



[Older Tasmanians hardest hit by pandemic isolation and loneliness, report shows](#)

According to new report from the Mental Health Council of Tasmania, older Tasmanians living in communities with significantly reduced social engagement, including those in residential care, were among those hardest hit by loneliness during COVID-19.

The report found ageism, disrupted service access, digital exclusion, elder abuse, a reluctance to re-engage post lock-down, and difficulty accessing information on wellbeing supports were among the greatest challenges faced.

[Latrobe High School team up with Senior Citizen's Club in new project](#)

Latrobe High School is running a program that provides an opportunity for students to connect with older members of the community, aimed at increasing mental wellbeing across the different generations. The program is supported by a grant facilitated by MHCT in partnership with Primary Health Tasmania.

[Federal budget 2021: What mental health announcements mean for Tasmania](#)

Additional spending for the mental health sector has come after years of under-resourcing and in response to a subsequently fragmented system, according to the state's peak body, who says the focus must shift from reaction to prevention.

Mental Health Council of Tasmania chief executive Connie Digolis said while it was good to see additional funding, there were still a lot of questions that needed answers.

[Tasmania's Commissioner for Children and Young People releases 'We Call it Happy' report](#)

The CCYP engaged 408 youth from 18 metropolitan, regional and remotes areas across the

state, along with discussions with about 90 adults representing parents and carers of children aged under four.

Operating as part of a broader consultation process with work from the Youth Network of Tasmania and Mental Health Council of Tasmania, Ms McLean said more than 3500 people had shared their insights, representing one of the most comprehensive snapshots ever collected in the state.



Online communities to help you stay on top of your mental wellbeing.

[SANE Forums](#)

An online forum where you can 'chat' to other people with lived experience. There are also health professionals who moderate the discussions to ensure everyone is safe and supported. For people with lived experience, as well as friends, family and carers.


[headspace Group Chat](#)

Group chats allow you to connect with other people like you. Led by a headspace professional, group chats explore a range of helpful topics. Includes group chats for young people, as well as their friends and family.

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)



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

 May be an image of one or more people and text that says "Free Mindfulness Workshop June July 2021 Deloraine Learn practical strategies for reducing stress, finding balance, and managing overwhelming thoughts and feelings. This free course is delivered by our qualified Mindfulness Teachers and attendance at all three days is required. Applications are essential as some eligibility requirements apply: www.mindfulnessaus.com.au Sundays 10am to 4pm 20 June 04 July 18 July Deloraine Primary School Tea/coffee provided Mindfulness PROGRAMS'AUSTRALASIA admin@mindfulnessaus.com.au Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program"

HEARTACHE & BEYOND Suicide Bereavement Workshop

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 nipaluna (Hobart, Tasmania). A support team of professionals and people with lived experience will be available to chat throughout the day.



This event is focused on lived experience.
Media and service providers will not attend.

Date: 19 June 2021 - 9:15am – 2:30pm

Cost: Free of charge

For more information or to register, please call mental health family and friends TASMANIA on 6228 7448 Monday to Thursday, email us at admin@mhfamilyfriendstas.org.au, or register directly at: <https://www.trybooking.com/BRRDO>

Mental Health Week 2021 Tasmania 9-16 October

Mental Health Week in Tasmania this year will be held between 9-16 October, encompassing World Mental Health Day on 10 October.

We're still working through the details, but will share more information with you over the coming months, including details of the 2021 Small Grants program.



It was inspiring to see so many organisations participating in Mental Health Week last year, running events and activities despite all of the hurdles and challenges 2020 presented. After the success of last year, we expect Mental Health Week in 2021 to be the biggest yet!

Watch this space for updates.

Are you a carer of an older person, or someone living with disability or an underlying medical condition?

Book your free COVID-19 vaccine now by calling the Public Health Hotline on **1800 671 738**.



www.coronavirus.tas.gov.au/bookings



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.

Call **1800 671 738** to book an appointment at your nearest clinic or book online

www.coronavirus.tas.gov.au/bookings

Visit coronavirus.tas.gov.au for more information.

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



MCT 'Mates' Coffee Club

Informal, social and discussion hour for men who provide care and support to a family member or friend living with an illness or disability. MCT facilitates informal, grassroots peer support and invites men of any age or background to join us.

Hennessy's Cafe Bakehouse Ulverstone
MONDAY, 21 JUNE 2021 FROM 10:00 AM

[Find out more](#)



TASMANIAN LIFE AWARDS

Nominations Extended!

In recognition of contributions in suicide prevention.

Visit:

http://suicidepreventiontas.org.au/life_awards/life_awards

Contact:

The Suicide Prevention Team on 1300 364 277, or at tspcn@relias.com.au

Proudly sponsored by:



***LiFE Award nominations close 25 June**

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)

FIND OUT HOW TO
STAY ON TOP OF
your **MENTAL
WELLBEING** at...

checkin.ORG.AU

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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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