



MHFF Tas E-news (9th April 2020)

Staying connected

[Call](#) ☎, [email](#) ✉ - Stay physically distant but socially connected

Please continue to [send](#) photos or ideas that make you feel positive and we will share them over the coming weeks.

"At the bottom of my garden. I keep looking for the fairies."



To Service Providers

Don't forget us! We are still [open](#). Our office is closed but we are working from home. So **please** keep referring us to your clients and their families and friends.



MHFFTas COVID-19 Impact on Families and Friends Survey

Please take a look at our [survey](#) for families and friends of people living with mental ill health. We want to know how the Pandemic is impacting you.



MHCN COVID-19 Resources

Self-care [tips](#) for families and friends from Mental Health Carers NSW.



Carers Impacted by COVID-19

If you're a carer affected by COVID-19, there's [payments](#) you can get to help.



'Recovery coach' to be added as NDIS item for mental illness

The recovery coach will become a [new item](#) under the NDIS from July 1 2020. The role will combine recovery and support co-ordination, and will fulfill a function that has historically been performed by community mental health services.



Vision 2030 for Mental Health & Suicide Prevention

Read the preliminary March 2020 [Report](#). It has been prepared to inform the consultations as part of the Vision 2030 project. The final Vision 2030 and Roadmap is due to be published in August 2020.

[Read More](#)



We Are #InThisTogether

The National Mental Health Commission has developed [#InThisTogether](#) – sharing practical tips to support our mental health and well being during COVID-19.





Copyright © 2020 Mental Health Families and Friends Tasmania (MHFFTas), All rights reserved. ABN: 16
163 816 900

[Update](#) | [Unsubscribe](#)

