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With the COVID-19 status changing week by week in Tasmania, it's understandable that many of us are feeling anxious and overwhelmed. No matter how you're feeling it's important to understand that we're all feeling something, and that you're not alone – there are people that share the same concerns as you.

We have created a website that provides information and advice to help you stay on top of your mental wellbeing during this uncertain period.

[Jump online now](#) and find out how you can stay on top of your mental wellbeing.

PODCASTS

FIND OUT HOW TO
STAY ON TOP OF YOUR
MENTAL WELLBEING

checkin.org.au



H R U? - H R U? is a podcast from Kids Helpline that puts the mic in your hands. They tackle some of the most challenging, confronting and taboo issues that youth deal with on the daily. From peer pressure, navigating finances, identity, relationships, and study or work-related stress, there's a lot on the plates of 18-25 year olds.

[Check it out](#)

Holding Onto Hope - Holding onto Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living.

[Check it out](#)

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

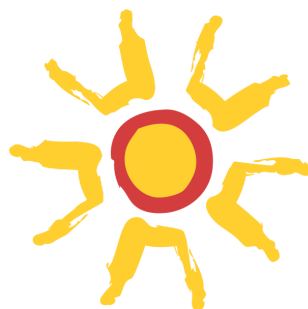
GET INVOLVED

FIND OUT HOW TO
STAY ON TOP OF YOUR
MENTAL WELLBEING

checkin.org.au



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



**Mental
Health
Council**
OF TASMANIA

Regional Mental Health Group Meetings

Each year MHCT facilitates a series of Regional Mental Health Group (RMHG) meetings in the South, North and North-West of the state. These meetings offer a valuable opportunity for regional networking, information sharing, learning and collaboration amongst mental health service providers and stakeholders in each region.

In 2022, three meetings will be held for each regional location:

- South: Mondays - 21 March (Zoom), 11 July, 7 November
- North-West: Tuesdays – 22 March (Zoom), 12 July, 8 November
- North: Wednesdays – 23 March (Zoom), 13 July, 9 November

If you or a representative from your organisation are interested in registering to attend the RMHG meeting in your area, contact us at enquiries@mhct.org



Black Dog Ride's iconic annual 1 Dayer aims to start a national conversation about depression and suicide prevention. Help us get the country talking and join your local 1 Dayer on 20th March 2022.

On the third Sunday of March, Black Dog Ride is uniting under one banner with one voice on one single day to amplify a national message of hope, awareness and prevention. Let's get the conversation started, register for the Black Dog Ride 1 Dayer 2022 today!

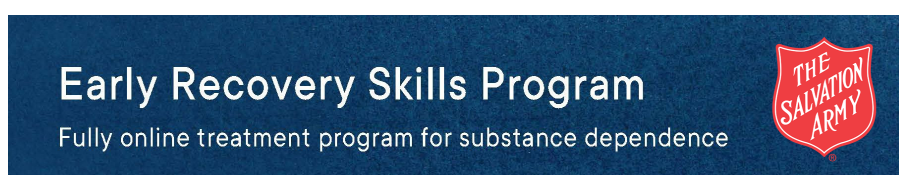
[Learn more and register.](#)



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](#)



Do you or a loved one struggle with alcohol or other drug use?

If you are looking for a treatment option that provides:

- Flexibility of online learning from the privacy of your home
- New ways of maintaining abstinence, problem-solving and stress management
- Thought-provoking exercises
- Support from optional online-based counselling
- Treatment in line with best practice and research evidence
- Ability to connect online with others via an online forum

The Early Recovery Skills Program may be the best treatment option for you.

[View the flyer](#) for more information, or contact 0497 320 794,
onlineprogram@salvationarmy.org.au

MANAGING MENTAL HEALTH IN THE WORKPLACE

27/06/22 – 9am-4pm



PRESENTED IN-PERSON BY:
 Clinical Psychologist Dr. Emma Richardson; Psychologist Jessica Forward



YOU WILL LEARN:

- ✓ Actionable and evidence-based mental health skills for managing unhelpful emotions and thoughts (self & others)
- ✓ How to identify signs and symptoms of common mental health issues
- ✓ Actionable skills for managing mental health difficulties in the workplace
- ✓ Strategies for enhancing self-care and maintaining professional boundaries

Contact Well Minds Work to Register or Express Interest:

- 📞 0421 798 891
- ✉ hello@wellmindswork.com.au
- 💰 \$320 early bird (before 30/05); \$390 full fee

Well Minds Work presents *Managing Mental Health in the Workplace*. This interactive and evidence-based workshop will teach managers of all levels important knowledge and skills to better manage their own and others mental health.

Development and delivery of this workshop is provided by clinical psychologist Dr Emma Richardson and psychologist Jessica Forward.

This is a workshop not to be missed for supervisors, managers, and business leaders alike.

Early Bird Fee: \$320 - bookings before May 30th

Full Fee: \$390

Please contact Well Minds Work for more information, to register, or to express your interest (ph: 0421798891; email: hello@wellmindswork.com.au)



Mindfulness Programs Australasia still have a number of places available for upcoming mindfulness courses in Ulverstone, Launceston and Bicheno.

Interested in other areas, or online? Join their waitlist to be notified of new courses!

<https://mindfulnessaus.com.au>

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



Eligibility requirements apply

Mindfulness
PROGRAMS AUSTRALASIA

2022

8 Week Mindfulness Courses:

- 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

Need help? Email us: 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



Tasmanian Volunteering Awards 2022 are now open.

The seventh annual Tasmanian Volunteering Awards are the only state-wide awards program showcasing inspiring stories and recognising excellence in volunteering – from individuals, groups and organisations.

Many of us will know a volunteer in the mental health sector, whether they be in a voluntary peer role or in telephone crisis support.

If you know an individual volunteer, or a group or program of volunteers, nominate them today!

Nominations close at midnight, Monday 14 March 2022.

[Learn more and nominate.](#)



[Lifeline's crisis text service goes 24/7 to help more Australians](#)

The Lifeline Crisis Support Text Service is now available 24 hours a day, 7 days a week via confidential text message to 0477 13 11 14. Following a few questions via text, Australians are connected to a trained Lifeline crisis supporter.

"The expansion of the text service is backed by data showing that it is the preferred channel for high risk members of the community including young people, those experiencing family and domestic violence, and Aboriginal and Torres Strait Islander people."

[Launceston's Head to Health mental health centre set to open](#)

Free walk-in mental health support will be available to adults in the North when the Launceston Head to Health centre opens its doors on Monday 24 [January]. The centre, operated by service provider Stride and funded by the federal government, will provide free mental health services for people who need immediate support, help accessing other services, and information and advice for family and friends of people experiencing mental illness.

['Right care, in the right place, at the right time': Mental health sector gets new support team](#)

As the first specialist public mental health nurse practitioner in Tasmania, [Kristy Arrol] knows how vital the new mental health co-response group, known as the Police, Ambulance and Clinician Early Response (PACER) team will be.

"The key objective of this two-year pilot is to improve access to timely, appropriate, and evidence-based mental health care in the community, as well as to significantly reduce demand on our police and ambulance services."

[Mental Health Council of Tasmania encourages us to switch off from Covid distress and find balance](#)

Since the borders reopened on December 15, conversations often turn to COVID-19, which is now causing Tasmanians "situational distress".

Mental Health Council of Tasmania chief executive Connie Digolis said [...] "This is not about having poor mental health, it is about having poor mental wellbeing. What we are actually coping with is an environment which is impacting on how we are all feeling day to day, and what we are finding is that we don't talk about anything else."

Speaking together
for mental health
and suicide
prevention

Sign the Charter:
tascharter.org

Tasmanian Communications Charter

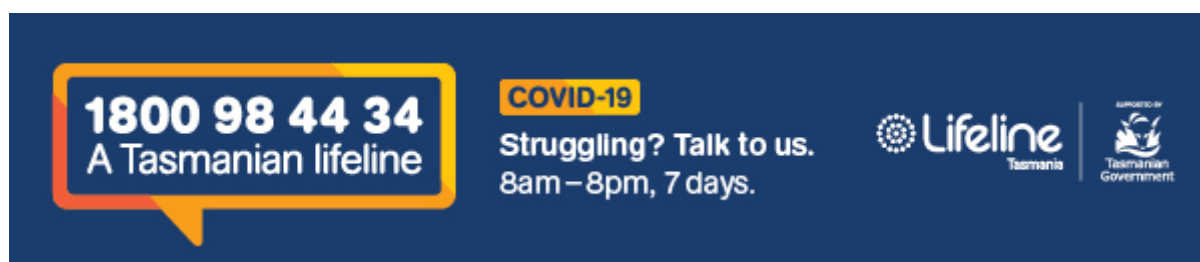
Did you know that Tasmania was the first state to adopt the National Communications Charter?

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)



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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