



The Tasmanian Government last week released the Child and Youth Wellbeing Strategy Strategy (the Strategy) Consultation Report, informed by contributions from over 3500 people across the state. The report will pave the way for the Strategy later this year, which will be a first of its kind in Australia.

[Read the Premier's media release](#)

[Full report here](#)

Australian Government funding provided through Primary Health Tasmania has enabled headspace Hobart to redesign the layout of its centrally located Liverpool Street site, including a revamped reception area and three new consulting rooms. The expansion has effectively doubled the area available, increasing the service's counselling capacity and giving staff more flexibility in how support can be delivered.

[Read more](#)

Researchers surveyed 1,157 Victorians during September 2020, and found 33.4 per cent reported symptoms of anxiety or depression, and 26.3 per cent reported burnout symptoms. The study, published in the peer-reviewed Journal of Psychiatric Research, found 9.5 per cent of respondents reported seriously considering suicide in the past 30 days.

[Read more via ABC](#)

# PODCASTS

FIND OUT HOW TO  
STAY ON TOP OF YOUR  
MENTAL WELLBEING

[checkin.org.au](http://checkin.org.au)



Podcasts to help you understand and stay on top of your mental health and wellbeing

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## [Not Alone - Season 2](#)

Hosted by Marc Fennell, Not Alone uses the power of storytelling to explore topics that come up repeatedly in our online forums to reinforce that, if you are dealing with a mental health condition, or supporting someone with a mental health condition, you are Not Alone.

## [Emerging Minds](#)

Listen to conversations with experts on a variety of topics related to children's social and emotional wellbeing.

Emerging Minds offers insightful evidence-informed wisdom from experts in the field and will give you a flavour of the work and values of the National Workforce Centre for Child Mental Health.

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

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# GET INVOLVED

FIND OUT HOW TO  
STAY ON TOP OF YOUR  
MENTAL WELLBEING

[checkin.org.au](http://checkin.org.au)



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

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## Mental Health Week 2021 'Awareness, Belonging, Connection'

Mental Health Week in Tasmania this year will be from 9 – 16 October. We are excited to announce that the new theme for Mental Health Week is '**Awareness, Belonging, Connection**'.

**Awareness** is about understanding the things we need to maintain and boost our mental wellbeing, and knowing when we need to reach out for help and where to get it.

**Belonging** is about looking out for each other, ensuring we feel safe and supported, and understanding that however we feel, we're not alone, and that there are others going through the same thing.

**Connection** is about our relationships with our friends, families and those that we care about, as well as the groups, clubs, and networks around us that we rely on to help keep us happy and

*healthy, wherever we live, work, or play.*

## Mental Health Week Grants

Once again, the Mental Health Council of Tasmania will be facilitating a small grants program to help organisations run Mental Health Week events. **Grant applications are now open, and close on Friday 30 July at 5:00pm.**

[Head on over to our website to find out more and apply.](#)

## Turning Tasmania **Orange** for Mental Health Week!

This year we're also 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, 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.





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

*Eligibility requirements apply*

Mindfulness  
PROGRAMS AUSTRALASIA

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

More details: [admin@mindfulnessaus.com.au](mailto: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*

# COVID-19 VACCINATION

## Additional support clinics are available in Hobart and Launceston for:

- People living with disability and mental illness
- NDIS recipients and carers
- Disability support workers



To book an appointment call the Tasmanian Public Health Hotline on **1800 671 738**

[www.coronavirus.tas.gov.au/my-vaccine](http://www.coronavirus.tas.gov.au/my-vaccine)



Carers (paid and unpaid) of older people, of people living with underlying medical conditions or disability are able to get their **FREE** COVID-19 Vaccination. Clinics will be open from **Tuesday 6 July until Friday 16 July**

**Quiet Clinic – 16 July:** the Quiet Clinic will be slower paced and will have the capacity to make adjustments for people who need a lower sensory experience.

To book a vaccination appointment at the Additional Support Clinic or Quiet Day Clinic, people should call the Public Health Hotline on **1800 671 738** and let the operator know they want to book into an 'Additional Support Clinic' or 'Quiet Day clinic'.

[www.coronavirus.tas.gov.au/bookings](http://www.coronavirus.tas.gov.au/bookings)

Visit [coronavirus.tas.gov.au](http://coronavirus.tas.gov.au) for more information.

[Information for carers: Supporting someone through the COVID-19 vaccination](#)

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## Safe Space Peer Support

An opportunity to chat and share information with other friends and families of someone with

mental ill health (not open to service providers).

**Devonport:** Thurs July 8th | Headspace Devonport | level 1,  
35 Oldaker St | **RSVP** [here](#)

**Hobart:** Weds July 21st | MHFFTas offices | 2 Terry St,  
Glenorchy | **RSVP** [here](#)



Speaking together  
for mental health  
and suicide  
prevention

Sign the Charter:  
[tascharter.org](http://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.](http://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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