



**Mental
Health
Council**
OF TASMANIA

www.mhct.org

Annual Review 2023–24

→ A leading voice in the Tasmanian mental health system



The Mental Health Council of Tasmania acknowledges the palawa people of lutruwita as the traditional and original owners, and continuing custodians of the land on which we work. We recognise and value their rich and continuing connection to country, to land, water and culture, and pay respects to Elders past and present.

We acknowledge people with lived experience of mental ill-health and recovery and we recognise our work relies upon valuing, respecting, and drawing upon the lived experience and expert knowledge of consumers, their families, carers and friends, service providers, their staff, and local communities.

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CEO Update

CEO, Connie Digolis

When I started in this role the first state mental health plan was in the process of being developed. We stood with government to launch it in Mental Health Week of that year – 2015. The thought of having a plan that set out what needed to be achieved felt robust and reassuring. Surely, I thought, all we had to do was work to the plan we'd laid out, and people's lives would improve accordingly.

As we approach the completion of this strategy, and enter the final year of our first bi-lateral mental health and suicide prevention agreement, reflecting on what we've achieved for Tasmanians and our mental health system is somewhat bittersweet.

PROGRESS AND ACHIEVEMENTS

The past decade has seen significant advances in making support more accessible and establishing contemporary, person-centred models of care. Among the key achievements:

Improved Access to Support

- ▶ Establishment of walk-in mental health support through the Peacock and Head to Health Centres – with more Head to Health Centres planned
- ▶ Development of the Central Intake and Referral Service (CIRS) as a single entry point for all Tasmanians seeking mental health support
- ▶ Implementation of the Initial Assessment and Referral (IAR) tool to determine appropriate levels of care

Community-Based Initiatives

- ▶ Expansion of suicide prevention and mental health awareness programmes, including Mental Health First Aid and the Tasmanian Suicide Prevention Community Network
- ▶ Launch of the Housing and Accommodation Support Initiative (HASI), integrating mental health care with supported housing
- ▶ Development of Community Action Plans across the state

Strengthening Lived Experience

- ▶ Increased investment in lived experience representation through organisations such as Mental Health Families and Friends and Mental Health Lived Experience Tasmania
- ▶ Development of the Peer Workforce Development Strategy
- ▶ Establishment of the LEx Training Hub and Certificate IV scholarship programme
- ▶ Working it Out's peer navigators helping LGBTIQ+ Tasmanians find and use mental health services

Strategic Developments

- ▶ Implementation of Tasmania's second suicide prevention strategy
- ▶ Launch of the 'Take a minute' campaign to build mental health and wellbeing literacy
- ▶ Integration of psychosocial supports through the NDIS
- ▶ Development of targeted strategies for priority populations
- ▶ Creation of the first joint State-Commonwealth mental health plan

ONGOING CHALLENGES

While all these initiatives, programs, campaigns and services are evidence of progress, there is still lots more that must be done. In many cases barriers to good mental health and wellbeing have no doubt reduced, but they undoubtedly still exist:

- ▶ Universal accessibility remains elusive, particularly in rural and regional areas
- ▶ Suicide rates have not shown marked improvement
- ▶ Mental illness continues to be overrepresented in homeless and prison populations
- ▶ Government focus remains heavily weighted towards acute care rather than prevention and early intervention
- ▶ Increasing demand for youth mental health services, with lengthy waitlists and lack of interim supports compounding the issue
- ▶ Tasmania continues to have the highest rate of prescribed medication for mental health issues
- ▶ The number of people missing out on the psychosocial supports they need continues to rise
- ▶ Many people are still unable to access required support through the NDIS



Connie Digolis, CEO

→ influencing mental health reform and system improvement

CONNECTIONS

3,600 ▶ Facebook followers

586 ▶ Instagram followers

ENEWS SUBSCRIBERS

207 ▶ Members

1,031 ▶ General subscribers

1,238 ▶ Total subscribers

LOOKING FORWARD

It continues to be a privilege to work with such an incredible team at MHCT, whose tireless commitment and effort has helped build the profile and reputation of MHCT as the leading advocate for the mental health of all Tasmanians.

I am immensely proud of the work of MHCT and our members over the past decade in driving these positive changes. Our united voices have been instrumental in influencing progress. While change can seem frustratingly slow, reflecting on our journey reminds us that progress, though gradual, is indeed occurring.

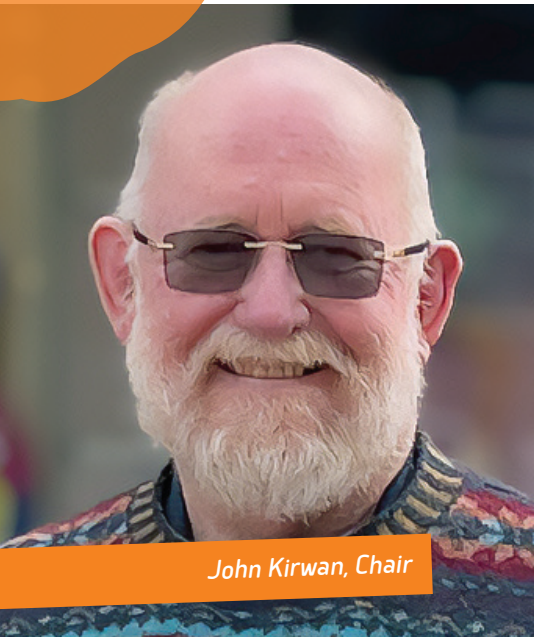
The community mental health sector we represent, whilst often seemingly undervalued, remains vital to countless

Tasmanians who rely on its support. It stands as an essential component of a functional mental health system, and we remain committed to its continued development and improvement.

We will not accept the success of Tasmania's mental health system being measured by the number of people we can fit into our hospital. Instead, a functional and effective mental health system must support people to stay in their community and out of our hospitals.

MHCT Chair Report

John Kirwan



John Kirwan, Chair

As I reflect on another significant year for mental health in Tasmania, I am struck by both the challenges we face and the unwavering dedication of those working to address them.

The Mental Health Council of Tasmania (MHCT) continues to be a powerful voice for our community. Under Connie's leadership, the team has gone beyond merely representing the community mental health sector – they have become strong advocates for the mental health and wellbeing needs of all Tasmanians.

This year brought significant developments and challenges at both state and federal levels.

In July last year MHCT released the second in a series of Access and Affordability reports. With over 400 Tasmanians participating in surveys and interviews to inform it, the report revealed that 90% of respondents faced barriers to accessing mental health services, with cost and availability being the primary obstacles. Perhaps most alarmingly, 60% reported delaying support due to cost in the previous 12 months. These findings, while concerning, demonstrate how deeply Tasmanians value mental health services and their desire for an accessible, affordable system.

The March state election, called a year early, created uncertainty for many organisations due to delayed budget processes and contract renewals.

Throughout this period, MHCT worked diligently behind the scenes to support our sector. Funding uncertainty and the failure to provide sustainable indexation, remains one of our real challenges.

The recently published 'Analysis of Unmet Need for Psychosocial Supports' report highlighted stark gaps in our system: a 98.4% shortfall in support hours for Tasmanians with severe mental illness, and an 88.8% shortfall for those with moderate mental illness. These supports, a joint responsibility of state and federal governments, require urgent attention.

Looking ahead, significant changes to the NDIS and ongoing federal discussions about mental health support will make MHCT's advocacy work, alongside our interstate counterparts in Community Mental Health Australia (CMHA), more crucial than ever. While our state government emphasises public mental health services, MHCT continues to advocate for increased investment in prevention and early intervention. The "Take a minute" campaign exemplifies this approach, encouraging Tasmanians to be proactive about their mental health rather than waiting until crisis point.

REGIONAL MENTAL HEALTH GROUP MEETINGS



103 PARTICIPANTS



I would like to express my gratitude to several groups who make our work possible.

To my fellow directors, thank you for volunteering your time and expertise to guide MHCT's direction.

To our members, your extraordinary compassion and dedication enable countless Tasmanians to live their best lives.

Finally, to Connie and her team, congratulations on another year of incredible advocacy. While progress can sometimes seem incremental, your persistent efforts to highlight issues and drive change are making a real difference.

As we move forward, MHCT remains committed to ensuring all Tasmanians can access the mental health support they need, when and where they need it. The challenges are significant, but with the continued dedication of our sector and community, I remain optimistic about our ability to create positive change.

John Kirwan

Chair

Mental Health Council of Tasmania



OUR BOARD

John Kirwan

Chair

Mark Mewis

Deputy Chair

James Versteegen

Treasurer

Paul Campbell

Board Member

Kate Chambers

Board Member

Lee-Anne Carter

Board Member

MHCT WEBSITE



25,097

pageviews



8,869

visitors

MEDIA

45

interviews and quotes across the media, including TV, radio and print.

MENTAL HEALTH WEEK 2023

7-15 OCTOBER

\$40,000 grant funds distributed to **39** organisations.
60 applications totalling **\$70,788**
More than **50** events were held across the state.

34,000 Tasmanians participated.

Our Team



Connie Digolis

Chief Executive Officer



Amanda Aitken

Community Capacity Building (North)



Ella Bellamy

Policy Support Officer



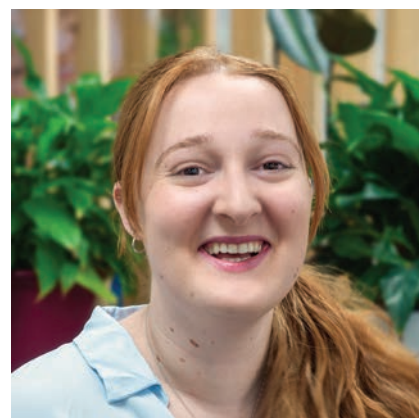
Emily Carter

Administration & Communications Officer



Laura Cini

Mental Health & Wellbeing Coordinator



Olivia Clayton

Digital Communications Lead



Sophie Cliffe

Administration Support Officer



Sally Errey

Stakeholder Engagement Lead



Rhiannon Hamilton

Lived Experience and Training Project Officer



Ben Hirst

Lived Experience and Training Manager



Bree Klerck

General Manager



John McNamara

Community Capacity Building (South)



Shareen Pearson

Corporate Services Manager



Trudy Schmitzer

Lived Experience Workforce Coordinator



Nick Sullivan

Communications Manager



Bridget Wallbank

Youth Mental Health Access (until May)



Dean Yates

Policy and Advocacy Lead

Who we are



The Mental Health Council of Tasmania is the peak body representing the mental health and wellbeing needs of all Tasmanians, and the community organisations that work with and support them. We work closely with government to amplify the voices of our members and Tasmanian communities, to provide input into public policies and programs. We advocate for reform and improvement within the Tasmanian mental health system.

What we do



OUR PURPOSE

Strengthen and advocate for our communities and service providers to support the mental health and wellbeing of all Tasmanians



OUR VISION

Every Tasmanian has access to the resources and support needed for good mental health and wellbeing



OUR VALUES

- ▶ COMPASSIONATE AND RESPECTFUL
- ▶ COLLABORATIVE AND SUPPORTIVE
- ▶ RESPONSIVE AND ADAPTIVE
- ▶ LEADING AND ENGAGING

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 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

PRIORITY AREA ONE: SYSTEM IMPROVEMENT

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

MHCT has continued our systemic advocacy to improve the mental health system for Tasmanians. During 2023-2024 we have maintained our ongoing commitment and focus in representing sector priorities at committees, networks, working groups and consultations including:

- ▶ Statewide Mental Health Services Reform Steering Group
- ▶ Older Persons Mental Health Service Project Control Group
- ▶ Older Persons Mental Health Service Operational Service Model Working Group
- ▶ Mental Health Integration Hub Partnership Group
- ▶ Recovery College Advisory Group
- ▶ Premier's Mental Health and Suicide Prevention Advisory Council & Executive Leadership Group
- ▶ Rethink Working Group
- ▶ Mental Health Act Review Steering Committee
- ▶ Worksafe's Workplace Mental Health Framework Steering Committee
- ▶ NDIS Stakeholder Update Network
- ▶ Premier's Health and Wellbeing Advisory Council
- ▶ Community Mental Health Australia Policy Network
- ▶ Life in Mind Champions Group
- ▶ Mental Health for Veterans Working Group
- ▶ Tasmanian Suicide Prevention Community Network (TSPCN)
- ▶ Expert Advisory Group - Supporting family and friends of someone who has attempted suicide
- ▶ Safety Guidelines Advisory Group
- ▶ Smoke Free Communities
- ▶ Huon Valley Health and Wellbeing Committee & Mental Health Focus Group
- ▶ Break O'Day Mental Health Professionals Network
- ▶ West Coast Service Providers Network
- ▶ Cultural Access and Inclusion Network
- ▶ Gambling Harm Reform Advisory Panel
- ▶ Community Services Industry Steering Committee
- ▶ Literacy & Health Literacy Community of Practice
- ▶ Leadership 2040 Forum
- ▶ Healthy Tasmania Communications Working Group
- ▶ North West Service Providers Network



PRIORITY AREA ONE: SYSTEM IMPROVEMENT

REPORTS AND SUBMISSIONS



Our advocacy has included the preparation of several reports, policy submissions and briefing papers, providing trusted advice to governments on key areas of reform and raising the impacts of mental health and wellbeing in priority populations including Tasmanians experiencing homelessness, disability, survivors of sexual abuse and young Tasmanians.

Access and Affordability: Mental Health Services in Tasmania. Report 2 – Highlighting the experience of Tasmanians

Informed by input from over 500 Tasmanians, this report highlights the experience of people trying to access mental health supports and services, including lengthy wait times and high out of pocket costs.

Response to the draft Tasmanian Housing Strategy

Our response to this draft strategy recommended the:

- ▶ Roll-out of a permanent Housing and Accommodation Support Initiative (HASI) across the state to support people in private and social housing rentals.
- ▶ Delivery of the Rapid Rehousing program in additional locations across the state and lengthening duration of stay to two years, or preferably for as long as needed.

Response to the NDIS Review 'What we have heard' Interim Report

Our response focused on the collation of a number of submissions and reports to the various NDIS related consultations over the last three years, reiterating a focus of the scheme in better meeting the needs of people with psychosocial disability.

Youth Peer Workforce Project Implementation Plan

The plan highlighted the benefits of a Youth Peer Workforce in Tasmania, and outlined the steps MHCT will take in implementing it.

State Budget Priority Submission

Our BPS called on government to deliver on 5 year funding contract agreements, and ensure they included adequate indexation. Additionally, we called on them to continue funding for MHCT's Take a minute campaign, and fund an interim response to address gaps in psychosocial supports.

Response to the Department of Justice Conversion Practices Bill 2024

While supporting the intent of the bill, MHCT highlights a number of concerns that should be addressed to ensure the bill met its intended purpose.

Submission to the draft National Autism Strategy

Our submission supported the draft strategy, but noted that more consideration was needed around: comorbid conditions (particularly autism and mental health issues), caregivers, access and affordability of diagnosis as well as workforce challenges.

Prioritising Prevention (state election platform)

Ahead of the Tasmanian state election, we called on an incoming government to prioritise the mental health and wellbeing of all Tasmanians, by investing in the supports, services and initiatives that help us be and stay well, and out of hospitals and acute care.

Check out www.mhct.org/resource-library for all these submissions, reports, and more.



Looking ahead, addressing the unmet needs of psychosocial supports will become a key priority for advocacy with Health Ministers expected to meet in early 2025 to progress commitments under the National Mental Health and Suicide Prevention Agreement. The community mental health sector is vital in the provision of psychosocial supports and MHCT will continue to advocate for investment to ensure our sector can maintain and expand their role in providing critical mental health supports and services to our communities.

PRIORITY AREA TWO: COMMUNITY ENGAGEMENT

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

The Take a minute Campaign Team has had an eventful and productive year. We continued to work with our researchers at Be Well Co (affiliated with the South Australian Health and Medical Research Institute) in campaign development and selected a local creative agency to bring the campaign to life. We focus tested several branding concepts and campaign tag-lines with multiple groups of sector and government representatives and community members across the state. We landed on 'Take a minute' with the pause button logo.

We welcomed aboard Amanda, our 'boots on the ground' community capacity building project officer based in the north to join John, her counterpart in the south. Amanda and John focussed on building and maintaining positive relationships with stakeholders across the state through which we have been disseminating the campaign.

"It has helped me bring together what matters to my health and wellbeing"

The Premier joined us to officially launch the campaign in mid-November, with 11 organisations signing up as inaugural campaign partners: Volunteering Tasmania, Lifeline Tasmania, Relationships Australia Tasmania, Central Coast Council, New Mornings, Tasman Voice for Health, Huon Valley Council, Live Well Tasmania, JCP, Derwent Valley Council and Asthma Australia.

As a new and novel campaign, initially partnering with a limited number of organisations enabled us to work with them to test-run the campaign with their communities, networks or workplaces. We obtained valuable feedback from campaign participants to inform iteration and further development of the campaign.

Early in the year we began implementing our social media strategy to increase reach and build awareness of the campaign. Amanda and John continued to focus on stakeholder engagement and campaign dissemination statewide. We also incorporated additional campaign activities, including A minute more, giving participants an opportunity to engage with the campaign each month after taking the 7 minute challenge.

With the campaign growing rapidly, we have been excited to see it recognised across various forums. We have been invited to present at numerous local and interstate conferences including:

- Australian Social Prescribing Institute of Research and Education, Sydney, June 2024: poster presentation
- Palliative Care Symposium Compassionate Tasmania, Hobart July 2024 (presentation)
- WorkSafe Conference, Hobart July 2024 (plenary presentation)
- International Moral Injury and Wellbeing Conference, Brisbane, September 2024 (presentation)
- International Conference on Social Work in Health and Mental Health, Melbourne, November 2024 (presentation)

Take a minute has won a highly commended service and program award to be announced and presented at The Mental Health Services Learning Network Conference in Canberra August 2024. Our researchers at Be Well Co have also been invited by the University of Melbourne literacy team (a leading organisation in the mental health literacy area) to contribute a chapter on Take a minute for a new book 'Wellbeing Literacy Theory and Practice.'

The Interim Evaluation Report noted the early success of the campaign in promoting mental wellbeing literacy in Tasmania and facilitating meaningful behavioural change. It has been rewarding for the Campaign Team to watch the campaign develop as it works towards the goal of broadly reaching into the Tasmanian community, with a wide range of organisations engaging from small art galleries, local councils, sporting clubs, service providers, workplaces and large businesses.

Moving forward, the Campaign Team will continue to use targeted strategies as we promote positive conversations around mental health, decrease stigma and improve the mental health literacy of Tasmanians.

**OVER 230 STAKEHOLDERS
ENGAGED**

**Over 1000 Tasmanians have registered
online to take the 7 minute challenge**

**OVER 600 MONTHLY
VISITORS TO WEBSITE**

PRIORITY AREA THREE: WORKFORCE

GOAL: To support the development of a highly skilled and sustainable Tasmanian mental health workforce

The 2023–2024 year has been a pivotal one for MHCT's Lived Experience (LE) Workforce team, marked by significant progress in advancing the development of the Lived Experience workforce across Tasmania. A key focus for this period has been the establishment of the LEx Training Hub, the recruitment of new team members, and the development of key initiatives aimed at building capacity and readiness for LE roles within the mental health, alcohol and other drug harm (AOD), and suicide prevention sectors.

KEY MILESTONES AND ACHIEVEMENTS

LEx Training Hub Establishment and Steering Committee

The LEx Hub has been a significant focus of MHCT during 2024. With support from DEN, ATDC, MHLET, and MHFF, we have worked on establishing governance structures and engaging key stakeholders. The LEx Training Hub Steering Committee convened for the inaugural meeting in May, bringing together representatives from lived experience organisations, government agencies, and sector bodies. The committee is already driving important initiatives, including the exploration of peer work practice-based supervision, which has been identified as a critical need for the workforce.

Peer Workforce Advisory Group

In June 2024, we formally established the Peer Workforce Advisory Group, which includes employers from mental health, AOD, and suicide prevention sectors. The group plays an integral role in informing training needs for the LEx Hub, guiding the creation of training programs tailored to the sector's evolving demands.

Course Development and Pilot Programs

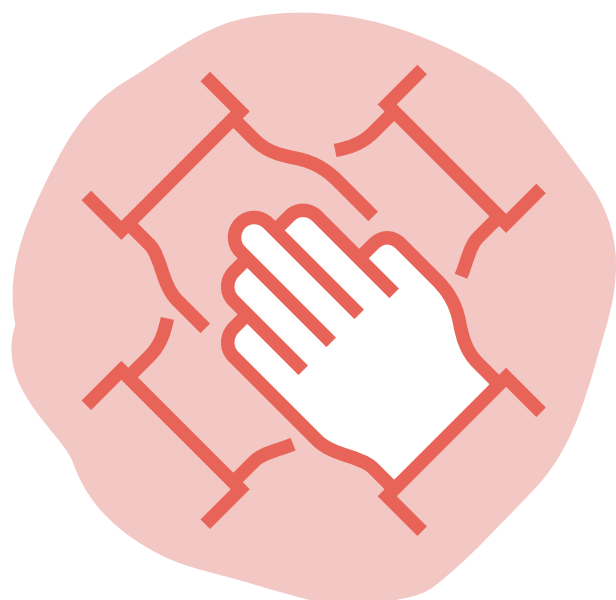
One of the year's key achievements was the pilot of the Introduction and Fundamentals of Peer Work course. Based on participant feedback, the course has been reviewed and refined to better meet the needs of both students and the sector. The Introduction to Peer Work course is now complete and will commence delivery in late 2024, with the Course Advisory Group guiding its ongoing development. We continue to work closely with TasTAFE, introducing staff to the LEx Hub and exploring pathways between the Hub's training offerings and TasTAFE's Cert IV in Mental Health Peer Work.

Organisational Readiness Program

The team is working on the development of an organisational readiness program, based on MHCT's 2019 Peer Workforce Development Strategy. This framework outlines eight key standards that guide organisations in preparing for and supporting a Lived Experience workforce. Through the program, organisations are supported to create their own Lived Experience Workforce Commitment Plan—a tailored approach that helps them reflect on their current readiness and make meaningful changes. The recruitment of a Lived Experience Workforce project officer has bolstered MHCT's capacity to deliver this program, with a number of organisations targeted to pilot the program in 2024.

Engagement with the Peer Workforce

We have strengthened our engagement with peer workers and the organisations employing them. Two Peer Workforce Advisory Group sessions were held, as well as a morning tea for employers. Additionally, we have been re-engaging 1:1 with organisations to better understand the scope of the peer workforce in Tasmania.



PRIORITY AREA THREE: WORKFORCE

Specialist Training and Workforce Development

MHCT has promoted the federal government's Cert IV in Peer Work scholarships and is actively identifying specialist training opportunities. These specialist trainings will be incorporated into the LEx Hub offerings. MHCT is also exploring Leadership and Supervision training opportunities in partnership with the Mental Health Coalition of South Australia, with plans to deliver a Leadership Course in late 2024.

Website and Communications

To raise awareness of the Lived Experience workforce and LEx Hub, we've developed and launched a webpage on the MHCT website. The page provides information about the LEx Hub, the courses offered, and the resources that support best practice in developing a Lived Experience Workforce. Further promotional efforts, including a training calendar and enrolment processes, will be rolled out in the coming months. The web pages will also be a platform for storytelling, to increase awareness and promote the benefits of a robust Lived Experience Workforce.

Evaluation and Continuous Improvement

We have engaged an independent consultant to conduct an evaluation of the LEx Training Hub, ensuring the project meets the sector's needs. This evaluation will include an initial stakeholder survey, followed by interim and final reports to inform ongoing improvements and the development of the Hub's sustainability plan. Additionally, the first review of the Introduction of Peer Work course will take place at the end of 2024.

"It [the course] has affirmed to me that this is the space I want to be in, every day I left with an excited feeling about the future."

— Course participant

LOOKING AHEAD

As we move into the next year we will continue to focus on expanding and supporting the Lived Experience workforce. Priorities include finalising the Organisational Readiness Program, enhancing partnerships with training providers, and delivering the newly developed Introduction to Peer Work course, as well as a supervision and leadership program. We will also continue working closely with the Peer Workforce Advisory Group to refine training offerings and ensure that the sector's evolving needs are met.

PRIORITY AREA FOUR: MEMBERSHIP

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

MHCT continues to make networking and engagement opportunities available across the sector and around the state. This year we conducted four Tasmanian Mental health Leaders Forums including the attendance by both the Minister of Mental Health & Wellbeing and Premier of Tasmania. Regional Mental Health Group (RMHG) meetings were held in the south, north and north-west of Tasmania. These meetings are attended by a variety of community mental health service providers and other relevant stakeholders, and provide a valuable opportunity for networking and information sharing at a community level.

Within the RMHG meetings there were presentations on:

- NDIS review and reforms
- Climate Change and Mental Health
- Worksafe Tasmania Workplace Mental Health Framework development
- Child and Adult Mental Health Services updates
- MHCT updates on Policy, Submissions, State Election, Lived Experience Training Hub and the Take a minute Wellbeing Literacy Campaign

MHCT engagement events help people gain additional insight into what is happening among our community mental health service provider member organisations, enhance networking and collaborative opportunities, and advise news of mental health resources, projects, funding, and programs. These events also included Mental Health Week, our AGM, and a workshop by international expert, Dr Jo Henderson on best practice in service delivery for youth and emerging adults.

Whilst acknowledging the importance of provision of clinical and early intervention services, we have also been busy promoting the importance of prevention and mental health literacy (Take a

minute). Consequently, our stakeholder engagement has expanded out to community groups, other peak bodies, local government, literacy researchers, and we have welcomed new Individual and Organisation Members including RANT Arts, Central Coast Council, St Vincent de Paul and Butterfly Foundation. We hope to learn from and leverage these stakeholder relationships to increase reach in Tasmania and positively impact future sector improvement.

We continue to advocate on behalf of our members and engage with stakeholders at the highest levels, including negotiating additional time on interim budget extensions that were affected due to the delayed State Budget to help minimise any shortfall between when these extensions end and when new contracts are signed. In response to our advocacy work, government has said they will also endeavour to streamline the process, with the aim of having contracts finalised and signed prior to the end of existing contracts.

MHCT engages with the sector monthly via Member and Subscriber eNews which includes updates and reports on mental health news, consultation, and engagement opportunities in local, state and national initiatives. If you have not been receiving emails from us and would

like to stay connected, please advise us at enquiries@mhct.org. You can also follow us on Facebook @mentalhealthcounciltas or Instagram @mhctas

In spite of ongoing constraints and challenges, our members and stakeholders continue to provide vital services throughout Tasmania, and your willingness to come together to collectively work on sector solutions and find innovative approaches to enhanced-service delivery is inspiring. It is a pleasure for MHCT to work with you to advance the aims of enhancing the mental wellbeing of all Tasmanians. Please do not to hesitate to reach out if you have any ideas for working together or to let us know what's happening in your community.

65 MHCT MEMBERS



39 member organisations



16 individual members



10 associate members



Our Members 2023–2024

MHCT is a member-based peak body, and we acknowledge the dedication of our member organisations, all of whom make a difference to the lives of Tasmanians through the provision of the high-quality programs and supports.

MEMBER ORGANISATIONS

Advocacy Tasmania

Anglicare Tasmania

Australian RedCross

Baptcare

Butterfly Foundation

Catholic Care

Choose Life Services

Colony 47

CoRES Australia

Cornerstone Youth Services
(Headspace Launceston)

GROW

iTrain Australia

Life Without Barriers

Lifeline Tasmania

Live Well Tasmania

Men's Resources Tasmania

Mental Health Family & Friends

Mental Health Lived Experience
Tasmania (MHLET)

Migrant Resource Centre

Mindfulness Programs Australasia

Mission Australia

Positive Solutions

Psychology CAFFE

Relationships Australia

Richmond Futures

Royal Flying Doctor Service

Rural Alive and Well (RAW)

Rural Health Tasmania Inc.

Salvation Army

Seedwings Art Therapy

Sparks Behaviour Change Consulting

St Vincent de Paul Society

Stride

Teen Challenge Tasmania

The Hobart Clinic

The LINK (Headspace Hobart)

Wellways

Working It Out

Youth, Family & Community
Connections (YFCC)

INDIVIDUAL MEMBERS

Daryl Lamb

Diana Taylor

Graeme Lynch AM

Maree McCulley

Laura Johnson

Laura Grattidge

Mallory Schipper

Mark Davis

Matt Hill

Michelle Swallow

Patrick Carlisle

Renate Hughes

Robbie Devlin

Susanna Carlyon

Therese Ryan

Kiara Thomas



ASSOCIATE MEMBERS

APM Employment Services

Asthma Australia, Tasmanian Office

Carers Tasmania

Central Coast Council

Epilepsy Tasmania

Pharmacy Guild of Australia
Tasmania Branch

Salveo Healthcare Services

TasTAFE

Triple P International
(Positive Parenting Program)

Well Minds Work



Annual Review 2023-24

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