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Mental Health Council of Tasmania will close at **2pm on Friday 24th December 2021**, and will reopen at **9am on Tuesday 4th of January 2022**.

MHCT wishes you all a safe and healthy festive period.



If you're feeling a bit of a dip in your mental health this festive season, you're not alone. Take the time to #checkin on yourself or a loved one, by visiting [www.checkin.org.au](http://www.checkin.org.au)

To talk with someone about how you're feeling, call A Tasmanian Lifeline (8am-8pm) on 1800 984 434, or Lifeline (24/7) on 13 11 14.

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**Raising Healthy Minds** –Raising Healthy Minds is a free app you can tailor to your child, family and interests. It answers your questions about child wellbeing and shares practical tips for your day-to-day family life.

[iOS](#)

[Android](#)

**ReachOut Worry Time** – Helps interrupt repetitive thinking by setting aside worries, so you don't get caught up in them and can get on with your day.

[iOS](#)

[Android](#)

*For more apps, websites, podcasts and other resources to help you stay on top of your mental wellbeing, visit [checkin.org.au](https://www.checkin.org.au)*

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What's happening in your community? Head to [www.checkin.org.au](https://www.checkin.org.au) to find more events happening near you.

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



Mindfulness  
PROGRAMS AUSTRALASIA

*Eligibility requirements apply*

2022

## 8 Week Mindfulness Courses:

- Online AM    ▪ Online PM    ▪ Hobart  
Starts 08 Feb: 9-11am    Starts 12 May: 6-8pm    Starts 10 Feb: 6-8.30pm
- Launceston    ▪ Ulverstone  
Starts 03 May: 6-8.30pm    Starts 04 May: 6-8.30pm

## 4 Day Mindfulness Workshop:

- Bicheno

09, 23 May and 06, 20 June: 9am to 1.30pm

Visit our webpage for course info and to apply:

[www.mindfulnessaus.com.au](http://www.mindfulnessaus.com.au)

Need help? Email us: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au) Or phone: 0488 064 228



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

CORES™

COmmunity Response to Eliminating Suicide



CORES, through the Kentish Regional Clinic, regularly hold training opportunities for the community across the state.

Frequent sessions include Suicide Prevention Training, Self-Care and Mental Wellbeing, and Providing an Inclusive Practice for LGBTQIA+ People.

[Check out their upcoming sessions and book your tickets now](#)

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The ninth annual Tasmanian Wellness Expo will take place Saturday 26 February from 10.00am to 3.00pm at Princes 1 Wharf, Hobart.

This year, the free event features a wide array of exhibitors covering health and wellness topics such as physical fitness, nutrition, pregnancy support, men's health, youth health, and more.

The Tasmanian Wellness Expo is a collaboration between West Moonah Community House and Rotary Tasmania, and is sponsored by Princes Wharf 1 and Think Big Run the Bridge Hobart.

Find out more, including how to apply to be an exhibitor: [www.taswellnessexpo.com](http://www.taswellnessexpo.com)

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### **Rethink 2020 LGBTIQ+ and mental health care online survey**

The Department of Health, in partnership with researchers from the University of Tasmania, is launching an online survey to better understand the LGBTIQ+ community's experiences with mental

health care services in Tasmania.

The survey is one component of a broad consultation process, which includes a literature review (completed) and focus groups to be held in early 2022.

[Take the survey now](#)

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[Finding you're a bit COVID-19 anxious ahead of Tasmania's border reopening? These tips may help.](#)

'Hobart counsellor Di Stow said that, while it would be an exciting time for many, it was OK to be feeling a bit worried.

She said people needed to try to focus on the positive things that would come with the opening, suggesting that "in itself will build up a good feeling".'

[Pam has been playing euchre for 36 years, but is worried the card game is dying out](#)

Aside from their love of cards, the euchre players and the Goodwood Primary students also enjoy the social connection that comes with the games they play.

Mental Health Council of Tasmania chief executive Connie Digolis said getting together with others to play cards had many benefits. "The first one would have to be social connection, the fact that people are coming together with a common interest," Ms Digolis said.

[Funding boost for parent helpline amid surge in mental health issues](#)

Parents struggling with their mental health in the lead up to and after the birth of a child will get extra support under a \$7.8 million mental health funding boost to help new mums and dads battling anxiety and depression.

The additional federal government funds over the next four years will enable the National Perinatal Mental Health Helpline to expand to meet rising demand, following a spike in people accessing their services during the COVID-19 pandemic.

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## 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)


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**1800 98 44 34**  
A Tasmanian lifeline

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

 **Lifeline**  
Tasmania

 SUPPORTED BY  
Tasmanian Government

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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