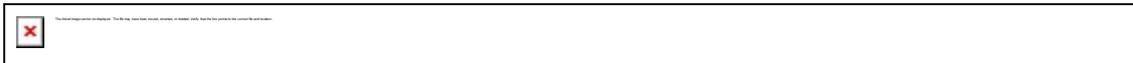


From: Mental Health Carers Voice <mhcarers@carersact.org.au>
Sent: Friday, 26 February 2021 4:08 PM
To: Mental Health Carers
Subject: Mental Health Carers Voice - February Update

Categories:

February 2021

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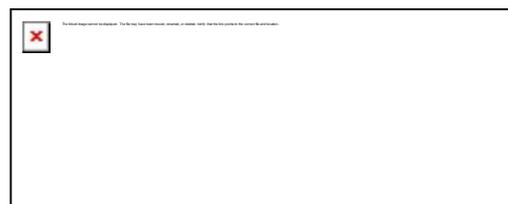
News Update - February 2021

In this update you will find:

- [MHCV Team Update](#)
- [Carers Recognition Act Consultations](#)
- [Mental Health Carers Afternoon Tea](#)
- [Events for Carers](#)
- [Lifeline Suicide Bereavement Support Group](#)
- [MHCC ACT Board Lived Experience Committee - Seeking Expressions of Interest](#)
- [Mental Health Safety and Quality Engagement Guide](#)
- [Reliable Information on COVID-19](#)

MHCV Team Update

This month has been busy with new and rewarding challenges.



C has been going through the results of the mental health carers survey, reading some fascinating research such as the [Trajectories](#) report on housing and mental health and planning the upcoming afternoon tea and quarterly forums.

Catherine has participated in mental health services meetings raising the voice of mental health carers. She has also consulted on ACT government Older Person Mental Health and Wellbeing strategy and inspected the Southside Adult Step Up Step Down building.

We have also been having regular check ins with the **Family and Carer Clinicians at the AMHU and Belconnen Community Mental Health Team** - if you interact with these services, ask about the Carer Clinicians, Mel (AMHU) and Mary (Belconnen). They can help you understand the clinical services, connect you to supports, and facilitate communication with the treatment teams.

We are offering a training course with **MIEACT's Do NO Harm framework** to be held at Holt on March 16th. If you are interested in this informative course please [get in touch with us](#).

There's even more coming up in March, 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

Carers Recognition Act Consultations

We're holding a consultation on the *Carers Recognition Act 2021* to gather the perspectives of mental health

carers. This will be held online in the afternoon of **March 2nd**.

[Fill out the form here to register](#) and receive the link. You can also send us written feedback [via email](#).



Mental Health Carers Afternoon Tea

We'll be holding monthly afternoon teas for mental health carers to have a bite and a cuppa, meet each other and talk with local experts about the issues that concern you.

This month, we're talking about the **NDIS Independent Assessments and Planning Changes** and how to write a carer statement. We'll be joined by an expert support co-ordinator with experience in psychosocial disability to answer your questions.

When: Wednesday 24th March, 1-3pm

Where: Carers ACT, Holt

[Details and RSVP here](#)

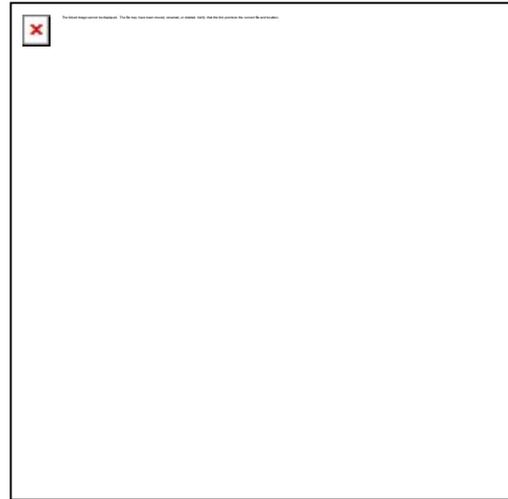
Events for Carers

Managing Life as a Carer – for both experienced carers and those new to a caring role.

This experiential workshop explores grief and loss experienced by carers, how carers identity changes with the role of caring, dealing with stress, time management and carer support.

It is run as three two-hour workshops, 10.00am

– 12.00pm on Wednesday 17, 24 & 31 March. [Register here](#).



Other Events:

March 2nd,
10:30am-12pm
The Carer Experience of
Guilt and Anger



March 17th, 2pm-3:30pm
Information Session about NDIS
Plan Management

Open Consultations

- Canberra Hospital Expansion Project: [Participate on YourSay](#)
- Canberra Hospital Master Plan: [Participate on YourSay](#)
- Inquiry into ACT alcohol, tobacco and other drug harm reduction policy and programs: [Read the terms of reference and make a submission here](#).
 - You can also [send us an email](#) with your views to shape our advocacy on this matter.

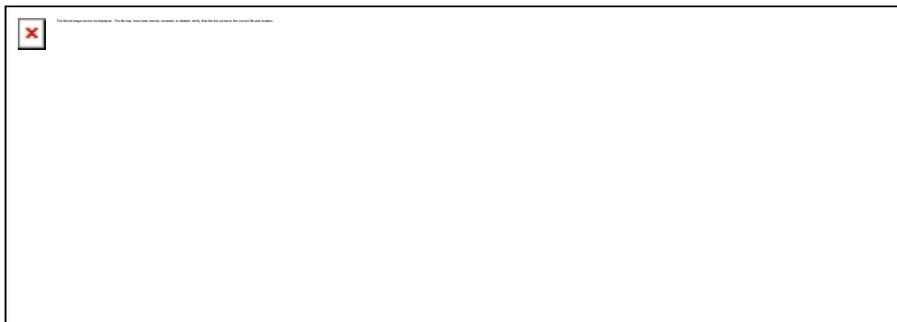
Lifeline Suicide Bereavement Support Group

On Monday 19 April Lifeline Canberra, in partnership with the Canberra Grief Centre, will commence delivery of a clinically supervised support group for members of our community bereaved by suicide.

The program will run over three months and will accommodate adults over the age of 18 who are between three months and three years bereaved. Central to the program is the provision of a safe and validating environment to enable connections, normalising grief and healthy coping.

The cost of the program is a one-off \$30 donation to Lifeline Canberra. The support group will run from Lifeline Canberra and be facilitated by myself and Sonia Fenwick, Grief and Bereavement Counsellor from the Canberra Grief Centre.

If you feel that you, or anyone close to you, may benefit from this program, please get in touch with Felicity Wheeler at Lifeline Canberra on 02 6171 6313 or via felicity.wheeler@act.lifeline.org.au.



MHCC ACT Board Lived Experience Committee - Seeking Expressions of Interest

Mental Health Community Coalition (MHCC) ACT is seeking expressions of interest from motivated individuals interested in joining a Lived Experience Committee (LEC) being established by the MHCC ACT Board.

This Committee will advise the Board on MHCC ACT's strategic directions and priorities. LEC members will work closely with the two existing Lived Experience Directors on the MHCC ACT Board.

Who they are seeking

To complement your own lived experience of mental illness (including caring for someone living with mental illness) you will have a broader interest in the factors that impact those living with a mental illness. You'll be keen to collaborate with others on MHCC ACT's LEC by sharing perspectives and ideas to boost understanding of the impact of mental illness on consumers and carers, address barriers, reduce stigma, and to support people to live meaningful and dignified lives.

For more information - including how to apply - [read this document](#).



Mental Health Safety and Quality Engagement Guide

The National Mental Health Commission (NMHC) recently launched a guide for carers and consumers who want to get involved in governance of mental health services.

The guide provides practical information about how consumers and carers can get engaged and how to navigate the process. It also provides information for health service leaders to provide a culturally appropriate, welcoming space for a diverse range of consumer and carer representatives in a positive partnering environment.

The Guide is available from the NMHC as a [printable document](#) or an [interactive website](#).

Reliable Information on COVID-19

Facebook's recent new interruptions may mean you are having trouble accessing information on COVID -19 that you may normally access through social media. Here are some links you can save for up-to-date information:

- ACT Government COVID-19 website: <https://www.covid19.act.gov.au/>
- Federal Government Health Website: <https://www.health.gov.au/>

- ABC News Coronavirus Stories: <https://www.abc.net.au/news/story-streams/coronavirus/>
- Federal Coronavirus and Vaccine Hotline: [1800 020 080](tel:1800020080)
- Federal COVID-19 Vaccine Enquiry Form: <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/covid-19-vaccine-enquiries>

[We also have specific information for carers and the people they care for on our website.](#)



- The opinions expressed in this E-Bulletin do not necessarily reflect the opinions and views of Carers ACT.
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