

[Information and support for families and friends of someone with mental ill health](#)

[Read Online](#)



Caring Voices Newsletter (October 2020)

## CONTENTS

[MHFFtas News](#)

[Information Support and Training Opportunities](#)

[Sector News](#)

## MHFFtas News

### From the CEO

Before we launch into our news a call out to Tim Salisbury who has kindly offered to take on a volunteer role as newsletter editor - thanks heaps Tim.

Great news we can now announce a new initiative with funding from the Federal Government.

We have a 2 year contract to develop self-advocacy resources, workshops and supports for mental health families and friends across the state. We plan to commence this work toward the end of October or early November 2020.

- **Strategic Plan 2021-2024:** It's time for our organisation to develop a new strategic plan for the next four years. To assist our Board and staff to determine our direction we invite all stakeholders to complete our [survey](#).
- **Board members:** Congratulations to our current and new Board members who nominated and were accepted to join the MHFFtas [Board](#).

Warm Regards,

Maxine Griffiths AM CEO



## Position Vacant - MHFFTas Advocacy Project Officer

We are seeking expressions of interest for an Advocacy Project Officer. The [position](#) is full-time for a two year period.



Please email your EOI to the [CEO](#) by Monday 19th October 2020.

## MHFFTas Online and Face-to-Face Safe Spaces

Our next safe space sessions for families and friends are:



### Face to face

St Helens Tues 3rd Nov  
Launceston Wed 4th Nov

Burnie Thurs 5th Nov  
Hobart Thurs 19th Nov

[Register or Read More](#)

### Online

Wed 21 October 2020 (6.30 – 8 pm)  
Advocacy for ourselves and others

Brittany (Lived Experience + Mental Health Advocate) will join us to chat about advocacy – looking out for ourselves and for our loved one.

Afterwards, we will have time to ask Brittany some questions and to have a chat with each other. This is a space to talk about your experience advocating for (or supporting) a family member or friend.

[Register or Read More](#)

## From the Project Officer

It's been a busy few weeks here at MHFFTas, with the arrival of Mental Health Week, the launch of our face-to-face Safe Spaces, and the groundwork being laid for some new digital resources for families and friends.

We'll soon be putting out a call for expressions of interest in joining a working group towards the

development of these; as everything we do is for the betterment of mental health families and friends, your input will be used every step of the way.



The Carer Representative Program (soon to be renamed the Family & Friend Representative Program) is cracking along as usual, with several of our Reps attending interview panels and advisory groups in the past weeks. We are always accepting expressions of interest to become a carer representative, so feel free to email me if you're interested in joining our volunteers.

As always, if you ever wish to get in touch, please don't hesitate to email me at [project.officer@mhfamiliesfriendstas.org.au](mailto:project.officer@mhfamiliesfriendstas.org.au). With this erratic Spring weather, I thought it might be nice to leave you with a seasonally-appropriate song to cheer your day – enjoy!

Yours in good mental health,

Grace

---

## Information, Support and Training Opportunities

### **Hobart Clinic Support Group**

A free group for families and friends. The next topic is on " Supporting a person with anxiety and managing your own." Wed 4th November (5.00 - 6.30).

RSVP (03) 6247 9960 or [read more.](#)



### **Free Training Opportunity**

In partnership with Carers Qld, Carers Tasmania is providing families and friends with a personalised service to help you identify goals and support to get into work. Including these free training opportunities:



- Certificate III in Individual Support
- Certificate III and IV in Community Services

Contact [intake@carerstasmania.org](mailto:intake@carerstasmania.org) for more information.

## Understanding Mental Health Issues (Devonport)



Open to anyone who would like to increase their understanding of:

- mental health and mental illness
- symptoms and helpful interventions

Wed. 18 Nov. 2020 (10-1) at the Paranple Convention Centre

RSVP to Erin on 6419 7010 or [email](#)

## Building a Future Snapshot (Hobart)

A 2 session peer education and support program, for families and friends of someone experiencing mental ill health.



Tues. Nov. 3 & 4, 2020 (11-3)

[Book](#) or [Read More.](#)

## Let's Start a Conversation

Families and friends might find some helpful suggestions to start a conversation with the person you support. Including:



- [Why should I talk about smoking?](#)
- [How do I talk about smoking?](#)

## Have you been impacted by someone else's drug or alcohol use? (Burnie)



Anglicare is running a series of support groups in Burnie for family members, partners or friends who are impacted by someone's drug use. Starting Wed. 21st October (1-2.30) for 6 weeks.

[Register or More Information](#)



**virtual**  
**Carers Mental Health Forum**

**NATIONAL MENTAL HEALTH Month 2020**

*join us*  
**28<sup>th</sup> October 2020**

**1:00 PM – 2:00 PM**  
Free Registration on Zoom

 **Mental Health Foundation Australia**

 **Australian Government**

 **VICTORIA State Government**

[Register or learn more](#)



---

## Sector News

### An Invitation



## **Exclusive online event for Solstice - The Documentary**

You are invited to an exclusive online screening of excerpts from **Solstice**, a film about survivors of suicide fighting for better mental health support.

[Read more](#) about Solstice

[RSVP to the Solstice online event](#)

---

### **National Stigma Report Card**

The Report Card presents the findings of the inaugural *Our Turn to Speak* survey of people living



with mental health issues. The findings will be used to advocate for improved social outcomes.

[Read more](#)

---

## NMHCCF Report

The Report from the NMHCCF workshops on developing a national combined lived experience voice.



[Read more](#)

---

## National Suicide and Self-Harm Monitoring System

The project aims to increase transparency and access to information so that Australians can have a more informed understanding of suicide, intentional self-harm and suicide risk.



Everyone needs to be mindful of the sensitivity of this information, and to take care of their mental health and wellbeing when engaging with this information.

[Read more](#)

---



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

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

