



MENTAL HEALTH
**carers
voice**

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

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May 9

E-Bulletin

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Mental Health Carers Voice

Mental Health Carers Policy Officer Report

Second Exposure Draft Amendment Bill – Mental Health (Care and Treatment) Act 1994

Carers ACT held a community consultation on 29 April for carers on the Second Exposure Draft Amendment Bill - Mental Health (Care and Treatment) Act 1994. Carers ACT is now preparing a submission and requires carer feedback by 14 May. Please send comments and feedback to Doris Kordes email doris.kordes@carersact.org.au. Click here [to access copies of the exposure draft](#).

Click here [to read the article *Proposed changes to handling mental health emergencies*](#).

Impact of war on the psychological health of veterans and their families

A colleague from Carers NSW has shared some notes taken at Dr Brian Toole's seminar on war, PTSD and the psychological health of veterans and their families held at the University of NSW in April. Dr O'Toole runs Australia's most significant long-term studies on combat, post traumatic stress disorder (PTSD) and the psychiatric health of returned servicemen and their families.

Dr O'Toole presented findings from his study that commenced in the late 1980s, updates on his latest study into the effects of combat on the partners and children of returned servicemen. The

seminar highlighted how critical it is for wives/partners of vets, many of whom are mental health carers, to receive ongoing support particularly as their partner ages. The findings around wives and partners seeing a GP or allied health professional also seems to suggest that wives and partners who are mental health carers are neglecting their own health needs. [Click here to access the notes](#). Click here to [watch Dr Toole's presentation](#).

Click here to read [Carers Australia \(with contributions from Carers ACT and Carers VIC\) Submission to Dept Veteran Affairs Mental Health Strategy 2013](#).

Important event for carers: Invitation for mental health carers Navigating the mental health system and preparing for the NDIS (DisabilityCare)

9.15am – 4.30pm, Thursday 16 May

Conference Room 1, Rex Hotel Northbourne Avenue, Braddon

Are you caring for someone living with mental illness and would like to find out more information on how and where to access supports and services? Are you interested in learning more about what the National Disability Insurance Scheme (NDIS) may provide for the person you care for? Carers ACT and Mental Illness Fellowship Victoria are hosting a day-long event for carers. Come and meet other carers, find out information about accessing the mental health system, and how to prepare for the NDIS.

PROGRAM

9.15am – 12.30pm: Navigating the Mental Health System, a forum hosted by Mental Health Carers Voice Program, Carers ACT

Engage with people with lived experience, and find out the latest information on the diverse array of mental health services provided by 10 government and community agencies, including information on how to access services. This forum will be facilitated by Helen Swift, Team Systems.

12.30pm – 1.30pm A light lunch will be provided

1.30pm – 4.30pm: Preparing for the National Disability Insurance Scheme (NDIS), a workshop hosted by Well Ways Program, Mental Illness Fellowship Victoria

This workshop will be run by an experienced carer facilitator. It will cover important topics such as:

- What can be expected from the NDIS?
- Making the most of the NDIS
- Exercising choice and control
- Goal setting.

Morning and afternoon tea will be provided.

Contact Rosie Fisk on 6296 9900, email mhcarers@carersact.org.au; Kate Higgins on 03 8486 4284, email khiggins@mifellowship.org for more information about this event.

RSVPs are required by 10am Friday, 10 May 2013. [Click here for a flyer of this event](#).

Parking:

There are 50 parking spots at the Rex Hotel, first in first served! There is on street parking around the streets, some free, some longer stays than others. Girawheen Street East and West car parks (8 minutes walk) and 48 Mort Street Braddon (9 minute walk). Across from the Rex Corner of Northbourne Avenue and Ipima Street is an ANU student accommodation, it is permit parking, if you park there is at your own risk.

Action Bus links:

Civic to Braddon bus numbers 39, 31, and 58

Belconnen to Braddon bus numbers 31, 7 and 300

Gunghalin to Braddon bus numbers 59, 52, 58 and 56

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****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.

For more information about becoming a carer representative, phone Rosie Fisk on 6296 9900 or email mhcarers@carersact.org.au. More information is also available on the Mental Health Carers Voice website at www.carersvoice.com.au.

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Carers Corner**Schizophrenia – Our Son**

“I just want to give him a great big cuddle.He’s the most beautiful person I’ve ever known”. My husband of 41 years says this regularly about our 32 year old son. My husband had struggled with our son’s illness for years but these days, he’s so proud of him. He doesn’t need a son with a university degree, nor a son successful by other people’s standards such as having an impressive career, having lots of friends or a girlfriend or being a homeowner.

He delights in how our son manages his part-time work and studies, and takes responsibility for his health and finances, keeps his unit clean, and how they both share the love of the same sport. My husband just loves our beautiful son and everything about him.

It is possible that we as family and carers can find the generosity of our spirit to embrace mental

illness. My husband has a favourite street seller of “*The Big Issue*” in Civic. He nurtures that relationship but also talks with other street sellers who need to hear a few kind words from someone who cares. On those cold Canberra days, my husband would never leave them without buying a cappuccino, or a sausage roll to warm their belly.

Mental illness is a no blame illness – don’t blame the person with the illness and you don’t blame yourself if you happen to be their parent. Never give up on your son or daughter’s life even if the outlook is grim. You will grow and flourish just as my husband did.

Carers who wish to find out more information about schizophrenia its treatment and symptom management may be interested in attending the one day workshop **Understanding and Managing Schizophrenia**. [Click here to read the flyer](#).

Date: Tuesday 14 May

Time: 10.00am – 12.00pm

Location: Ainslie Village, 23 Quick Street, Campbell

RSVP: Email info@mhf.org.au or phone 6282 6658 or 0406 377 512.

Carer response to Schizophrenia – learning to live “*One day at a Time*”

I would like to thank the person who wrote **Schizophrenia – learning to live “*One day at a Time*”** and thank them for sharing it.

Her/his situation sounds very similar to mine and she/he has found a great way of living with it, and dealing with the fears. We are going through a bad time at the moment with our son and this story has helped pull me back to my own philosophy of living one day at a time, having gratitude and appreciating the beauty and wonder in small things.

The following statement in this story is very powerful: 'I feel very privileged to have been part of my son’s journey but his journey is his. I must not interfere with this unless he wants my help. I have a responsibility to be happy and to free my son of any guilt he might feel so that he too can be free to live his life.' As a parent especially a parent of someone with a chronic illness or disability, this is probably the hardest thing to do, to allow them to make their own journey with all its crises and heartbreak, hurt and loss, to stand back and not interfere unless they want and accept your help. The concept that I have a responsibility to be happy and that our son might feel guilty was something that had not occurred to me so this is has given me a different perspective and something to consider.

Correction

We would like to correct information in the E-Bulletin dated 23 April 2013, in the article ***A carers passion for equality and inclusion***, by Rose. Her son has autism not down syndrome. Her daughter suffers from drug related issues not drug addiction issues.

Mental health carers are invited to respond to or submit articles for Carers Corner. Please

contact Rosie Fisk on 6296 9900, or email mhcarers@carersact.org.au

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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

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Alzheimer's & Dementia Workshop

Karen from Alzheimer's Australia (ACT) will present an interactive session focusing on changed behaviour and meaningful activities. It will include practical ideas and strategies to assist in these areas of dementia care.

Date: Tuesday 4 June

Time: 9.30am – 1.30pm (a light lunch will be provided)

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

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

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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.

Mental Health Carer – 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

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Mental Health Carer – 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 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 supports 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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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 disability ebulletin](#) and to subscribe.

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Carers Victoria – Current research and best practice

Keep up to date with the latest evidence based research, current trends and best practice models. Click [here to access KnowledgeNet](#).

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ACT News

DisabilityCare and You – Community Conversation

The launch of the DisabilityCare in the ACT in July 2014 is set to bring changes in the way that people with a disability access support and will bring more opportunities for people with a disability to make choices and have control over their lives. The ACT NDIS Expert Panel is co-hosting a workshop to look at the issues raised for people with a disability by the introduction of the DisabilityCare. [Click here to read the flyer](#).

Date: Tuesday 14 May

Time: 2.00pm – 4.30pm

Location: Aegean Room, Hellenic Club, Woden

RSVP: To ndis@act.gov.au or phone 6205 2122

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IEEE ACT seminar – What the Face and Voice Reveal: Developing a Diagnostic Aid for Major Depression

Depression and other mood disorders are common and disabling disorders. Their impact on individuals and families is profound. The WHO Global Burden of Disease reports quantify depression as the leading cause of disability world-wide. Despite the high prevalence, current clinical practice depends almost exclusively on self-report and clinical opinion, risking a range of subjective biases. This talk will present an overview of a project to develop affective sensing technology that supports clinicians in the diagnosis and monitoring of treatment progress. This technology is based on a multimodal analysis of facial expressions and movements, body posture, head movements as well as vocal expressions. [Click here to read the flyer](#).

Speaker: Associate Professor Roland Goecke University of Canberra / Australian National University, Canberra

Date: Tuesday 14 May

Time: 5:30 pm

Location: NICTA Seminar Room, Ground Floor, 7 London Circuit, City West, Canberra

RSVP: Email to ieeeact@gmail.com

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Mental Health Foundation

The Mental Health Foundation (MHF) has recently experienced some minor telecommunications concerns with some of its programs, namely; PHaMs, Marks Place and The Rainbow. These have now been resolved, and you will need to amend your contact details for these programs as follows.

Personal Helpers and Mentors Program (PHaMs)

Phone: 6242 7195

Fax: 6242 5347

Souths Carers Respite (Marks Place)

Phone: 6296 2291

Fax: 6296 3136

Rainbow numbers unchanged

Phone: 6242 6575

Fax: 6242 7027

If you have any queries, please call MHF 6282 6658.

Rainbow Calendar for May

Mental Health Foundation have released the Rainbow Room calendar of events for May 2013.

[Click here to download the calendar.](#)

Understanding and Managing Schizophrenia – One day workshop with Mental Health Foundation and the Schizophrenia Fellowship

Would you like to know more about schizophrenia its treatment and symptom management? If the answer is yes, come along to this one day presentation to learn about research based material and firsthand experience. [Click here to read the flyer.](#)

Date: Tuesday 14 May

Time: 10.00am – 12.00pm

Location: Ainslie Village, 23 Quick Street, Campbell

RSVP: Email info@mhf.org.au or phone 6282 6658 or 0406 377 512

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Supporting someone with Depression – a short course for family carers

These sessions are designed to provide information about depression and available supports as well as an opportunity to better understand and deal with the issues and challenges that arise when someone you love is depressed. It is also a chance to meet other people in similar situations and explore ways to keep going. Facilitator Jenny Thompson has worked in the Canberra community for over 25 years as a psychologist, counsellor and trainer.

Dates: 3 sessions (Thursdays) – 23, 30 May, 6 June
Time: 2.00pm – 5.00pm
Location: CIT Woden, 160 Ainsworth Street, Phillip
Cost: Free

To register phone 6207 3628 or email CarerSkills@cit.edu.au

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Invitation to Michael Kendrick PhD – Professional Development Workshop Canberra: “Developing and Strengthening Natural Supports”

Michael Kendrick, PhD, an international consultant in human services and community work and guest speaker for this year’s Woodcock Lecture, will participate in a regional professional development workshop. The “*Developing and Strengthening Natural Supports*” workshop will focus on:

- Empowering people with mental illness to connect to their families and communities
- Practical strategies that help people develop natural supports
- Addressing isolation, disconnection, loneliness, and lack of intimate relationships
- Reducing barriers to access in the community
- Creating a sense of expansiveness and possibility

Date: Wednesday 22 May

Time: 10.00am – 2.00pm

Location: University House, Common Room, Australian National University, Balmain Crescent, Acton.

RSVP: Gavin Bussenschutt on 6246 7102 or email gavinb@mifellowship.org by Wednesday 15 May.

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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.

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Models of Dementia Care; Can we do it better?

International Guest Speaker – Professor Julian Hughes is a consultant in old age psychiatry based in the UK. He is Honorary Professor of Philosophy of Ageing at the Institute for Ageing and Health, Newcastle University, UK. He will discuss the following: What constitutes palliative care in people with dementia? How should pain and distress be managed in people with dementia?

When should discussions take place about end of life with people with dementia? How are ethical issues at the end of life to be dealt with in dementia?

Date: Friday, 28 June

Time: 2.00pm – 4.00pm Tea/coffee provided

Location: Canberra Southern Cross Club, Corinna Street, Woden

RSVP: By 21 June. Bookings essential, email act.admin@alzheimers.org.au or Phone 6255 0722

Cost: Free, donations welcome

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Justice of the Peace community service at ACT Libraries

A justice of the peace is now available at:

Belconnen Library every Thursday from 11.00am – 1.00pm

Erindale Library every Saturday from 11.00am – 1.00pm

Dickson Library every Friday from 11.00am – 1.00pm

They are available to assist with:

- administering of oaths or affidavits, witnessing statutory declarations and taking affirmations
- witnessing of signatures
- attesting and certifying of documents.

No appointment is necessary. This is a free service for ACT residents. [Click here for more information.](#)

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Energy Efficiency & Warming the Winter

Get the practical skills and knowledge you need to make big reductions on your energy bills and make your home more comfortable regardless of the weather. Lish Fejer will help you pinpoint what needs doing and show you how to do it in these hands-on workshop designed to reduce your energy bills, carbon emissions and nights spent huddled against the heater for warmth.

Dates and Times:

- Thursday 9 May 6.00pm – 7.30pm : Easy ways to cut your energy bill
- Thursday 16 May 6.00pm – 7.30pm: Warming the winter in a rental house
- Thursday 23 May 6.00pm – 7.00pm: Draught-proofing your home
- Tuesday 4 June 6.00pm – 7.00pm: Home retro-fitting

Cost: \$15 each or \$40 for three workshops

RSVP: Places are limited at these workshops and filling up fast, email workshops@ecoaction.com.au or phone 6248 0885.

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Chronic Condition Seminar Series: Move it or Lose it

These seminars are aimed at anyone who has a chronic condition; however if you are a carer or other interested party, you are more than welcome to attend. [Click here to download the flyer.](#)

Date: 16 May

Time: 7.00pm – 8.30pm

Location: At SHOUT, Building 1, Pearce Community Centre, Collett Place, Pearce

RSVP: The Shout office on 6290 1984

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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.](#)

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CatholicCare Suicide Prevention Program

CatholicCare ATAPS Suicide Prevention Program provides intensive short term support over one to two months for people experiencing suicidal ideation. The service offers a number of face to face sessions and some care co-ordination to assist the individual to build protective factors and decrease acute risk factors. Click [here for more information and to find out who is eligible.](#)

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MHJDAS Smoke free environment newsletter 31

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

Two leading ACT community service providers merge

At the General Meetings of Members held on Wednesday 24 April, the resolution to amalgamate Tandem Respite Inc and Home Help Service ACT Ltd was unanimously passed, leading to the creation of one of the largest and most responsive providers of community and in-home services in Canberra on 1 July 2013, ahead of the first stage of the rollout for the National Disability Insurance Scheme (NDIS). [Click here to read more.](#)

National & International News and Research

The Commission invites you to continue to help us build the National

Contributing Life Method

The National Mental Health Commission released an Update of the National Contributing Life Method Project along with Questions for Consultation. [You can view the release here.](#)

The Commission invites you to continue to help us build the National Contributing Life Method by responding to the questions at the end of this paper. You can respond in a number of ways:

- Online by completing the project survey <https://www.surveymonkey.com/s/F8CSJVX>
- By using the Word file provided on the Commission's and emailing it to Leanne.craze@bigpond.com
- By mailing your response to National Contributing Life Project team's office, Attention, Leanne Craze, 10 Gunyah Place Glen Alpine NSW 2560
- By speaking with Leanne or Ross by phone 02 4625 7777

We are particularly interested in hearing about the details of similar or relevant surveys or qualitative research that you think we should look at during this time.

Your response or thoughts are required by 31 May 2013.

After this consultation period closes, the team and the Project Advisory Group will proceed to develop a National Contributing Life Method to submit to an Ethics Committee for approval. Once approval is obtained, we will be back in touch to let you know about the details of the pilot and about how you can be involved in the pilot once it commences.

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Community Quality Use of Medicines and Medical Tests Project – Consultation Reports on Quality Use of Medicines from the Perspective of Carers

The Consumer Health Forum of Australia is the national peak body representing the interests of Australian health care consumers. CHF began working in collaboration with NPS Medicine Wise (NPS) in 2000 to provide a consumer perspective on issues relating to the quality use of medicines (QUM). A key element of the current collaboration between CHF and the NPS involves exploring the QUM issues faced by carers. Click here to [download Consultation Reports on Quality Use of Medicines from the Perspective of Carers.](#)

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Mental Health in Multicultural Australia

The MHiMA project is funded by the Australian Government, Department of Health & Ageing to provide a national focus for advice and support to providers and governments on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. Click here [to access their website for latest news and e-bulletins.](#)

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Young People “Falling Through the Service Gaps” – Report

A growing number of Victorian young people are at risk of falling through gaps in services as support agencies and schools struggle to deal with the rise in vulnerable young people, according to a major new report. The report from the Victorian Council of Social Service (VCOSS) and the Youth Affairs Council of Victoria (YACVic) warns that critical service gaps are placing young people at significant risk of facing mental health issues, family violence, disengagement from education, abuse and neglect, drug and alcohol issues, homelessness, and involvement in the youth justice system.

“*The Building the Scaffolding* report surveyed 213 community, school and government service providers and considers how supports can be strengthened to promote better outcomes for all young Victorians. It is the most comprehensive survey of the sector in recent years,” the report said. [Read more here](#). Click [here to access the report](#).

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Streets Safer Than Living at Home – Wesley Report

Living on the streets can leave children and young people with lifelong mental and physical scars but for a growing number it is a far safer option than staying at home, according to a new Wesley Mission study.

The Not for Profit says its report called *Homelessness and the next generation* clearly shows that many homeless people do not believe their homes are safe and that the experience of homelessness can leave an enduring negative impact on their lives. “What is disturbing but not surprising is that home is often considered less safe than the alternatives – even sleeping rough,” the CEO of Wesley Mission the Rev Dr Keith Garner said. [Read more here](#) and click [here to download the report](#).

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Unaffordable housing worsens – Anglicare Australia Report

A new report from Anglicare Australia has shown that less than 1% of available rental properties around the country are affordable for anyone on a Newstart allowance, parenting payment, aged pension or a disability support pension. [Read more here](#) and click [here to download the report](#).

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MindSpot – Australia’s first free national online mental health clinic launched

Parliamentary Secretary for Mental Health Melissa Parke officially launched MindSpot, Australia’s first free online and telephone mental health clinic.

The project has been developed by a team of national and international experts led by researchers from Macquarie University and Access Macquarie Limited – the University’s commercial company, and is in partnership with the Australian Government.

The MindSpot Clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression. We provide mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well. The online clinic delivers research-based treatment and operates seven days a week. [Read more here](#) and access the website: www.mindspot.org.au.

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More money for mental health doesn't equal better services

beyondblue Chairman The Hon. Jeff Kennett has welcomed a new report showing fragmentation and poor coordination hamper Australia's mental health system, with poor design making it impossible to know if the \$28 billion spent on supporting people with a mental illness each year is effective.

Mr Kennett launched [The Case for Mental Health Reform in Australia: A Review of Expenditure and System Design](#) alongside Federal Mental Health Minister Mark Butler and executives from Medibank, which commissioned the report.

Mr Kennett said the revelation that the direct cost of supporting Australians with mental illness is \$28 billion (excluding indirect costs such as lost productivity), four times the previous estimate, reflects governments' growing commitment to mental health, but is contrasted by findings that the system is failing. [Click here to read more](#).

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Landmark Community Survey

This year marks 30 years since Professor David Richmond completed his report on the need for deinstitutionalisation of care for those with psychiatric illnesses and intellectual disability. It is also marks twenty years since the Human Rights Commission report, headed by Brain Burdekin, drew national attention to the state of community mental health care and the beginnings on national mental health policy. To mark these important anniversaries, ConNetica Consulting is partnering with over twenty service providers, peak bodies and research institutions to prepare a report focussing on the journey of mental health reform, what are the results or where we are now, and what are the future priorities for reform. The report will be released prior to the September Federal Election and will aim to make mental health reform a priority in the political debate.

The 'Landmark Project' includes a number of mechanisms to gather the views of the sector. One of these mechanisms is the conduct of community surveys of providers, consumers, carers and interested stakeholders. The surveys have been developed by the Brain and Mind Research Institute at the University of Sydney.

If you would like to participate in these surveys, please click on the links below. Please pass the

links to any other organisations.

<http://surveys.med.usyd.edu.au/limesurvey/index.php?sid=14293>

<http://surveys.med.usyd.edu.au/limesurvey/index.php?sid=81989>

In the media

- [Defence white paper focuses on mental health](#)
- [Anger over Gillard's response to mental health](#)
- [Defence community welcomes mental health boost](#)
- [The mind game: Playing with an invisible pain](#)
- [Productive ageing for older Australians](#)
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If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

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

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