

From: Mental Health Carers Voice <mhcarers@carersact.org.au>
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To: Mental Health Carers
Subject: Vaccination Info update, National Schizophrenia Week and more

May 2021

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News Update - May 2021

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MHCV Team Update

Hello everyone, we hope you've had a great May!

We've had a busy month behind the scenes, working on the new Mental Health Carers Voice website (*coming soon!*), contributing to the review of the Mental Health (Secure Facilities) Act, consulting carers on the ACT Health Quality Strategy and representing mental health carers on a wide range of committees.

We're always keen to hear from you so [send us an email](#) or call 6296 9993 to get involved in our work.

All the best,

C Moore and Catherine Vonarx

The Mental Health Carers Voice Team

Human Rights Commission Review of Dhulwa

The ACT Human Rights Commission is carrying out an investigation of Dhulwa Mental Health unit. They are looking at the model of care, discharge and transition processes, use of seclusion & restraint, programs and other items of interest.

If you are **a carer or family member of someone who has been a patient at Dhulwa** they would be very interested to talk to you about your experience.

Carers are welcome to contact Maria de Fatima Vieira on 6205 2222 or Mariadefatima.vieira@act.gov.au. Any contact is confidential and any information will be deidentified.

COVID-19 Vaccination Update

People living with disability who are eligible under phase 1A and 1B can book in and attend the ACT Government's Garran COVID-19 Mass Vaccination Clinic, regardless of their age. Any disability support staff, volunteers and carers who accompany this person can also be vaccinated at Garran. [Please read the attached information to find out more.](#)

In addition the Garran Centre will be offering sensory sensitive clinics on Tuesday 8 am to noon and Thursday 2 pm to 5 pm to support those who may require additional time or supports.

To attend this clinic, call the ACT COVID-19 vaccination booking line on 02 5124 7700.

Expressions of Interest – Mental Health Advisory Council member

The Office of Mental Health and Wellbeing is seeking Expressions of Interest from suitably qualified and experienced persons interested in becoming a member of the Mental Health Advisory Council. Expertise may include being a carer of a person with lived experience of a mental disorder or mental illness.

The Council meets at least four times a year and provides advice to the ACT Minister for Mental Health on a range of topics including mental health consumer and carer interests, emerging mental health issues; mental health policy and mental health services reforms.

EOI submissions will be accepted until close of business Monday 28 June 2021 via email to: OfficeforMHW@act.gov.au. Please email the above address should you have any queries or contact Lee-Anne Rogers on (02) 5124 9600.



Mindfulness course for mental health carers

Do you provide care to someone experiencing mental illness and/or a psychosocial disability? Would you like to learn new skills to help manage the challenges uniquely experienced by carers *#CaringThroughCovid?*

Carers Australia are offering a free six-week online mindfulness course for mental health carers. During the 45 minute weekly sessions, an experienced facilitator from [Simply Mindful](#) will teach you a range of practices and tips to help improve your

wellbeing.

In addition to the live sessions, you will be able to access a range of 'on demand' guided practices once you have completed the course. To register, visit [here](#).

Schizophrenia Awareness Week

It's Schizophrenia Awareness Week. Take some time to learn about this condition with these resources from SANE:

- ['Discover More': How my brothers' experiences with schizophrenia sparked my decision to become an advocate. - The SANE Blog](#)
 - [Facts about Schizophrenia \(sane.org\)](#)
 - [Check out SANE's Spotlight on Schizophrenia page](#)
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Recognising and Responding to Deterioration In A Person's Mental State Webinars

Over the past two weeks, the Australian Commission on Safety & Quality in Health Care heard from a consumer, carer, Clinical Nurse Consultants and Quality Improvement Managers on their experiences and innovative approaches on recognising and responding to deterioration in a person's mental state in 2 webinars. [You can watch Webinar 1 on YouTube here](#), and [you can watch Webinar 2 on YouTube here](#).



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Our mailing address is:

Carers ACT

80 Beaurepaire Crescent

Holt, ACT 2615

Australia

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