

## Who we are

The Mental Health Council of Tasmania (MHCT) is the peak body for community managed mental health services in Tasmania. We represent and promote the interests of our members and work closely with government and agencies to ensure sectoral input into public policies and programs.



### MHCT STRATEGIC PRIORITY

#### Membership

**GOAL** To engage, support and strengthen our work with members to achieve an integrated mental health system

## BECOMING A MEMBER

We have a diverse membership of community organisations and individuals. We are always open to new members who want to engage further with the mental health sector in Tasmania.

### We have three distinct membership categories:

#### FULL MEMBER ORGANISATION

Full membership of MHCT is available to organisations which are non-government and not-for-profit associations, groups, or organised networks that:

- ▶ have a stated mission or objectives significantly concerned with mental health; and/or
- ▶ serve the needs of primary consumers of mental health services and/or carers.

#### FULL MEMBER INDIVIDUAL

Full membership of MHCT is available to individuals committed to and able to contribute to the purpose and objectives of MHCT, including mental health consumers and carers and individuals working within the not-for profit mental health sector, but not within government departments or agencies.

#### ASSOCIATE MEMBER

Associate membership is available to individuals and organisations that do not qualify for full membership of MHCT but who are committed to and able to contribute to the purpose and objectives of MHCT, including:

- ▶ private (for-profit) mental health services and practitioners;
- ▶ organisations (not-for-profit and for-profit) and individuals whose work or experience is not significantly concerned with mental health;
- ▶ educational institutions and local government.

To apply visit: [www.mhct.org/become-a-member/](http://www.mhct.org/become-a-member/)

Find out more: [enquiries@mhct.org](mailto:enquiries@mhct.org) (03) 6224 9222

## Member Engagement Opportunities

There are plenty of opportunities for members to engage in strategic planning, consultation, collaborative action, networking and sharing.

These include:

- **Participate in strategic planning and collaborative action with principal stakeholders within the Tasmanian community mental health sector via the Tasmanian Mental Health Leaders Forum (for Full member Organisations)**
- **Network and share with frontline and executive staff within the sector as well as stakeholders in the broader community, private and public health arenas during Regional Mental Health Group meetings**
- **Help reduce stigma and raise awareness in your organisation and community during Mental Health Week events and promotion**
- **Contribute to discussions and presentations related to sector improvement through specific Communities of Practice and Working Groups**
- **Connect with youth mental health service providers via our Youth Mental Health Networks**
- **Stay across sector issues and initiatives at a local, state and national level through MHCT Member and Subscriber eNews**
- **Get involved with supporting a Peer/Lived Experience Workforce, through training and professional development**
- **Provide input to and inform Mental Health Policy Surveys, Submissions & Consultations**
- **Support, promote and engage in Mental Health & Wellbeing Campaigns that strengthen the mental wellbeing of Tasmanians**

### MHCT STRATEGIC PRIORITY

#### System Improvement

**GOAL** To ensure all Tasmanians have access to the supports they need

MHCT is continually working towards mental health system improvement to ensure all Tasmanians have access to the supports they need. MHCT consults with members and the community with regard to sector and system-wide issues. The resulting comprehensive reports and submissions can be accessed at [www.mhct.org/resources](http://www.mhct.org/resources)

#### MHCT is currently collaborating with relevant stakeholder on the following systemic challenges:

- ☑ Advocating for increases to funding agreement indexation so that community mental health service providers can continue to deliver quality services.
- ☑ Access to youth mental health services through the development of a youth peer work model and initiating actions from the MHCT Youth Mental Health Services report 2021.
- ☑ Identifying barriers to accessing the NDIS and provision of psychosocial supports for people ineligible for NDIS.
- ☑ Improving navigation and referral processes so that Tasmanians have access to timely mental health care that meets their needs.
- ☑ Development of work readiness training to support the implementation of a Tasmanian Lived Experience Workforce.
- ☑ Working with state and federal government in prioritising and addressing workforce needs across the mental health sector.

To raise a new issue in your community visit: [www.mhct.org/sectorissues](http://www.mhct.org/sectorissues)

Your input helps inform MHCT's policy, reform and advocacy work.

## MHCT STRATEGIC PRIORITY

### Community Engagement

**GOAL** To increase understanding of the role everyone can play in good mental health and wellbeing in the Tasmanian community

## HEALTH PROMOTION IN ACTION

At the other end of the spectrum from the challenges in mental health service provision in Tasmania is the opportunity for enhancing literacy and mental health and wellbeing promotion.

A new whole-of-population campaign is being developed, encouraging Tasmanians to take care of their mental health & wellbeing.



The campaign will be:

- ▶ A whole-of-population strengths-based campaign aiming to raise mental health literacy in Tasmania, with a targeted approach at the community level.
- ▶ Informed by our research partners who are experts in mental health promotion and behavioural change. They will be assisting with the campaign development based on best-evidence.
- ▶ Based on a new approach focussing on promotion, prevention and early action to maintain mental wellness.
- ▶ A positive campaign, encouraging the use of consistent language and the decrease of stigma around mental health.

## HOW TO GET INVOLVED

- ✓ Sign up for our monthly MHCT eNews for updates: [www.mhct.org/subscribe](http://www.mhct.org/subscribe)
- ✓ Join the email list to receive specific campaign reports contact: [lcini@mhct.org](mailto:lcini@mhct.org)
- ✓ Stay connected with our Community Engagement Officers and contribute to focus groups, surveys, promote and participate in the campaign in your local Tassie community.

## OUR ROLE



**Provide leadership** by advocating for continuous improvement across all facets of mental health and suicide prevention.



**Provide trusted advice** to our members and decision makers to enable a robust and contemporary mental health system.



**Be a collective, representative voice** to ensure future sustainability of the sector, the community and the MHCT.



**Form and support strong networks** and collaboration to support sector development and capacity building.



**Promote the reduction of stigma** and champion mental health awareness and the value of good mental health.



**Influence policy development** in the interests of our members and the needs of the broader population.

## CONTACT US

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