



MHFFtas E-news (2nd April 2020)

Staying connected

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

We had many wonderful responses to our request to share something that helps you to feel positive. Please continue to send them to [us](#) and we will share them over the coming weeks.

The images below are from a walk in the Botanical Gardens last week - "so good for the soul".



The Gardens are closed now but we can still enjoy their [videos](#) and [photos](#).

Tasmanian Mental Health Reform Program (TMHRP)

The [TMHRP team](#) remain committed to developing an integrated system of Mental Health Care in Tasmania. However, their focus will soon be directed elsewhere to support our community during the COVID-19 pandemic.

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Peacock Centre Redevelopment

The building will be redeveloped following the 2016 fire. It will operate as an integrated service hub as part of the [TMHRP](#). The application is now before the Hobart City Council.



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TasCOSS Conversations

The first policy conversation is on *Engaging with Education*. Join TasCOSS to talk through what children and families have told TasCOSS are some of the barriers to engaging with education.



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From the MHFFtas President

Before we entered into this difficult period of the COVID-19 pandemic, I participated in a national face to face meeting of the [Mental Health Carers Australia](#) (MHCA) Board and the CEOs of [member](#) organisations in Melbourne. These meetings are always informative and enjoyable. It is interesting to find out what is happening in other States and exhilarating to be with people from across the country who are passionate about advancing the cause of family and friends who support people with mental illness.



A key topic of discussion was around the “relational” approach to working with people with mental illness. The approach starts from the fundamental position that humans do not stand alone, they are influenced and supported by our relationships with other people. The flow-on is therefore that any road back to wellness for someone with mental illness will be dependent upon the relationships they have with the people who support them and the other people with whom they have relationships. One of the exciting parts of this approach is that it necessarily means that people who are in the direct support role must become an integral and engaged part of the services and support provided to the person.

The approach:

- is gaining currency in many parts of the world including Australia.
- aligns strongly with what families and friends have been saying to us for some time.

MHCA will continue to advocate strongly for its adoption at a national level while we will continue to promote it as an important improvement to the way mental health services are delivered in Tasmania.

Take care of yourself particularly in this trying period in which we find ourselves.

Leigh Delaney (President)

