NSW Mental Health Act (NSW)

The pivotal role that carers play in the lives of people with mental illness has been highlighted in a report on the Review of the NSW Mental Health Act 2007 which was tabled in NSW Parliament. The report noted that carers are an 'integral part of the support system' for people with a mental illness and supported further consultation on the rights of the primary carer. Elena Katrakis, CEO of Carers NSW said the Mental Health Act needs to underpin better recognition and support of carers in their role supporting the recovery of people with a mental illness. "We are pleased that the report recommends further consultation on the rights of the primary carer." [Click here to read more](#).

[top](#)

LIFE Communications

The National Mental Health Commission (NMHC) is working with the sector to develop a national Communications Charter for suicide prevention and mental health. This exciting project aims to support our sector to convey consistent and clear messages about mental health, mental illness and suicide prevention, encourage knowledge sharing and work together to keep mental health and suicide prevention in the national conversation.

LIFE is pleased to announce that the upcoming edition of Expert Insights will feature Sam Mostyn from the NMHC. Sam has enjoyed a diverse career across business, politics, science, the arts and the not-for-profit sector and now holds the important role of Commissioner for the NMHC. Sam is available to answer your questions on the National Mental Health Commission Communications Charter Project. You may wish to know more about the objectives of the charter, how to provide input or get involved, or perhaps some best practice principles for communicating about mental health and suicide prevention. [Visit the Living Is For Everyone website here](#).

[top](#)

National Suicide Prevention Conference

The theme of the 2013 conference will be *Collective Impact: Partners in Prevention* and will be held at the Sofitel Melbourne on Collins on the 24 – 26 July. [Click here to read more and to register](#).

[top](#)

The National Aboriginal and Torres Strait Islander Suicide Prevention Strategy

In June 2010 the Senate Community Affairs References Committee recommended, in its report into suicide that “...*the Commonwealth government develop a separate suicide prevention strategy for Indigenous communities within the National Suicide Prevention Strategy...*” (SCARC, 2011).

In response the Australian Government agreed to develop Australia’s first national Aboriginal and Torres Strait Islander Suicide Prevention Strategy and established the Aboriginal and Torres Strait Islander Suicide Prevention Advisory Group to guide its development. The Strategy has been informed by extensive community consultation with 14 community meetings held across Australia attended by 446 people, a national expert workshop, and a website that received 48 contributions directly from the community. [Click here to read more and download the strategy.](#)

[top](#)

beyondblue – Get to know Anxiety

Get To Know Anxiety, an awareness campaign by mental health organisation beyondblue, hopes to help Australians recognise and treat the condition. Actor Garry McDonald is spearheading a \$2 million anxiety awareness campaign after spending years battling the disorder while hamming it up during his comedic career. [Click here to read more.](#) Click here to [read more about anxiety signs and symptoms and to watch a beyondblue case studies video.](#)

Mental Health Campaign targets men

Depression is a topic not often played for laughs, but a new campaign plans to use humour to convince blokes that real men look after their mental health.

The Man Therapy campaign, was launched by Federal Mental Health Minister Mark Butler and beyondblue chairman Jeff Kennett on Wednesday 5 June, is aimed at reducing the embarrassment and shame men feel about mental health problems. [Read more here](#) and click here [to access the Men Therapy website.](#) Click here [to read the beyondblue media release.](#)

[top](#)

Supporting Those Who Care: Partners in Depression – Evaluation Report

The Hunter Institute of Mental Health has 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 mental illness. 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. [Click here to read more](#)

[and download the report.](#)

Partners in Depression is an education and support group program for people who love, live with or care for someone experiencing depression. It provides people with the information and tools to better support the person in their life with depression, and themselves. [Click here to access the website.](#)

[top](#)

National Mental Health Consumer Organisation Establishment Project

The Consumer Reference Group (CRG) and Mental Health Council of Australia met in Canberra on 2 – 3 May 2013. Click here [to read the the CRG communique highlighting the themes and achievements of the latest meeting.](#)

[top](#)

Mental health gap widening finds research – WA & QLD

A 20 year study conducted by the University of Queensland (UQ) and University of Western Australia (UWA) has identified an alarming gap in life expectancy between those with a mental illness and the broader community. [Click here to read more](#) and [click here to access the report.](#)

[top](#)

Australian researchers find a new way to attack mental illness

The accidental discovery that anti-inflammatory drugs can help treat mental illness has opened up a new field of research which experts are calling a "paradigm shift". A mental health conference in Melbourne has heard that clinical trials of anti-inflammatory medicines, including aspirin, have significantly reduced the symptoms of depression, bipolar disorder and schizophrenia. Professor of Psychiatry at the University of Melbourne, Brian Dean, says the discovery has opened up a new way to target proteins in the brain that cause mental illness. [Click here to read more](#) and click here to read the results of a trial from the Netherlands [*Adjuvant Aspirin Therapy Reduces Symptoms of Schizophrenia Spectrum Disorders: Results from a Randomized , Double – Blind, Placebo – Controlled Trial.*](#)

[top](#)

Mental illnesses ripple effect on family and friends

Figures suggest roughly four million Australians will experience some form of mental illness in 2013. But this is just the tip of the iceberg, when you take into account the ripple effect mental illness can have on the partners, family and friends of those who are unwell. [Click here to read more.](#)

[top](#)

DisabilityCare Australia (formerly NDIS) New website

For more information please visit the [DisabilityCare website.](#)

[top](#)

In the media

- [Mentally ill may die 30 years too early](#)
- [Disease kills mentally ill people in Australia earlier than general population](#)
- [Mental Health gets final reform funding](#)
- [For mentally ill, Gap in Life Expectancy up since 1985](#)
- [13 child suicides in three years prompt call for action as bullying victims take their own lives](#)
- [End 'cruel' smoking ban, says health campaigner](#)
- [Who cares for those who care?](#)
- [Support program gives hope for young hidden carers](#)
- [Mental Health Council of Australia applauds Indigenous Suicide Prevention Strategy](#)
- [Out of the Box platform for Mental Health Initiatives](#)
- [Change maker – Jane Burns](#)
- [Film recognises depression in urban indigenous communities](#)
- [NRL launches State of Mind Program](#)

[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.

To subscribe or unsubscribe to the e-bulletin click [here](#)

www.carersvoice.com.au