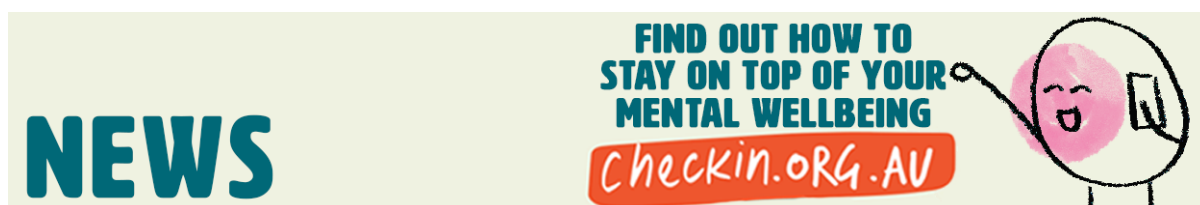


[View this email in your browser](#)



[A new, shared approach to Tasmania's mental health plan](#)

The Tasmanian Government last week released Rethink 2020. The key priority areas outlined in Rethink 2020 include: suicide prevention; improving coordination of services for people with severe and complex mental illness; improving the physical health of people with mental illness; and providing mental health services across a 'continuum of care'.

[Minister Rockliff's media release](#)

[More about Rethink 2020](#)

[New Devonport headspace service to meet demand for young people](#)

The opening of the new headspace office in Devonport will increase the ability for young people to access mental health support on the North-West.

The new facility has been funded through the federal government's commitment to new and improved headspace services across Australia announced in the 2019-20 Budget.

[Read full article in The Advocate](#)

[Productivity Commission report into effect of mental illness reveals \\$220 billion annual cost to economy](#)

The most comprehensive attempt to quantify the financial cost of mental illness and suicide in Australia has come back with an astounding tally — \$220 billion a year.

The figure has been crunched by the Government's key economic advisory body, the Productivity Commission, which has been examining the effect of mental health on economic participation and productivity.

[Read more via ABC](#)

APPS

FIND OUT HOW TO
STAY ON TOP OF YOUR
MENTAL WELLBEING

checkin.org.au



Apps to help you monitor and maintain your mental health and wellbeing.

WorryTime by ReachOut

WorryTime helps interrupt repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.

[iOS](#)

[Android](#)

HeadGear

A 30-day mental fitness challenge designed to build resilience and wellbeing. This is a great app that is designed for young people aged over 18 and is free! It can help you build resilience and improve your mental wellbeing.

[iOS](#)

[Android](#)

For more apps, websites, podcasts and other resources to help you stay on top of your mental wellbeing, visit checkin.org.au

GET INVOLVED

FIND OUT HOW TO
STAY ON TOP OF YOUR
MENTAL WELLBEING

checkin.org.au



COMMUNITY WELLBEING GRANTS PROGRAM

“Check in with your community”

The Mental Health Council of Tasmania has launched a Grants program with funding available to Tasmanian organisations to support social connection and increase awareness of wellbeing strategies within local communities.

Communities play an important role providing positive social activities that help build resilience at a local level and support people to feel connected and stay well.

If you are a community-based not-for-profit organisation and have an idea for an event or activity that will help reduce social isolation and loneliness in your region, support people to reconnect with social services, educate community on wellbeing strategies, build skills to enable individuals to support their friends and families or promote a sense of belonging and connection, you may

be eligible to apply for Grant funding.

The Community Wellbeing Grants Program is open now and offers Grants of up to \$10,000 for activities or events that will occur between February and June 2021.

For more information including eligibility criteria, and to apply for a Grant, visit: mhct.org/community.

Enquiries can be directed to grants@mhct.org or by calling 0431 792 073.



We're all getting through a tricky time together. Some days we feel great. Other days, not so much.

Checkin is here to help Tasmanians boost their mental wellbeing.

Discover great websites, podcasts, chat support and services that suit you.

If you're a business owner, we've got you covered too. Learn how to create a mentally healthy workplace for you and your team or, your workmates.

Find out how, at checkin.org.au



If you'd like some [#checkin](#) posters and postcards to display in your workplace, school, sports club, community centre etc please email checkin@mhct.org

THE MENTAL HEALTH COUNCIL
OF TASMANIA WOULD LIKE TO

#checkin WITH YOUR COMMUNITY

Join us in 2021 for a discussion about
mental wellbeing in your community
and contribute to the Tasmanian
Child and Youth Wellbeing Strategy

WHERE?

St Helens, Wed 27 Jan, 6-7.30pm
Launceston, Thurs 28 Jan, 6-7.30pm
Flinders Island, Fri 29 Jan, 6-7.30pm

Queenstown, Mon 1 Feb, 6-7.30pm
Smithton, Wed 3 Feb, 6-7.30pm
Devonport, Thurs 4 Feb, 6.30-8pm

New Norfolk, Thurs 11 Feb, 6-7.30pm
King Island, Fri 12 Feb, 6.30-8pm

To find out more and register your interest
visit: mhct.org/checkincommunity
Enquiries: ethmas@mhct.org



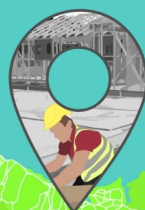
Mental
Health
Council
OF TASMANIA

WE WANT TO KNOW WHAT YOU THINK SHOULD BE IN THE FIRST EVER

TASMANIAN CHILD AND YOUTH WELLBEING STRATEGY

TELL US WHAT YOUNG
TASMANIANS 12-25 YEARS NEED
TO LIVE THEIR BEST LIFE.

COMING TO A TOWN
NEAR YOU IN
JAN & FEB 2021!



IT'S YOUR
FUTURE.

WE'RE
LISTENING.

CONTACT EZRA AT:
YOUTH@MHCT.ORG
OR 0431 792 073

SCAN
ME!



YNOT.ORG.AU



Mindfulness
PROGRAMS AUSTRALASIA

Mindfulness Courses are again being offered for FREE by Mindfulness Programs Australasia (MPA) who are supported by funding from Primary Health Tasmania. APPLICATIONS ARE NOW OPEN for [LAUNCESTON](#) and [DEVONPORT](#) 8 week courses starting 04 February 2021.

Applications are essential as some eligibility requirements apply. These courses are suitable for adult Tasmanians who might be experiencing or at risk of mild to moderate stress, anxiety or depression. Self-referrals welcome. Mindfulness resources, course details and application forms all available online at www.mindfulnessaus.com.au and any further queries via email to: admin@mindfulnessaus.com.au

2021 GROUP PROGRAM SCHEDULE JANUARY - JULY

TASMANIA

DOING ANGER DIFFERENTLY

HOBART
Tues, 9 Feb-16 Mar | 9:30am-12:00pm
Six Week Program

DEVONPORT
18 May & 1 June | 9:30am – 4:30pm
Two Day Program

OPERATION LIFE: safeTALK
LAUNCESTON
9 February | 9:30am – 1:30pm
Half Day Workshop

HOBART
2 March | 9:30am – 1:30pm
Half Day Workshop

DEVONPORT
18 June | 9:30am – 1:30pm
Half Day Workshop

RECOVERY FROM TRAUMA
LAUNCESTON
16 & 23 February | 9:30am – 4:30pm
Two Day Program

UNDERSTANDING ANXIETY
DEVONPORT
Mon, 1 Mar-5 Apr | 9:30am – 12:00pm
Six Week Program

HOBART
11 & 18 March | 9:30am – 4:30pm
Two Day Program

MENTAL HEALTH FIRST AID

BURNIE
24 – 25 February | 9:00am – 5:00pm
Two Day Workshop

LAUNCESTON
28 – 29 April | 9:00am – 5:00pm
Two Day Workshop

HOBART
25 – 26 May | 9:00am – 5:00pm
Two Day Workshop

SLEEPING BETTER
DEVONPORT
2 – 3 March | 9:30am – 4:00pm
Two Day Program

LAUNCESTON
30 – 31 March | 9:30am – 4:00pm
Two Day Program

HOBART
7, 14 & 21 June | 9:30am – 1:30pm
Three Half Day Program

OPERATION LIFE: ASIST
HOBART
22 – 23 March | 9:00am – 5:00pm
Two Day Workshop

LAUNCESTON
26 – 27 July | 9:00am – 5:00pm
Two Day Workshop

MANAGING PAIN

HOBART
8 – 9 April | 9:30am – 4:30pm
Two Day Program

BUILDING BETTER
RELATIONSHIPS
LAUNCESTON
10 – 11 May | 9:30am – 4:00pm
Two Day Program

PARENTING
HOBART
13, 20 & 27 May | 9:30am – 1:30pm
Three Half Day Program

STEPPING OUT
HOBART
19 – 20 July | 9:30am – 4:00pm
Two Day Workshop

**Calendar is current as of 24 November 2020*

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit:
<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

OPEN
Veterans & Families
Counselling
ARMS

1800 011 046
OpenArms.gov.au

A service founded by Vietnam Veterans, now for all veterans and families

The Butterfly Foundation Support Groups

Carers Support Group

Carers' support groups are held monthly and are open to anyone who cares for a person with an eating disorder. The group provides an opportunity to discuss the challenges of helping your loved one to recover and offers support and encouragement. This is a safe space where you can talk about your feelings and find connection with others. You can join the group at any time.

Butterfly's support groups are guided by professionally trained counsellors to ensure your safety and well-being.

WHEN - Third Tuesday of each month

TIME - 6pm – 7.30pm

WHERE - Online via ZOOM

FEE - Free

[Find out more](#)

Recovery Support Group

Recovery Support Groups for those experiencing an eating disorder are held once a month and provide opportunities for gaining information, insight, encouragement and support in a safe, confidential and non-judgemental environment.

WHEN - First Monday of each month

TIME - 6pm – 7.30pm

WHERE - Online via ZOOM

FEE - Free

[Find out more](#)

To register for either of these groups or for more information please email the Eating Disorders Coordinator: georgina.taskunas@butterfly.org.au



Would you like
to know about
**services and
support** that are
available to you
all in the 1 place?

> Aged Care

> Disability

> Mental Health

> Alcohol/Drugs

> Child/Youth Services

> Family Supports

> Community Supports

> Social Engagement

Come in and see us at the Burnie Hub.

10 Wilson St, Burnie | Open Mon–Fri: 9am–5pm | 0488 035 296

The well-trained volunteers at BurnieHub provide free, friendly, supportive assistance to access health services and community supports. A wide range of resource material is displayed and other relevant material can be downloaded. Assistance with making appointments and form filling also provided as required and appropriate.

FIND OUT HOW TO
STAY ON TOP OF
your **MENTAL
WELLBEING** at...

checkin.ORG.AU

FOR
✓ **BUSINESS** ✓ **INDIVIDUALS**

1800 98 44 34
A Tasmanian lifeline

COVID-19
Struggling? Talk to us.
8am – 8pm, 7 days.

Lifeline
Tasmania

SUPPORTED BY
 Tasmanian
Government



Please note that the MHCT office will be **closing at 12pm on Thursday 24 December**

Our office will reopen at 9am on Monday 4 January.

We would like to wish you all a happy and safe festive season, and hope everyone has the opportunity to take a well earned break after a very busy 2020.

MHCT has a diverse membership of community organisations and individuals and is always open to new members who want to engage further with the mental health sector in Tasmania.

As an MHCT member you get the opportunity to have your say on issues related to mental health in Tasmania, through groups such as the Tasmanian Mental Health Leaders Forum, the Tasmanian Mental Health Network and Regional Mental Health Groups. You will also receive a comprehensive monthly 'members only' newsletter, with updates on sector development, MHCT projects, as well as details on upcoming events and education opportunities related to mental health.

You can find more information about specific MHCT member benefits, as well as information on membership categories and how to become a member, [on our website](#). You can also contact us by calling 6224 9222.



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