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> **LOOKING FOR MENTAL
HEALTH INFO & SUPPORT?**

IT'S TIME TO
#checkin

> **Click here to
find out more**

1800 98 44 34
A Tasmanian lifeline

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

Lifeline
Tasmania

SUPPORTED BY
**Tasmanian
Government**



[\\$4m for youth mental health services in Tasmania after report 'lays bare many gaps'](#)

Following a review into the state's Child and Adolescent Mental Health Services (CAMHS), the Tasmanian Government has committed \$4 million over the next two years to begin implementing the recommendations in the report.

[Struggling small business sector to get mental health support](#)

Minister for Small Business Sarah Courtney has announced funding for a mental health and support program for small businesses across the state called 'Minding Your Business'. Run by Lifeline Tasmania, the program will support up to 1000 placements.

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

The Australian Government this week released the Productivity Commission Inquiry Report into Mental Health. The priority reforms recommended in the report focus on building a person centred mental health system, and highlight the importance of prevention and early intervention.



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

Mood Mission

An evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping

[Apple App Store](#)

[Google Play Store](#)

MyLife Meditation

Slay your stress, get more sleep or find your calm with short mindfulness activities tuned to your emotions.

[Apple App Store](#)

[Google Play Store](#)





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.

LISTEN AND LEARN SERIES



Want to learn more about creating compelling stories?

Do you want to know more about [The Island Project](#) and how you can apply systems thinking to your work?

Join us online for these free sessions. Learn from experienced speakers and others as you share ideas on these topics.

Wednesday 25 November- Telling Your Story:

Get some tips for telling your story from our speakers:

- Yvette Hufschmidt: [Healthy Tasmania](#) Project Officer, [Public Health Services](#) will discuss the importance of storytelling, and ways you can gather and present your stories.
- Diane Rawlings: Education Leader, [King Island Childcare and Early Learning Centre](#) will talk about capturing the story of their Growing Healthy Children on King Island project.
- Rebecca Essex: Health Promotion Coordinator, [Tasmanian Health Service](#) will consider the role of storytelling in programs and share the 'Inspiring Stories' approach.

Wednesday 9 December -Seeing the Big Picture:

Hear from these experienced speakers and consider how you can apply systems thinking strategies in your work:

- [Professor James Vickers](#): Head of Tasmanian School of Medicine and Director of [Wicking Dementia Research and Education Centre](#) will share the work of [The Island Project](#) and how it is working across multiple systems to reduce dementia.
- Michelle Morgan: Healthy Communities Officer, [Public Health Services](#), will discuss practical ways to use [systems-thinking in your everyday work](#), to help you make sense of and act on complex situations.

Register for these and future sessions at [Healthy Tasmania](#) or catch up on [sessions you missed](#).

Conversations with Mental Health Services: Nov 24th

mental health families & friends TASMANIA is pleased to present its first Conversations with Mental Health Services forum (previously Conversations with Carers) since the outbreak of COVID-19.

These forums are open to anyone who supports someone with mental ill health, and are an opportunity to voice concerns, ask questions, and receive direct updates on the current state of Mental Health Services in Tasmania.

Where: 2 Terry St (ground floor) Glenorchy

When: 10am-12pm, Tues 24th Nov

RSVP: project.officer@mhfamiliesfriendstas.org.au or 6228 7448



***Do you have a lived experience
of mental ill-health?
Want to get fit & feel healthier?
Want to have fun?***

***Join Up and About, a new FREE six week exercise group
designed to help you get up and get moving!***



Up and About features small groups that celebrate personal and group success.

The program is tailored to each group and individual's needs and skill levels.

People participating in the program have access to a wearable activity monitor (e.g. Fitbit) to track their progress, as well as discounted gym membership.

Interested? Let your case manager/key worker know, or contact us to find out more:

Nadia: 0439 952 252 | Nicholas: 0438 430 165 | upandabout@rftas.org.au

rftas.org.au/upandabout | sportaus.gov.au/findyour30





OPERATION LIFE - APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)



*"Everyone
can make a
difference
in
preventing
suicide"*



Anyone can learn the skills to intervene and save a life from suicide. The suicide first aid learned in the ASIST workshop can help all of us see, hear and respond to people in need.

This two-day education and skills based workshop is provided free to the veteran community.

9:00am – 5:00pm
30 Nov - 1 Dec
Hobart, TAS

To register for the ASIST workshop, call 1800 011 046 or visit OpenArms.gov.au and search for 'Applied Suicide Intervention Skills'

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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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Website

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