

The banner features a red header with the Mental Health Council of Tasmania logo on the left and the text "October Newsletter" on the right. Below this is a blue section with a white arrow pointing right and the text "LOOKING FOR MENTAL HEALTH INFO & SUPPORT?". In the center, there is a purple speech bubble with the text "IT'S TIME TO #checkin". To the right of the speech bubble is a blue button with a white arrow pointing right and the text "Click here to find out more". Below the blue section is a dark blue section with a yellow speech bubble containing the text "1800 98 44 34 A Tasmanian lifeline". To the right of the speech bubble is a yellow box with the text "COVID-19" and a white box with the text "Struggling? Talk to us. 8am - 8pm, 7 days." On the far right of the dark blue section are the logos for "Lifeline Tasmania" and "SUPPORTED BY Tasmanian Government".

Mental Health Council of Tasmania

October Newsletter

LOOKING FOR MENTAL HEALTH INFO & SUPPORT?

IT'S TIME TO #checkin

Click here to find out more

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A Tasmanian lifeline

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Lifeline Tasmania

SUPPORTED BY
Tasmanian Government



[Tasmanian mental health advocates disappointed by 2020 federal budget](#)

MHCT CEO, Connie Digolis, has welcomed the funding announced in the Federal Government for mental health supports and services, but said that there needs to be greater investment in preventative supports that help people before they become unwell.

[Most people with complex mental health issues face stigma and discrimination, survey shows](#)

According to the recently released National Stigma Report Card 70 per cent of people with complex mental health issues faced stigma in the last 12 months, with 72 per cent of respondents saying stigma had discouraged them from socialising and forming new relationships.

[Men, people aged 45-54, most likely to die by suicide in Tasmania, report finds](#)

The Tasmanian Government this month released the Tasmanian Suicide Register report. Minister for Mental Health and Wellbeing, Jeremy Rockliff, said the report will "build on our understanding and inform the development of preventive strategies to help more Tasmanians into the future."

During Mental Health Week, Sally from MHCT had the opportunity to talk to Anneka Lewis about a project she is completing for school requiring her to complete several hours of community service. Speaking to her and hearing her passion to help others, Sally was not surprised to hear that this was not her first foray into raising awareness on social issues.

She first started with her 'Skate for 8 projects' to raise awareness and funds for Breast Cancer, and the following year, White Ribbon. And the fundamental principle that drives her? 'You just got to keep hope'.

What made you choose mental health for your community service?

This year has been hard to say the least, we have had a lot of stress placed on our shoulders since COVID-19 came along. With this added stress, many people I have spoken to have had days during this year where they just don't want to get out of bed. They can suffer from anxiety attacks and get overwhelmed easily. So why, when asked if they wanted to see a mental health specialist or just have someone to talk to, do so many people turn the offer down? They can feel a sense of shame, the stigma around mental health has stopped many people getting the chance to get the help they might need.

Can you tell us a bit more about your project?

When I was given a school task to do several hours of service for the community I chose to look at how I could help others come to understand this issue better. I thought, perhaps this might encourage others to either ask for help themselves or for people they know. I have started drawing chalk messages or pictures that can spread my thoughts on footpaths around Hobart. Some pictures I have done have been simply to gain a smile from another person because a smile can mean so much. Other pictures are more complicated prompting people to think more deeply about my messages.

[Read the rest of the interview here](#)



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

Smiling Mind

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

[Apple App Store](#)

[Google Play Store](#)

ReachOut Breathe

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

[Apple App Store](#)



Relationships Australia
TASMANIA

RATas are currently recruiting for a number of positions. Find out more about each of the roles via the links below:

[Community Based Mental Health \(CBMH\) Practitioner](#)

[Senior Practitioner – Early Intervention Services \(South\)](#)

[Senior Practitioner – Family Law Services \(South\)](#)

[Counsellor](#)



How has COVID-19 impacted you?

The Mental Health Council of Tasmania wants to hear from young Tasmanians about how COVID-19 has impacted on your wellbeing so that we can learn how to best support you through this tough time. We'd like to know what sort of things have helped you cope and what things you think you need in the future to maintain good mental health.

If you are aged between 12-25 then you are invited to join us to chat - in person or online. We can offer \$30 gift cards for each person that participates.

Express your interest in participating by contacting Ezra Thomas via ethomas@mhct.org or 0431 792 073



**Institute for
Social Change**
The Tasmania Project



[The Tasmania Project](#) has launched an important survey to help Tasmania recover from COVID-19.

The Tasmania Project PESRAC survey has been supported by the Premier's Economic and Social Advisory Council (PESRAC) to help inform its thinking about priorities for COVID-19 recovery.

The survey is your opportunity to **have a say in Tasmania's recovery** by sharing your ideas and priorities with PESRAC.

The survey is for Tasmanian residents aged 18 years and above and will take approximately 15 minutes to complete. It closes Sunday 15 November.

https://www.surveymonkey.com/r/TTP_PESRAC

If you are unable to complete the survey online, please call (03) 6226 7542 and leave your name and phone number. A member of The Tasmania Project team will be in touch to help you complete the survey.



***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



This group program has been funded by Sports AUS and will be evaluated in line with funding requirements.

v6.0 - July 2020



Free Peer Support Group for Family Members and Friends

Mental Health Families and Friends Tas offers free peer support groups for family members and friends of someone with mental ill health.

You can join us online or in person (face to face). We chat about the ups and downs of supporting someone with mental ill health. Our groups are called 'Safe Spaces'. We also host guest speakers from time to time.

The Online Group

We meet every fortnight on Wednesday night from 6:30 pm - 7:30 pm. We use Zoom and you can sign up to the group online.

Our next meeting is on Wednesday 4 November.

The Face to Face Groups

We meet once a month in Hobart, Launceston, St Helens and Burnie. You can register for a face to face group session online.

Our next meetings are in early November.

Take a look at [our website](#) or email Zoe and Grace at project.officer@mhfamiliesfriendstas.org.au for more information.

Read more at <https://mhfamiliesfriendstas.org.au/online-and-face-to-face-safe-spaces/>. Technical support can be provided.



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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