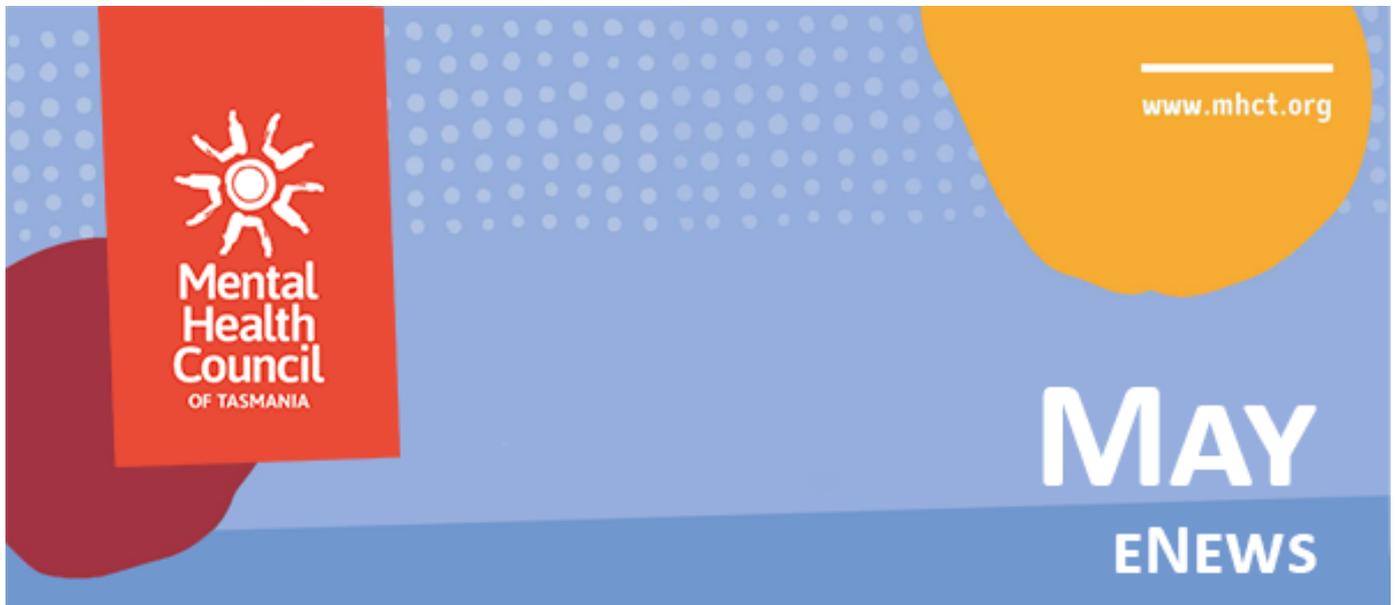


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As part of an MHCT member organisation, you have received the exclusive "members only" version of the MHCT monthly eNews. If someone within your organisation isn't receiving this newsletter but would like to, please let us know by emailing nsullivan@mhct.org.

If you're interested in receiving the campaign newsletter (as well as this monthly members only eNews) please [sign up here](#).

Inside this issue:

[Message from the CEO](#)

[Events, Opportunities and Important Dates](#)

[MHCT in the Media](#)



Dear MHCT Members,

Last week we updated you on the first of our fortnightly [COVID-9 Mental Health Sector Network meetings](#). In addition to the regular Sector Network meetings, we have also set up another working group:

related to COVID-19 and require support. The Psychosocial Supports Working Group will meet fortnightly, with the first meeting taking place this week.

As with the Sector Network meetings, the issues raised and data captured at the Psychosocial Supports Working Group meetings will be reported back to Government to ensure they're best placed to provide targeted and timely support in response to ongoing and emerging issues, as we look toward easing restrictions and longer term community recovery. We will also be continuing to provide regular updates to you our members.

Thank you to all organisations that submitted an application to the Community Managed Mental Health and Alcohol and Drug Sector COVID-19 Technology Fund Grant. These applications closed on 22 April. To play a role in distributing \$450,000 in grants, which will assist organisations to purchase the technology they need to continue delivering vital supports, has been a highlight for MHCT and a welcome focus in the current environment.

Like many of you, we've put our annual 2020 Workplan on hold, and are currently working to a three month COVID-19 Workplan – noting that this plan is likely to change as we continue to adapt the way we work, live and socialise in response to evolving restrictions and advice from government. While we maintain our focus on the ongoing and future impacts of COVID-19, it feels important to give a shout out to all of you; our members, service providers and your staff, for your commitment to providing fundamental services and supports across Tasmania.

Regards,
Connie Digolis
MHCT CEO

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COVID-19 INFO, UPDATES AND RESOURCES

Official updates and information:

- [Australian Government](#)
- [Tasmanian Government](#)
- [World Health Organisation \(WHO\)](#)

COVIDSafe mobile app:

- [Apple App Store](#)
- [Google Play Store](#)

Coronavirus Australia mobile app:

- [Apple App Store](#)
- [Google Play Store](#)

Important contacts:

- [National Coronavirus Health Information Line](#) **1800 020 080**
- [Tasmanian Public Health Hotline](#) **1800 671 738**

Looking after your mental health:

- A Tasmanian Lifeline **1800 98 44 34**: *information, advice and support for all Tasmanians during the coronavirus pandemic*
- [MHCT](#)
- [Beyond Blue](#)
- [Australian Psychological Society](#)
- [Lifeline Tasmania](#)

EVENTS, OPPORTUNITIES & IMPORTANT DATES

Reimagine Stage 2 Zoom Launch

Friday 29 May, 9:30-10:30am

Reimagine Stage 2 is a peer-led project which centres around our resource [reimagine.today](#). This free online resource supports people living with mental health conditions to access the NDIS.

The launch will showcase the great work of our Peer Leaders and co-design groups, including:

- A new look website, updated in line with community needs
- NEW resources co-designed with people from diverse communities

- Skill building resources for people living with mental health conditions
- A Self-care Hub and more...

[Register](#)

2020 National Carer Survey

Carers Tasmania has partnered with Carers NSW to develop a national survey of carers. This survey is an opportunity for carers across Australia to have their voices heard. The results will be used to advocate for increased recognition and support for carers.

The survey will take approximately 20 minutes to complete, depending on your responses. Questions that require a response will be marked with an asterisk*

Please click the below link to take part in the survey - every individual carers input matters.

[Take the survey here](#)

At the end of the survey, you will have the option to join the draw for your chance to win an iPad 32GB WiFi!

You will also be invited to take part in our follow-up survey in 2022. Your participation in the follow-up survey will provide insight in to how your caring role changes over time.

Mental Health Foundation Australia - Education Webinars

[Managing Anxiety during COVID-19](#)

7 May, 1:00-2:00pm

Presented by Dr Chris Mogan, Clinical Psychologist, The Anxiety Clinic

[COVID-19 and Superannuation](#)

12 May, 1:00-2:00pm

Presented by Hayriye Uluca, Senior Associate and State Litigation Leader for Victoria practising in superannuation and insurance litigation at Maurice Blackburn.

Black Dog Institute - Community and School Webinars

Black Dog Institute are offering their community and school presentations as webinars in an effort to reach those who have trouble attending or accessing face-to-face sessions.

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Past Issues

[Find a full list of BDI webinars here](#)

CREATIVE RECOVERY
CONSUMERS'
ART COMPETITION

THEME: MENTAL HEALTH AND WELLBEING

ENTRY FEES: \$15.00 PRIZE: \$500

Create your artwork (max 2) using your creativity and submit in any form be it either paintings, drawings, mosaics, photos, computerised images or other art mediums. The winning artwork will be reproduced in our poster to promote National Mental Health Foundation Australia. Open to all members of the community involved in raising awareness about mental health and wellbeing.

*Terms and Conditions Apply**

Submit your artwork before 28th August 2020

More information about the competition on website:
<https://www.mhfa.org.au/CMS/art-competition-2020>



 Mental Health Foundation Australia
Suite J, 450 Chapel Street
South Yarra, Victoria, 3141

 admin@mhfa.org.au
www.mhfa.org.au

 1300 643 287
(1300 MHF AUS)

AUSTRALIAN YOUNG WRITERS'
CREATIVE
WRITING
COMPETITION

THEME: MENTAL HEALTH MATTERS

You can write a play, a poem or story..the style is up to you. However, your creative piece should be about what you feel, think of, or have experienced about mental health issues. If you want to write about a mental health problem or mental illness, that's OK but we encourage you to take the opportunity provided to promote better mental wellbeing.

WINNING PRIZES & AWARDS:

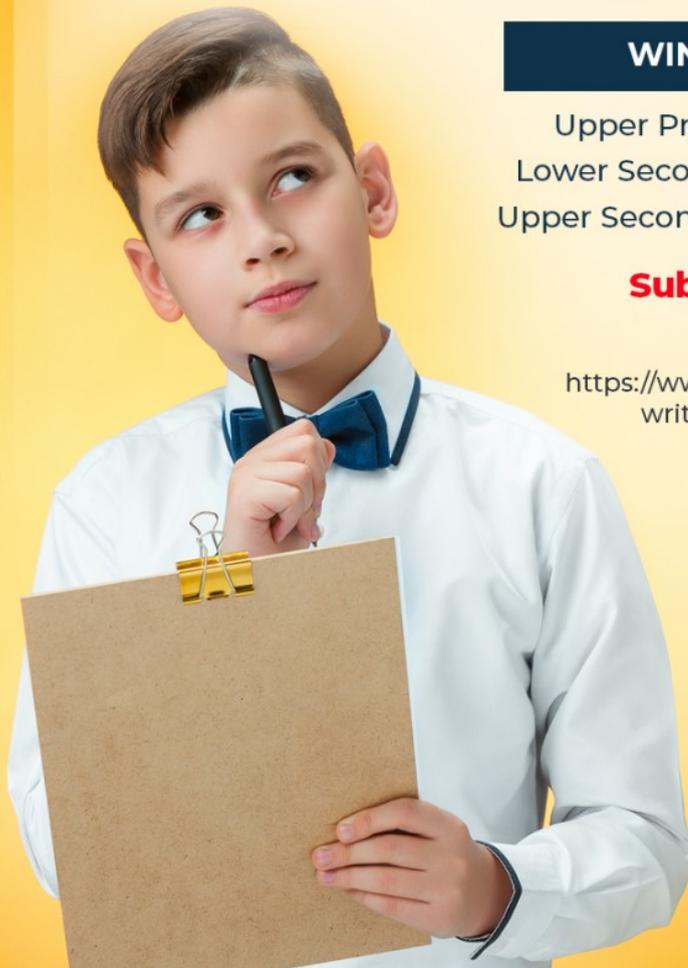
Upper Primary (Years 5 – 6) – Prize \$100.00

Lower Secondary (Years 7, 8 & 9) – Prize \$150.00

Upper Secondary (Years 10, 11 & 12) – Prize \$200.00

Submit your creative piece
by 31st July 2020

<https://www.mhfa.org.au/CMS/australian-young-writers-creative-writing-competition>



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RECENT NEWS

Below you'll find coverage of some important issues that we're keeping track of across the local and national mental health sector.

MHCT CEO, Connie Digolis, spoke with The Examiner about some of the challenges facing Community Managed Mental Health organisations across the state, as they adapt their services in response to adapting restrictions and plan for the future.

[Read more in The Examiner](#)

Launched last week, Lifeline's new service, *1800 98 44 34 — A Tasmanian lifeline*, provides information, advice and counselling support to people experiencing psychological stress caused by COVID-19 and the responses to it.

[Read more](#)

Federal Minister for the National Disability Insurance Scheme (NDIS), Stuart Robert, has announced further initiatives to help support NDIS participants through the COVID-19 impact period, including allowing participants to flexibly use plan funding to purchase low-cost Assistive Technology.

[Read media release from the Minister](#)

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E NEWS CONTRIBUTIONS

Do you have an upcoming event, project or activity you would like MHCT to promote and share in our eNews or with our social media community?

The deadline for contributions to our June 2020 edition of the MHCT news is **Wednesday 27 May**. Please send your contributions to Nick Sullivan, Media and Communications Support Officer nsullivan@mhct.org



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