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Mental Health Week 2020: *We all have a role to play*

[Mental Health Week](#) is happening next week! It will be a great opportunity for all Tasmanians to think about the role you play in supporting your own mental wellbeing and the mental wellbeing of those close to you, and to reconnect with your communities through the range of fun and informative events and activities happening right across the state and online.

To help you get involved, we've listed below just some of the Mental Health Week events happening this year - there are even more events featured in the program available on our website, [here](#).

You can also get involved by helping us word about Mental Health Week, and all the great events happening across the week. We've created a range of logos and images that you can share on social media, which are available [here](#).

Mental Health Week Program

Share Mental Health Week

SETAC MEN'S GROUP

Come join us for SETAC's Monthly Men's Group for..

Mental HEALTH WEEK

> 2020
— TASMANIA —

We all have a
role to play



EVENT:
Shared BBQ, walking group
and yarning circle at Burton
Reserve, Cygnet



When: 10am Thursday 1st of
October
Where: Meet at
SETAC Primary Health and Well-
being Centre
7393 Channel Highway Cygnet
(03) 6295 1125

SETAC programs and services are available to Aboriginal and Torres Strait Islander people



SETAC Primary Health Care & Well-being Centre
7393 Channel Hwy, Cygnet TAS 7112 phone: (03) 6295 1125

ICSL - HURRICANES CHAMPIONS LEAGUE LAUNCH 5th ANNIVERSARY



3rd OCTOBER | TIME 12-3PM
VENUE KGV OVAL | ANFIELD STREET GLENORCHY
RSVP - TEXT 0405668155

**WOMEN'S CRICKET MATCH
(ICSL VS GLENORCHY
CRICKET CLUB)**

**GUEST SPEAKERS - COMMUNITY
MEMBERS OVERCOMING MENTAL
HEALTH**

KIDS CRICKET MATCH

HOST



**Breaking barriers
& creating awareness
of mental health for
diverse communities**
**WE ALL HAVE A
ROLE TO PLAY**

**BBQ/
VEGETARIAN FOOD
FREE FOR EVERYONE**

**DRINKS
AVAILABLE TO
PURCHASE
FROM BAR**

**FACE PAINTING
FOR KIDS**

PLATINUM SPONSORS



GOLD SPONSORS



SUPPORTERS



MENTAL HEALTH WEEK PHOTOGRAPHY COMPETITION*

GLENORCHY LIBRARY

THEME

HOW HAS YOUR LIFE CHANGED DURING COVID-19?



Send us your photo to
glenorchy.library@education.tas.gov.au
Entries close on 9th October

Prizes:
\$100 Gift Voucher, \$100 People's Choice Award

Ring Glenorchy Library on 6165 5493 or drop in
for more information

* These photos will form part of Libraries Tasmania 'Covid 19 Stories' project. The end product of this project will be a collection that is accessible either online via the Libraries Tasmania catalogue, or in person at the State Library and Archives section of Libraries Tasmania in Hobart. Selected items may also become part of the TMAG collection and be available for possible future exhibit.



A WEEK OF WONDERFUL IDEAS

we all have a role to play

A Week of Wonderful Ideas is a 1 hour online event to support mental wellbeing. We all have a role to play in our own mental wellbeing and those around us, by sharing the things that work for us we can support others and gain support for ourselves.

WHERE: Online (we will send the link once you register).

WHEN: 11am daily – Monday 5th October to Friday 9th October 2020.

WHAT: Each day there is a different activity of wonderful ideas shared by participants and facilitated by TasPPL.

MUSIC MONDAY



(share your favourite music)

SHOW AND TELL TUESDAY



(share your creative outlet)

WALKING WEDNESDAY



(join us on a virtual walk in your local area)

THINKING THURSDAY



(brainstorming ways to be grateful and show kindness)

FUN FRIDAY



(sharing things that are fun, we are passionate about and that bring happiness and joy)

Join us to celebrate what we know about mental wellbeing and the role we all have to play.
Email people@tas ppl.org.au by 30/9/20 to register and get the daily link.

This event is supported by a Mental Health Week Grant from the Mental Health Council of Tasmania and the Tasmanian Government.



tasPPL
A TasCAHRD initiative

Mental
HEALTH
WEEK

2020

→ We all
have a role
to play...

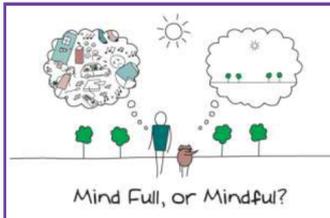
* 5-10
OCTOBER

REACHING OUT

& CHECKING IN

Join us for some FREE activities

Monday 5th—Friday 9th October 2020



12noon—1.30pm **Mon 5th**
10.30am-12noon **Fri 9th**

Kinda Listening

with Linda Allen

A structured safe space circle for sharing and practicing listening. Strengthens connection, wellbeing and community.

Confidential and with equal sharing. Your presence will be appreciated.

1-4pm **Mon 5th**
12noon-3pm **Fri 9th**

Art from the Heart

with Emma Belle Smallwood

Emma Belle, local artist, will provide beautiful images inspired by the Channel for you to colour while you have a chat and a cuppa. Work on your own or on a group picture.

All materials provided.

10am-12noon **Wed 7th**

Heart-Centred Wellbeing

with Klaus Baur

Klaus will introduce the meditative practices associated with heart-centred wellbeing. You may come away feeling lighter, happier, and more connected to your smiling heart.

1-4pm **Wed 7th**

Mindful Mosaics

with Trina Blazely

Trina will teach the basics of mosaics and support you to create something to experience the meditative qualities of the art.

1-3pm **Thu 8th**

Stretch your Creative Muscle—It's Easy

with Brett McDermott

Brett talks about the pros and cons of art in therapy and introduces some fun and easy drawing exercises to show you how easy and beneficial it can be.

**No booking required
for this one**



11am-1pm **Sun 18th**

Wags 'n' Snags

At Middleton

Join us for a walk along the Middleton Esplanade. Bring your dog if you have one or just bring yourself.

After the walk, join us for a FREE sausage sizzle.

Bookings Required

Phone 6267 4713



West Winds
Community Centre



For more information and to RSVP:

Ph: 6267 4713

3528 Channel Hwy, Woodbridge

E: westwinds@woodbridge.com.au

W: westwindscommunitycentre.com.au

wellways

Artworks of Hope 2020

Friday 9 October

During Mental Health Week, Wellways will be hosting art workshops for community members. *Artworks of Hope* aims to support individuals to create mixed-media art pieces based around messages of hope.

The theme for Mental Health Week 2020 is *We all have a role to play* and in creating hopeful artwork, we all contribute to a brighter and more mentally healthy community.

These artworks will form part of a larger-scale art project of positive messages, to raise awareness of mental health issues in our community.

Artworks of Hope is supported by Mental Health Council Tasmania's Mental Health Week small grants program which will assist us to provide this opportunity.

Date: Friday 9 October

Times: Two sessions:
10am – 11:45am and
12:15pm – 2pm

Venue: SoHo Arts Hall
14 Weld St, South Hobart

Register online:

www.eventbrite.com/e/artworks-of-hope-2020-soho-arts-hall-south-hobart-tickets-119362912685

Important note:

- Event participant numbers are capped due to social distancing requirements so registrations are required.
- Mixed media art supplies will be supplied at the event

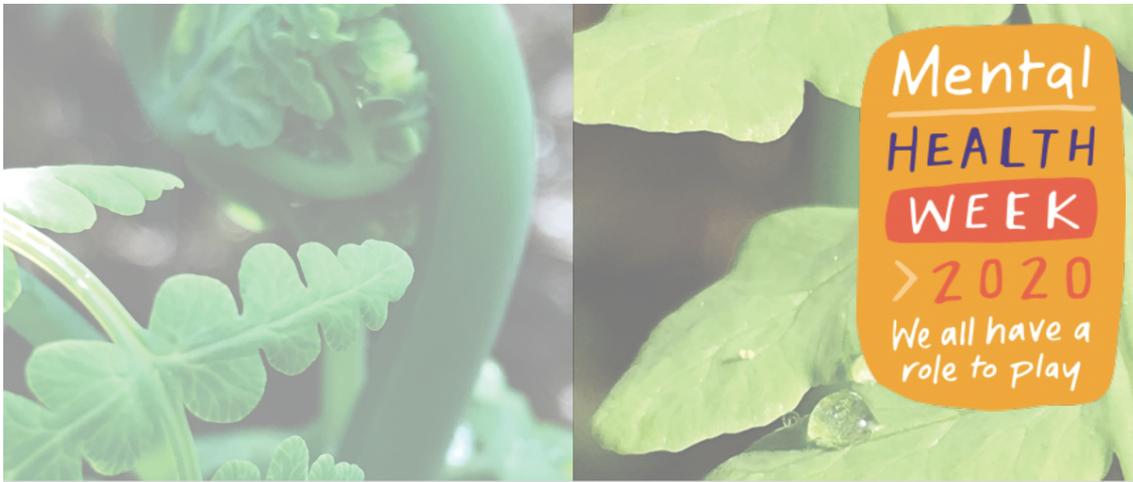


wellways.org | 1300 111 400



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*Wellways are also hosting Artworks of Hope workshops in Burnie and launceston. See the [full program](#) for more details.



Somerset Forest Therapy Walk



Join us for a guided forest walk and immerse in your surroundings with all of your senses. Activities include stretching, mindfulness and a tea ceremony. Shinrin Yoku/ Forest Therapy originated in Japan as a public health practice.

Learn how nature connections can help us to alleviate stress, improve mental health and benefit immune function.

When: Friday the 9th October 10:00-am-12:30pm

Where: French's reserve, French's Road, Somerset. Meet in the carpark.

Suitable for: Ages 15 up, mobility to walk up stairs.

Bring: Warm clothing, sun protection, closed toe shoes, drinking water.

Bookings Free walk but booking via Eventbrite essential

<https://www.eventbrite.com.au/e/somerset-forest-therapy-walk-tickets-119840073887>

Robin Krabb is the co-ordinator of Live Well Tasmania which promotes whole community health and wellbeing. Elspeth Brock is a certified guide with the International Nature and Forest Therapy Alliance.



BLUE PENGUIN

SAUSAGE SIZZLE

PENGUIN BEACH
11AM -2PM
FRIDAY
9TH OCTOBER 2020



FREE EVENT!

PROMOTING MENTAL HEALTH WEEK & WORLD MENTAL HEALTH DAY

BEYOND BLUE INFORMATION RESOURCES AVAILABLE

2019 productivity commission report says mental illness costs the Nation \$500 million per day.

It's estimated that mental ill health & suicide are costing Australia up to \$180 billion per year, treatment & services are not meeting community expectation.

For more information contact Lindsay Morgan on 0447 269 660 or email: l.kmorgan@bigpond.com

NEARLY
8

AUSTRALIANS TAKE THEIR OWN LIVES EVERY DAY
(6 are men)



1800 98 44 34
A Tasmanian lifeline



/RotaryUlverstoneWest



CHECK IN & CATCH UP TRIVIA NIGHT

Hosted By

**Dorset Suicide Prevention Network
& Scottsdale Rotary Club**

Friday 9th October

**Scottsdale Magpies Football Clubrooms
(at the Recreation Ground)**

6:30pm for 7pm Start - \$5 per person

FUN - GOOD FOOD - PRIZES - RAFFLE - MINI AUCTION

In teams of 6 - 8 test your knowledge over 10 Trivia rounds.
Invite your family, friends, and workmates or come along and join in.
Play a role in raising awareness of Mental Health in our community.
Catch up with our service providers and the latest resources available in Dorset.

RSVP essential to Cheryl 0467 532 401
(COVID gathering rules will apply)



Don't miss out!

SUPPORT COORDINATORS AND MENTAL HEALTH

Coach, connect and reflect!

**A DAY FOR SUPPORT COORDINATORS
TO LEARN, CONNECT
AND PRACTICE SELF-CARE**

Wednesday 14 October 2020 - 9am - 4:30pm

Location: Launceston Conference Centre

Cost: \$20

Information: admin@mycareoptions.org

Registration:

https://www.asid.asn.au/events/902_support_coordinators_and_mental_health

An event supported by:



Small Business Owner Strategies for Managing Mental Health

Wednesday, 14 October
11am - 12pm AEDT



[Tasmania's mental health system is doing at it can to meet demand, says Mental Health Council](#)
MHCT CEO, Connie Digolis, spoke with the Examiner about some of the challenges community managed mental health organisations have faced, and continue to face, as a result of the pandemic.

[Groundbreaking, Bridge-building, Stereotype-shattering, Tasmanian cricket competition about to turn 5](#)

The Tasmanian Intercultural Sports League's (ICSL) upcoming T20 competition will this year adopt the Mental Health Week theme 'We all have a role to play' across their entire season, to help break down stigma and promote the importance of mental health and wellbeing with Tasmania's CALD communities.

[Tasmanian pharmacists offered new training workshops](#)

In recognition of the role of pharmacists and their accessibility in the community, suicide prevention training is being rolled out to help pharmacists recognise the signs and symptoms of suicide and keep people safe until more support is available.

1800 98 44 34
A Tasmanian lifeline

COVID-19

Struggling? Talk to us.
8am – 8pm, 7 days.



If COVID-19 has made life tough for you, you're not alone. Call *A Tasmanian Lifeline* on 1800 98 44 34.

Our group of dedicated team members are committed to support you and provide ideas to assist in these uncertain times.

Three types of support are available:

Call in: Tasmanians will receive support from a trained support worker to discuss concerns and where appropriate, be directed to a referral service.

Call out: Contact socially isolated older Tasmanians identified through existing services, concerned family and friends, or by other health professionals.

Reach out: Through partnership with those industries significantly impacted, identify at-risk members and reach out with support, counselling or employee assistance programs.

[A Tasmanian Lifeline](#) will be staffed from 8am to 8pm, seven days a week.

For more information about A Tasmanian Lifeline email: taslifeline@lifelinetasmania.org.au



MHCT Strategic Plan

The Mental Health Council of Tasmania are about to commence a new strategic planning process. To inform our thinking in advance of the planning session we have prepared a brief stakeholder survey for you to complete, it should take between 5 & 10 minutes. Here is a link to the survey: <https://www.surveymonkey.com/r/MHCTexternal>

The survey is being administered and analysed by Kym Goodes at 3P Advisory. Results will be de-identified, so your response will be anonymous. It will remain open until **5 p.m. on Friday 2nd October**.

We really value your views and experience and would greatly appreciate you taking 5 minutes to do the survey. The feedback you provide through the survey will help to guide our work and focus over the next 2-3 years.

If you have any questions about the survey or the planning process, please contact Kym via kym@3padvisory.com.au

MHFFTas Annual Forum

Families and friends of someone with mental ill health, are invited to join us at our annual forum. Wednesday 7th October (10.30 am – 3.30 pm)

Read more and register at <https://mhfamiliesfriendstas.org.au/join-us-for-our-annual-forum/>

MHFFTas Strategic Plan (2021-2024) – Have Your Say

MHFFTas is about to develop a new strategic plan to guide and direct them over the next 4 years.

They want to hear from you - mental health families, friends, carers, service providers, peak bodies and funding agencies.

Complete the [survey](#) and enter a draw to win a gift voucher.



MHCT has a diverse membership of community organisations and individuals and is always open to new members who want to engage further with the mental health sector in Tasmania.

As an MHCT member you get the opportunity to have your say on issues related to mental health in Tasmania, through groups such as the Tasmanian Mental Health Leaders Forum, the Tasmanian Mental Health Network and Regional Mental Health Groups. You will also receive a comprehensive monthly 'members only' newsletter, with updates on sector development, MHCT projects, as well as details on upcoming events and education opportunities related to mental health.

You can find more information about specific MHCT member benefits, as well as information on membership categories and how to become a member, [on our website](#). You can also contact us by calling 6224 9222.



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Twitter



Website

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