

**From:** Mental Health Carers Voice <mhcarers@carersact.org.au>  
**Sent:** Thursday, 22 April 2021 12:15 PM  
**To:** Mental Health Carers  
**Subject:** Smoking and Mental Health, Carers Wellbeing Survey and More!

April 2021

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## News Update - Month YYYY

### In this update you will find:

- [MHCV Team Update](#)
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### MHCV Team Update

Hello everyone!

We hope you've had a great month. We've been working hard on conference organising - Save the date for **Caring Together, a conference for mental health carers, 26th August 2021 at the Hotel Realm!** We've also been representing carers on mental health committees, upskilling in suicide prevention, had a tour of the adolescent ward and participated in the Quarterly Forum on Safe Havens.

There's more coming up this month, so check out some of the events and consultations below, [send us an email](#) or call 6296 9993 to get involved.

All the best,

*C Moore and Catherine Vonarx*

**The Mental Health Carers Voice Team**

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## Mental Health Carers Afternoon Tea: Smoking and Mental Health



We're inviting mental health carers to join us for a social afternoon tea and a discussion on ACT Health's smoking rates and mental health project. The researchers are seeking input from carers on approaches to smoking for people with mental health issues.

Join us from 1-3pm on Thursday the 29th of April at Carers ACT, 80 Beaurepaire Crescent Holt. [Register to attend here.](#)

[Next month, join us and the Office for Mental Health and Wellbeing to talk about their Youth Mental Health Portal!](#)



## Carer Wellbeing Survey

Carers Australia has partnered with the University of Canberra on behalf of the Department of Social Services to conduct a new national survey into the wellbeing of carers and their support services. Survey results will be used to determine how we can improve supports for carers across Australia.

Caring for Others and Yourself: Carer Wellbeing Survey asks carers to share their experiences – past and present – of being a carer and the support services they use. This survey asks about the type of care you provide to others, and about the types of supports or services you may have heard about or accessed in your caring role, including Carer Gateway.

The survey will take between 10 to 30 minutes to complete, depending on how many questions you choose to answer.

The survey closes on 9 May 2021. Complete it here: [tinyurl.com/2021carersurvey](https://tinyurl.com/2021carersurvey)

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## Older Person's Mental Health Consultation

The Older Persons Mental Health Community Team (OPMHCT) provides mental health assessment and care to people over the age of 65 years, with mental illness and issues of ageing e.g. dementia.

A model of care is under development to optimise the effectiveness and efficiency of this service, to ensure equitable access to older people needing specialist mental health services. They are interested to hear the experiences and perspectives of carers of older people accessing the Community Team programs.

They want to know:

- What is currently working well?
- What challenges or barriers have you experienced?
- What suggestions do you have to improve the consumer and carer journey?

You can give your feedback by contacting us at [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au) or by filling out this quick survey: <https://forms.office.com/r/8GfQHjLGCG>

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April 23rd,

11am-11:30am

Managing Your Mood – online  
workshop



April 29th,

12pm-12:30pm

Communicating with others –  
online workshop



April 30th,

11am-11:30am

Communicating with others –  
online workshop



June 2nd,

1pm - 3pm

Managing Life as a Carer  
In Person at Carers ACT

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## CIT Skills for Carers: Mental Health First Aid

Carers are invited to attend an information session facilitated by an experienced accredited Mental Health First Aid trainer. In this session, carers will be introduced to Mental Health First Aid. Mental health issues can be difficult to recognise and frightening to deal with. Early recognition and intervention are key to effectively assisting in mental health emergencies.

**Facilitator:** St Johns Ambulance ACT

**Date:** Tuesday 8th June 2021

**Time:** 10am to 2pm

**Venue:** Weston Creek Community Centre Room 1

Register by calling (02) 6207 3628 or email [carerskills@cit.edu.au](mailto:carerskills@cit.edu.au)

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The Messengers Program is hosting free workshops for parents of adolescents with mental health concerns.

The seminar is held over two nights (the 6th and 13th of May) and will cover the following subjects:

- Understanding adolescent development
- Mental health concerns in teenagers
- Coping strategies
- Positive communication
- Anxiety, depression & self-harm

The facilitators, Gretel Burgess (Master of Social Work) and Sarah O'Sullivan (Bachelor of Social Work) both have years of experience as school counsellors.

Find out more and register for the sessions here:

<https://www.tuggeranongarts.com/.../parenting-help-seminar/>

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## **Bipolar informational videos available**

Bipolar Australia has produced five videos to share information on the treatment and experience of Bipolar Disorder which are now available to download and watch.

[Watch online](#)

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## **COVID-19 Update**

To get reliable information about the COVID-19 vaccine rollout, check the [Australian Department of Health website](#).

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