



MHFFtas E-news (21st May 2020)

From the CEO

We are launching online support sessions for families and friends who support a person with mental ill health. The sessions will commence in early July and will be facilitated by our Engagement Project Officer. More on this initiative in the next few weeks.

Maxine Griffiths AM (CEO)



SANE forum Moderation Webinar

Many of you will be aware of the SANE forums, that provide support to consumers as well as families and friends in mental health. Currently there is an opportunity to learn more about the moderation process that takes place behind the scenes.



This is an excellent opportunity for those who use the forums to understand a little more about how they work, as well as reassure those who have been considering using them but have concerns or questions. The webinar would be run online for around half an hour within the next fortnight, with date and time dependent on when most people are available. To express your interest, please email Grace.

Families and Friends and Alcohol & Drug Misuse Issues

Read the [position statement](#) from Mental Health Carers NSW. There is a lack of literature around the links between care-giving and substance misuse issues.



We may be supporting people with substance misuse but we may also find ourselves turning to substances as a way of coping with our role. [Read more](#)

Your Caring Way

Carers QLD has launched a new program for families and friends in partnership with Carers Tasmania. [Your Caring Way](#) assists with training, employment, and other activities. [Read more](#)



Hobart Clinic

A free carers telehealth group. The next topic is the "Challenges of Being the Carer in Isolation"

Wed 3rd June (4-5.30) via Zoom - [RSVP](#) (03) 6247 9960 or [read more](#).



Lived Experience Webinar

The next topic is the "Caring for Carers - Getting into the Detail"

Wed 3rd June (2-2.30 pm) [Register or Read More](#)



NDIS Survey Questions on COVID-19

Our friends at Mental Health Carers Australia (MHCA) are talking regularly with the National Disability Insurance Agency and other government departments about COVID-19.



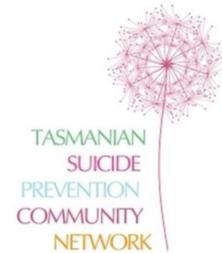
MHCA has a 10 min. survey to find out **directly** from us about the impacts of the pandemic to help with these discussions.

Complete the [survey now](#). (Closes 5th June)

Tasmanian Suicide Prevention Community Network (TSPCN)

The latest e-news is full of very useful information including new resources and support services.

[Read More](#)



Online Peer Support

As part of the Carer Gateway, Care2Serve are offering online peer support sessions, which will:



- Encourage discussion around specific topics
- Last between 1.5 and 2 hours
- Be limited to a maximum of 15 carers
- Have 1 session per week for 5 weeks total
- Be accessible online as well as over the phone
- [Register Now](#)



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