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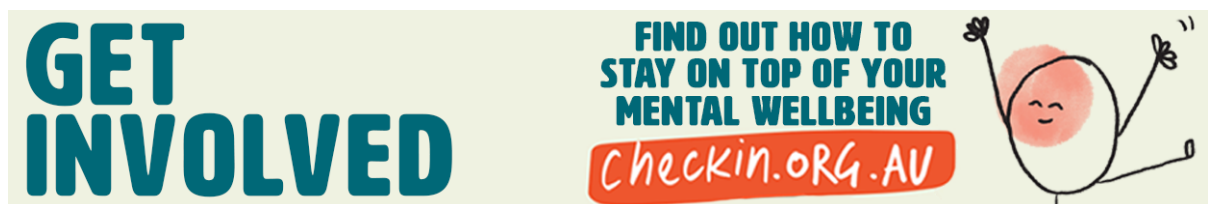
[What it's like to date when you have depression](#)

Dating can be tricky enough, but when you have depression people can treat you with 'kid gloves', Kara writes.

['Could save a life': the simple text all Australian men should be sending their mates](#)

While we Australian men have never been more open and willing to talk about our mental health or mental health more generally, we've still got a long way to go.

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



What's happening in your community? Head to www.checkin.org.au to find more events happening near you.

Mental Health Week 9-16 October

'Awareness, Belonging, Connection'

Turning Tasmania Orange for Mental Health Week!

This year we're encouraging everyone to get behind Mental Health Week, and show support by turning Tasmania orange! We've chosen orange as the official colour for Mental Health Week in Tasmania this year because it is warm, and inviting, and has a positive and uplifting influence.

Why not host a 'Wear Orange' day at your school or workplace, and orange themed morning or afternoon tea, or pop an orange light globe in the window of your home, business or office to show that mental health and wellbeing is important to you.

Hosting an event for Mental Health Week?

If your organisation is planning an event to celebrate Mental Health Week, you can register it for the official program [via the MHCT website](#). Once your event is registered, we'll help you promote it through our networks ensuring a great turn out for your Mental Health Week celebration.



PSYCHOLOGY



IN THE PUB

THE TRUTH ABOUT HAPPINESS

PRESENTERS:

DR EMMA RICHARDSON, CLINICAL PSYCHOLOGIST

JESSICA FORWARD, PSYCHOLOGIST

Sunday, August 22

Doors open 4:00pm

Presentation at 4:30pm

Online Tickets \$7

Tickets at hobartbrewingco.com.au/events

SUPPORTED BY



**WELL
MINDS
WORK**





Mindfulness
PROGRAMS AUSTRALASIA

FREE Mindfulness Programs to Manage and Prevent Stress, Anxiety or Depression

Eligibility requirements apply

APPLICATIONS ARE NOW OPEN FOR ALL PROGRAMS
JULY TO DECEMBER 2021 in:

- Scottsdale ▪ Campbell Town ▪ West Coast
- Launceston ▪ Devonport ▪ Hobart

Live-online courses are also available

We hope to come to a town near you in 2022!

Visit our webpage for full course calendar and to apply:

www.mindfulnessaus.com.au

More details: admin@mindfulnessaus.com.au / 0488 064 228



*Courses are provided FREE with support from Primary Health Tasmania under the Australian Government's
Primary Health Networks Program*

Living with disability without NDIS funding? Or a family member or carer?

The Melbourne Disability Institute (University of Melbourne), the Brotherhood of St Laurence and Baptcare want to hear from you!

If you are aged 18-64 and live in Victoria, South Australia or Tasmania, follow the links for details about our research and surveys. You can shape future research and policy affecting **all** Australians with disability.

* This project has been approved by the University of Melbourne Human Research Ethics Committee, Reference Number 2021-20990-14119-1

What is this research about?

Approximately 4 million Australians with disability do not receive funding through the [National Disability Insurance Scheme](#).

This research aims to capture *if* and *how* people with disability aged 18-64 years who don't receive NDIS funding are finding and using any support and services they need to participate in the community and the economy.

This is a joint study by the [Melbourne Disability Institute](#) at the University of Melbourne, the [Brotherhood of St Laurence Research and Policy Centre](#) and [Baptcare](#). The findings will underpin and shape future disability-related research, policy and practice.

How can you get involved?

Two important sources of evidence for this study are online surveys for people with disability aged 18-64 years living in Victoria, Tasmania or South Australia who do NOT have NDIS funding, and for their families and carers. The surveys are open during August and September 2021.

Completing the surveys is voluntary and responses are anonymous. Here are the links:

- Survey for people with disability – [CLICK HERE](#)
- Survey for families and carers – [CLICK HERE](#)

[Find out more](#)

Heartache and Beyond

Connecting, Supporting and Empowering family members and friends who have been impacted

by suicide loss

Have you, or has someone you know, lost someone to suicide? Would you like to connect with others impacted by suicide bereavement?



Mental Health Families and Friends Tasmania respectfully welcomes family members, friends and community members impacted by suicide bereavement to a half day support and connection workshop and lunch in pataway (Burnie, Tasmania)

Your trusted voice in mental health

This event is free and open to families and friends at all stages of their bereavement journey. Ages 16 + welcomed (those under the age of 18 will need to be accompanied by an adult). The event is not open to service providers.

- Date: 27th August from 11:15am - 3pm
- Cost: Free of charge
- To register, follow this link: <https://www.trybooking.com/BTIZV>
- For more information or to register, please call us on 6228 7448 or email us at admin@mhfamiliesfriendstas.org.au

Conversations about Suicide

Learn how to provide mental health first aid to someone who is feeling suicidal.

The Mental Health First Aid Conversations About Suicide course will teach you how to identify, approach and support someone who is experiencing suicidal thoughts and behaviours using a practical, evidence-based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

mental health families and friends Tasmania, through funding from Mental Health Council Tasmania's Community Wellbeing Grants program, is pleased to offer THREE Conversations About Suicide training to the Glenorchy Community. This grant program is delivered in partnership with Primary Health Tasmania.

For information or to book:

email: admin@mhfamiliesfriendstas.org.au

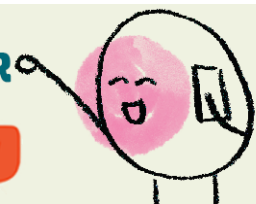
call 03 6228 7448

go to our website: <https://mhfamiliesfriendstas.org.au/conversations-about.../>

Book: <https://www.trybooking.com/BSTRC>

NEWS

**FIND OUT HOW TO
STAY ON TOP OF YOUR
MENTAL WELLBEING**
checkin.org.au



Lifeline has recorded its busiest day ever, a sad outcome likely linked to Australia's current lockdowns. The support service saw Monday, August 3 service 3,345 calls, which is the highest daily number in the organisation's history.

[Read more](#)

New data released this week from the Australian Institute of Health and Wellbeing revealed more than 3300 deaths by suicide occurred across the country in 2019 - an average of nine per day. According to the data, 108 of those deaths occurred in Tasmania during that year - with the rate of deaths consistent yet rising over a 10 year period. Rural Alive and Well chief executive Barb Walters said the data was saddening to see. "There's still so much work to be done," she said.

[Read full article](#)

In 2021, Australians' priorities shifted, with "mental health and wellness" overtaking "cost of living" as the top societal concern, moving up from fourth position in 2020.

Research revealed that 69 per cent of respondents would consider turning down a promotion at work in order to preserve their mental health while a further 42 per cent would change jobs to access more remote work. This number increases to 50 per cent for Gen Y.

[Read more](#)



Tasmanian Communications Charter

Did you know that Tasmania was the first state to adopt the National Communications Charter?

The Charter brings the community sector together with government and people with lived experience, promoting a common language around mental health, mental illness and suicide in Tasmania, so that together we can work to reduce stigma and promote help-seeking behaviour.

Have you signed the Charter? Head to the home page to take the online Charter course. Signing up to the Charter is the first step in speaking together for mental health and suicide prevention.

Sign the Charter, and help us reduce stigma and promote help-seeking behaviour in Tasmania.

[Head to tascharter.org to find out how.](https://tascharter.org)



1800 98 44 34
A Tasmanian lifeline

COVID-19

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

Lifeline
Tasmania



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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