



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.

Mental Health Week Events!

With almost 50 events happening across the state to celebrate Mental Health Week, you can find a way to get involved and show your support. Whether it be a family friendly expo, an online

webinar, or a fun and creative activity, check out the official program [via the MHCT website](#).

Here are just a few of the many events happening across the state.

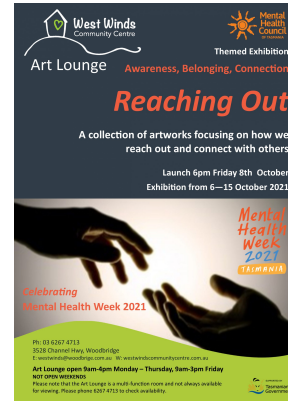
There are too many to include them all, so check out the official program for a full list.

Mental Health Week Program

Colony 47 Eureka Clubhouse Open Day



Reaching Out Art Exhibition



Festival of Wellbeing



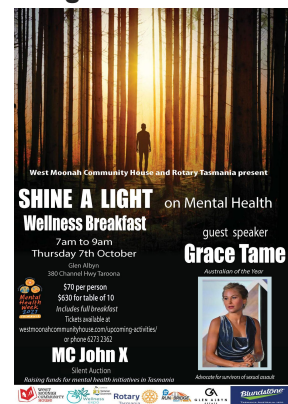
Comedy Roadshow 2021



Psychology in the Pub



Shine a Light Wellness Breakfast



RFDS Mental Health Week Celebrations

Creative Writing for Mental Wellbeing

Royal Flying Doctor Service Tasmania
Mental Health Week
October 9-16, 2021

October 11: Openair Primary School
3-5pm Official launch by RFDST, Tas
9-11:30am 11th Health Day, RFDST/Healthcare, mental care, healthy living day

October 12: Braham Primary School
9-11:30am 11th Health Day, RFDST/Healthcare, mental care, healthy living day

Talbot Lakeside Open Market
In Market Foodcourt 11am-2:30pm
12-2pm Health Day, RFDST/Healthcare, healthy living day

October 13: Jazmine Primary School
12-2pm Health Day, RFDST/Healthcare, healthy living day

October 14: Jazmine Primary School
12-2pm Health Day, RFDST/Healthcare, healthy living day

October 15: Quaternary Community Services Hub
10am-2pm Health Day, RFDST/Healthcare, healthy living day

October 16: Healthy Neighborhood House
8-10:30am Healthy Response Sarah Robertson, 10:30am Health Day, lunch in the park

Serving the WEST COAST #biggestwaitingroom

Partnerships with:
Mental Health Council, Bapcare, PHN, RFDST, Royal Flying Doctor Service, Anglians, and others.

Creative Writing for Mental Wellbeing
Tuesday 12th Oct 2021

Facilitated by Susan Austin - Occupational Therapist, Poet and Program Facilitator with The Hubnet Clinic

Learn how creative writing can improve your mental health and wellbeing and help you manage the challenges of being a carer or coping with a mental health or addiction issue. You will be guided through several introductory writing exercises which will help you to tune in to the present moment, to expand awareness of your senses and to strengthen connections to the people, places and things that matter to you.

Workshop 1:
For Carers of people with mental health or addiction issues
Time: 9.30 - 12.00pm
Includes afternoon tea

Workshop 2:
For people with mental health or addiction challenges
Time: 1.30 - 4.00pm
Includes afternoon tea

Where: The Mind Hub, 1775 Collins Street, Hobart

Please limit to 20 people (depending on which session) to the Hubnet Clinic by emailing the rightsholder@mindhub.org.au or calling (02) 9662 1000

Free Mental Health Week Workshops
Mental Health Week 2021
14th-16th October

Lived Experience Forum

Connecting as People: The Power of Lived Experience

How does a lived experience perspective assist consumers and mental health service providers?

Flourish invites you to join us as we gain valuable insight into how service providers and organisations can utilise the power of lived experience to offer the best services possible.

This event includes a panel discussion featuring people with a lived experience of mental health and a discussion with Dr. Aaron Brown, Chief Psychologist about the future of lived experience in the mental health sector and beyond.

10am - 12pm • 14th October 2021
Kings Wharf Lounge West, Peppers Silos, Launceston
Online at <https://flourishtas.org.au/livedexperience21>
Co-facilitated by Tash Smyth and Dr. Ivan Zwart

Morning tea & refreshments will be provided. As spaces are limited, if you wish to attend in person please RSVP by Friday, October 8th to events@flourishtas.org.au

Partnerships with:
flourish, Mental Health Council, Bapcare, PHN, RFDST, Royal Flying Doctor Service, Anglians, and others.

Eaglehawk Neck Bush Dance

Eaglehawk Neck Bush Dance
Maypole Bush Band with dance caller Sarah Lewis

Sunday, October 10th, 2021
4.00 - 7.00pm
Eaglehawk Neck Community Hall
Refreshments available

Free: Please book via Eventbrite as numbers limited.
www.eventbrite.com.au/e/eaglehawk-neck-bush-dance-2021
17th Oct 10:00-12:00

Be COVID safe- QR code entry and only come if you are well.
Awareness. Connection. Belonging.
www.checkin.org.au
Info: 0434 987 120

Partnerships with:
Mental Health Council, Bapcare, PHN, RFDST, Royal Flying Doctor Service, Anglians, and others.

Talking Totem Poles

Talking Totem Poles

Join us in the community garden as we paint 8 Totem Poles for Mental Health Week. Paint a scene, an animal, write a few words or even a poem about what Belonging. Connection and Awareness means to you. The Talking Totem Poles will be erected in the community garden as a focal point of our new gazebo extension.

Where - KI Community Garden
25 Meach Street

When - 9.30am 13th October
Free Event and Lunch Included
Please wear orange to show your support of Mental Health Week.

Partnerships with:
Mental Health Council, Bapcare, PHN, RFDST, Royal Flying Doctor Service, Anglians, and others.

Glenorchy Library Expo

Glenorchy Library Mental Health Expo

Join us to learn more about mental health and wellbeing. There will be different stalls and activities each day.

Glenorchy Library
Tuesday 12 - Wednesday 14 October
10:00am - 1:00pm each day

Partnerships with:
Mental Health Council, Bapcare, PHN, RFDST, Royal Flying Doctor Service, Anglians, and others.

Check out the full program for heaps more events happening near you

Mental Health Week Program



More bad days than good?

MindStep HealingMinds



Primary Health Tasmania has partnered with Remedy Healthcare to provide their telehealth mental health programs; MindStep and Healing Minds for **free for all Tasmanian adults**.

The services will increase the support options available to Tasmanian adults with or at risk of mild mental illness and make it easier for them to receive the help they need when they need it. This includes people with anxiety and depression, people experiencing isolation, those in remote locations, or anyone struggling with low mood, worry or stress.

MindStep and Healing Minds services– developed in partnership with Flinders University are low-intensity cognitive behavioural therapy (CBT) programs led by trained mental health coaches to help people learn practical skills to improve their mental and emotional wellbeing.

Healing Minds is for Aboriginal and Torres Strait Islander peoples who are looking for some support to improve their mental wellbeing and is delivered by Aboriginal coaches.

The services can be self-referred or referred by the persons existing treating health professional as these services are designed to run alongside any existing GP or psychological care.

Find out more or refer directly:

MindStep

Call 1800 322 278

or

Visit <https://www.remedyhealthcare.com.au/mindstep-pht>

Healing Minds

Call 1800 810 255

or

Visit <https://www.remedyhealthcare.com.au/healing-minds-pht>



Lifeline Tasmania is excited to be seeking applications for experienced Clinical Team Leaders (PT / FT) to join our 1800 A Tasmanian Lifeline Call Centre. The Clinical Team Leader will be responsible for:

- Lead the psychosocial support worker team by being the point of escalation for clinical/care questions. The Clinical Team Leader will be responsible for:
- Ensuring the safe and effective delivery of telephone psychosocial support services to the Tasmanian community including making appropriate referrals
- Actively monitoring caller patterns and trends with the aim of understanding and anticipating their needs and expectations

To find out more and apply visit <https://www.seek.com.au/job/54045864>



TasCOSS Conference 2021

TasCOSS is proud to announce an engaging line-up of speakers for its upcoming State Conference, featuring writer, speaker and appearance activist, Carly Findlay OAM and futurist and business advisor, Bernard Salt AM.

Leaders, industry experts, practitioners and supporters of the community services industry will gather in Hobart at Blundstone Arena Function Centre, Bellerive from November 2-3 for two-days of discussion on the impact of the pandemic, key opportunities and emerging issues and trends for the industry. [You can join them by registering to attend the TasCOSS Conference today!](#)

The [preliminary conference program](#) also features a conversation on lived experience advocacy along with a panel of industry experts who will delve into sector responses to COVID-19, featuring Professor Rufus Black, Vice-Chancellor of the [University of Tasmania](#) and Rebecca Ellston, Executive Director for Tasmania at the [Property Council of Australia](#) to name just a few. [Download the TasCOSS Conference 2021 preliminary program to view offline \(PDF, 5.44MB\).](#)



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

FOR

☒ BUSINESS ☒ INDIVIDUALS



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.



Copyright © 2021 Mental Health Council of Tasmania, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

