



MHFFtas E-news (23rd April 2020)

## Mental Health Families and Friends Policy Response

[Tell](#) us your concerns, experiences and ideas about issues that affect mental health families and friends in Tasmania so we can advocate on your behalf.

[Read More OR take the Survey](#)

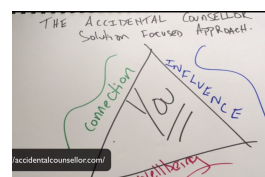


And don't forget our COVID-19 Impact on Families and Friends [SURVEY](#) for families and friends of people living with mental ill health. We want to know how the Pandemic is impacting on you and the person you support.

## Accidental Counsellor Training

Flourish is presenting this one day online course, which is VERY suitable for families and friends.

[Read more or RSVP](#)



## eheadspace

[Help](#) shape an online education and support package for family, friends and carers to help them support young people experiencing mental health issues.



## BPD ADVOCATE (Autumn 2020)

[Stories](#) of embracing healing, persevering with different psychotherapies, trying art therapy, understanding what



recovery looks like or sharing insights with clinicians, families & other carers.

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### **Mental Health First Aid (North West)**

The RESEED Centre is offering an online MHFA course starting early May. People from Burnie, Central Coast and Devonport municipalities will be given priority.



[Read more or RSVP](#)

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### **Cards**

MHFFTas will be offering a series of gift cards for sale. More details to follow in our next e-news. Click [HERE](#) to see a higher quality image.

The photos were taken by Nick Salisbury, who died by suicide in May 2019. The photos have been made available by his parents.



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