



ACT
Mental Health
Consumer Network

NETWORK NEWS

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Faces of Mental Illness and Recovery

10am Thursday 13 October

The Griffin Centre

Details on this Mental Health Week event can be
found on page 8

SPRING 2016

Offering You a Voice

From the EO's Desk



Dear Readers

Welcome to the 2016 spring edition of the Network News.

We have had no changes to the staffing team over the past three months; we are however very pleased to welcome our 2016 student on placement, John, who will be working with the Network until November to develop our outreach methods for reaching out to young consumers. **This group remains our biggest gap so John's research** will be invaluable to us in moving forward with systemic advocacy to meet their needs. You may also recall that we had a student working with us last year on a similar project to help us work better with Aboriginal and Torres Strait Islander peoples. The artwork that was submitted to become the cover for this fantastic report, by local Aboriginal artist Dale Huddleston, is on proud display in the Members Area and we welcome you to come in during Drop-In to check it out!

As I write, Terri Warner and Petra Kallay are in New Zealand giving a presentation about our training courses and key programs at The Mental Health **Services Conference. Given Petra's absence, I will** provide you with a brief update on the Community Education Program here. I am pleased to announce **the successful design and delivery of the Network's** brand new Co-facilitation course! This course is for consumer graduates of the Self-Advocacy and Consumer Representation training courses who want to co-facilitate these courses for other consumers. So far several of the Co-facilitation course graduates have gone on to complete their training by co-facilitating one or two training **modules which is a fantastic result. If you're** interested in being part of this exciting new program, contact Petra on 02 6230 5796 or education@actmhcn.org.au. Petra works Monday, Tuesday and Thursday only. In addition, we were

pleased to review and run our NDIS peer education module to support consumers to help other consumers in the NDIS context. Finally, later this year we expect to be finalising the long-awaited Mentoring training course to better support experienced consumer representatives who are supporting consumers who are starting consumer representation activities for the first time. All three of these courses have been built into the 2017 Training Calendar, which you will find on page 4 of this edition, to complement our existing courses.

Over the coming month you may notice some delays in hearing back from Network staff. This is due to our accreditation process that is nearing completion we remain committed to responding as soon as we are able to. This work will be completed by the end of September after which we do not expect any further delays. We appreciate your patience during this busy time and emphasise that this process is to help the Network to better support consumers well into the future. If you need to reach the Network urgently, we encourage you to phone the office on 02 6230 5796 between 9am-3pm Monday to Friday rather than relying on email.

Last but not least, in the first couple of weeks of October we will be sending out documentation for our upcoming Annual General Meeting on 15 November 2016 at 12-3pm. We ask you to save the date for this important event, and take this month to consider whether you might like to apply for one of our Board vacancies.

Until next time, thank you for reading and for all the fantastic work our members do to improve the lot of consumers throughout the ACT.

- Dalane Drexler

Network Events

Network Communication Delays in September

The Network is currently undertaking a large body of work in preparation for accreditation which is taking up much of our time. We apologise that this may cause delays in us responding to emails, but we remain committed to responding as soon as we are able to. This work will be completed by the end of September after which we do not expect any further delays.

Please note that our office will be closed on Tuesday 20th and Wednesday 21st September 2016 for the Accreditation Assessment to be conducted.

If you are contacting us on an urgent matter, we encourage you to phone the office on 02 6230 5796 between 9am-3pm Monday to Friday.

We appreciate your patience while we work through this process that will ensure we are operating in the best possible way for the benefit of consumers.

Sept

Tuesday 6 September 12pm—1.30pm

Mentoring Training Forum (Drop-In closed)

Tuesday 20 September

Accreditation Assessment (Office closed)

Wednesday 21 September

Accreditation Assessment (Office closed)

Monday 26 September

Family & Community Day Public Holiday (Office closed)

Tuesday 27 September 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Oct

Monday 3 October

Labour Day Public Holiday (Office closed)

Monday 10 October to Friday 14 October

Mental Health Week (Office closed)

Tuesday 11 October 9.30am—11.30am

Mental Health Week Awards (Legislative Assembly, Civic)

Thursday 13 October 10am—3pm

Faces of Mental Illness & Recovery (The Griffin Centre)

Friday 14 October 11am—2pm

Mental Health & Wellbeing Expo (Garema Place, Civic)

Thursday 25 October 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Nov

Tuesday 15 November 12.30pm—3pm

ACTMHCN Annual General Meeting (Meeting Rm 6, Lvl 1, Griffin Centre)

Tuesday 29 November 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Network Update

Upcoming Training:

Self-Advocacy Intensive (2 x 6.5 hr sessions)

Dates: Thursdays, 18 & 25 October 2016

Time: 10:00pm – 4:30pm

Location: ACTMHCN Members' Area, The Griffin Centre

Consumer Representation Intensive (2 x 6.5 hr sessions)

Dates: Thursdays, 1 & 8 November 2016

Time: 10:00pm – 4:30pm

Location: ACTMHCN Members' Area, The Griffin Centre

If you are interested in participating in any of these FREE courses, or for courses running through 2017 please have a look at the below training calendar. A registration form can be found on page 15 if you would like to register. You can contact Petra on: education@actmhc.org.au or call 6230 5796.

2017 Training Calendar

January							February							March							April									
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S			
1	2	3	4	5	6	7				1	2	3	4	5	6	7	8	9	10	11							1			
8	9	10	11	12	13	14	5	6	7	8	9	10	11	12	13	14	15	16	17	18	2	3	4	5	6	7	8			
15	16	17	18	19	20	21	12	13	14	15	16	17	18	19	20	21	22	23	24	25	9	10	11	12	13	14	15			
22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29	30	31	16	17	18	19	20	21	22				
29	30	31					26	27	28												23	24	25	26	27	28	29			
																					30									
May							June							July							August									
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S			
1	2	3	4	5	6						1	2	3	4	5	6	7	8	9	10	11							1		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12			
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19			
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26			
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	31						
														30	31															
September							October							November							December									
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S			
						1	2	1	2	3	4	5	6	7					1	2	3	4							1	2
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9			
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16			
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23			
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30			
																					31									

KEY

<p> Self-Advocacy Course</p> <p> Co-facilitation Course</p>	<p> Consumer Representation Course</p> <p> Mentoring Course</p> <p> NDIS Peer Worker Course</p>
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Chair's Report

I write this to you a few days before I leave with Petra for Auckland, to present at The Mental Health Services conference. I've recently had the pleasure of co-facilitating the self-advocacy and consumer representation training with some of our graduates from the Network's new co-facilitation training. Through this training, our consumer reps gain even more skills and our SCR training participants benefit from a wealth of experience from the peer perspective that will assist them to become effective self-advocates as well as to bring about positive change in mental health services as consumer representatives.

I have been busy helping the Network prepare for accreditation in September, by making sure our governance processes are well documented. On an advocacy front, I am hoping to meet with the NDIS' Canberra-based psychosocial disability team to get a clearer idea of what they are doing to assist people with psychosocial disability to engage with and benefit from the NDIS.

I'm also aiming to more visible around the Network office, with a regular presence at drop in so I can meet and get to know more of you.

Terri Warner

Introduction

Hi everyone, I am John (Ikechukwu John Akujobi). I was born in Nigeria and have lived in three different countries including the UK, Ghana and of course Australia. While still in Australia, I have only lived in Canberra since my arrival in (July, 2013), in this time I have acquired a Masters degree in International Development at the University of Canberra (2013 – 2015).

In January this year I started another Masters degree in Social Work at the Australian Catholic University (ACU). So far, my studies in social work have given me a deep insight into the Australian social system, an experience which I believe will deepen as I progress to the end of the program. I am fascinated by two areas of the Australian social system (Mental health sector and the Family support system). I find the mental health sector very interesting by its advanced diagnostics and therapeutic responses to mental illnesses.

In response to my new found passion, I was assigned to the Network for a placement practicum as part of my masters degree requirement. My role with the Network is to carry out a research project on how the Network can

improve and enhance their reach to young people, and so far it has been an amazing experience, ranging from the



Network's support, my very beautiful colleagues at the Network and all the other great people (within and outside) that I have met in my short stay at the Network. My special appreciation goes out to the Network Board for their warm welcome when I briefly met them during their last board meeting.

For any members or organisations who would like to discuss or contribute into this project, I can be contacted on 6230 5796 or email student@actmhc.org.au

Events and Notices

ACTCOSS Conference Report

The Network was proud to sponsor Purity and Jen to attend the ACT Council of Social Services Annual Conference on the 5th and 6th of August. ACTCOSS convenes a conference every two years to explore policy issues affecting people experiencing disadvantage, and sector capacity issues. The 2016 conference covered a variety of topics but remained central to the theme of Citizen Voice, Community Vision. David Lovegrove (right), consumer representative, and Stephanie Ewart, member of the Network and mental health researcher, were part of the panel that considered Workforce Perspectives on Service Reform & the Changing Environment.

Various panels were very inspiring and focused on the development of proactive community work rather than reactive. Day two's opening session provided an opportunity for conference participants to generate and consider some dangerous ideas. One of the presenters in this session provided us with tools that can amplify our power to persuade (Dr Gemma Carey, Senior Researcher, UNSW Canberra, and Co-Director, Power to Persuade). Other panel members were able to illustrate how to include active and meaningful listening in policy formation, service delivery and debate.

At the conference, it was great to witness People with Disabilities ACT, with the help of Dr Chris Bourke MLA, ACT Minister for Disability, launching a new journal, The Canberra Disability Review. Volume #1 can be found here: <http://www.pwdact.org.au/index.php/32-news/240-canberra-disability-review>

Contributions are welcome for the second edition of The Disability Review which will have the theme of: Transport futures PLUS our election edition. Articles are to be between 300-1000 words and due COB Friday 9 September 2016. Contact: craig@shout.org.au or phone: 02 6286 4223 for more information.

Credit for photo: James Young, connect photographix



Image redacted by request

Volunteers wanted for new Mental Health Helpline

The Mental Health Helpline ACT was launched in June 2016 and is a telephone service manned and run by volunteers all of which have a personal lived experience of mental illness as either a consumer or carer.

The aim of this service is to provide emotional support, information and referral advice, together with out-going scheduled calls to people requiring additional social support.

The service currently runs Monday to Friday from 5pm to 9pm.

MI Fellowship is now recruiting volunteers for this service with a view to increase the hours of operation. Training is free, comprehensive and includes 4 evening sessions of 3 hrs starting Tuesday 13th Sept.

As a Helpline Volunteer you will:

- * Bring a lived experience of mental illness either individually or as a carer
- * Be available at least once a fortnight (preferably once a week) for a 4 hour shift
- * Have strong communication skills both written and verbal
- * Basic computer skills inc Word, Outlook, Internet Explorer
- * Possess a non-judgemental, empathetic and supportive attitude
- * Work well as a team member and open to direction
- * Available to meet ongoing training needs (quarterly)

If you are interested or know someone else who might be interested,

please contact Chrissy on cenglish@mifellowship.org or for further information.

Closing date for the current intake is 5th Sept 2016 with a final intake for 2016 expected in November.

The contact number for the Helpline is 6246 7180.



mental illness
fellowship victoria

Congratulations!!



Phil Green: Player of the Month

In June of this year, Network Member Phil Green was awarded Player of the Month for the Big Issue's Community Street Soccer Program, and he dropped by the Network to show us his trophy.

Phil is a regular participant in this program and we congratulate him for earning this prestigious award!

The Community Street Soccer Program, known as Street Soccer, is a fun and exciting initiative of The Big Issue that uses the power of sport to change lives. Street Soccer promotes social inclusion and personal change for participants by providing support and promoting participation, inclusiveness, commitment and team spirit.

More information about Street Soccer can be found on The Big Issue website www.thebigissue.org.au



Mental Health Week

Mental Health Week 2016 will soon be upon us.

The launch will be held on Monday 10 October at the Legislative Assembly. Following the launch on Tuesday 11 October a ceremony will be held for the Mental Health Week Awards and will also see the first public display of the artwork that participants created at the Network's event last year.

The MHW Expo will be a separate event held on Friday 14 Oct from 11am to 2pm in Garema Place. We look forward to seeing members and other consumers there.

The Network's event for this year is called *Different faces of Mental Illness and Recovery*.

Following our successful art event in 2015, the Network will continue the creative experience except this time participants will be creating a mask (or masks) that are representative of mental illness and recovery.

Bella Insch from Inkbrush Therapy will be returning to facilitate this workshop.

All materials and catering will be provided. Carers and support persons are more than welcome to attend.

For catering purposes etc., we require RSVP's which can be given to the Network on 6230 5796, SMS 0406 457 557, email actmhcncn@actmhcncn.org.au

Mental Health Week Awards

Do you know someone who makes an outstanding contribution to mental health?

There are many exceptional people and programs improving our understanding and awareness of good mental health and well-being in the Canberra community. During Mental Health Week 2016 we'd like to recognise those individuals and organisations.

Nominations are open for Awards and scholarships in the following categories:

- Promotion, Prevention and Early Intervention Award
- Mental Health Consumer Award
- Mental Health Carer Award
- Mental Health Volunteer Award
- David Perrin Award
- Reciprocity Award
- Michael Firestone Memorial Scholarships

For your convenience the information pack and nomination forms for the David Perrin, Reciprocity and Consumer Awards and Michael Firestone Memorial Scholarships are included as an insert. For other award nominations please visit the Mental Health Week website (www.mentalhealthweekact.org.au).

All completed nomination forms must be submitted by 5pm Thursday 15 September 2016.

If you would like more information or assistance please contact Jen Nixon at the Network on 6230 5796, email representation@actmhcncn.org.au or come into the office Room 11, Level 2, Griffin Centre, 20 Genge Street, Civic



Mental Health Week Calendar

The MHW Committee has produced a calendar of events for 2016. The Network has some copies available in the office if readers would like to grab one. It can also be accessed online at www.mentalhealthweekact.org/#!/calendar/ce6u

Policy Program Update

The Network was pleased to host the Capital Health Network Forum and information sessions for both the Secure Mental Health Unit and the Supported Decision Making – Link and Learn Project.

Attendance at these forums and sessions is important for systemic advocacy; thank you to all the members who were able to participate and attend – your input and contributions are invaluable. Of the three events, one was overwhelmingly popular – the information session regarding the secure mental health unit (we had 22 people attend). It shows that the community is very interested in the new unit and what it can do for the ACT community.

I encourage all members to take the opportunity to reflect on what concerns they would like the Network to advocate at the systemic level. As we are currently

preparing for our accreditation, I encourage members and readers to please get in touch with me. I am currently working on a schedule for opportunities to learn and contribute to and to this end I would be grateful of any contributions and suggestions. To date, members have voiced an interest in forums that focus on: Return to work, Chemists, getting the most out of dealing with Centrelink, Legal Aid and health issues.

The timing is ripe for us to plan for 2017. It might sound a bit ambitious but I think this might be the way to go if we are to break free from being reactive to being more proactive.

Purity Goj

Consumer Rep Program Update

Consumer representatives continue to do excellent work in bringing the mental health consumer perspective to policy making, project development and project management. The new bed based facilities are continuing to schedule. The Secure Mental Health Unit has been named the Dhulwa Mental Health Unit (DMHU). Dhulwa is the Ngunnawal word for honeysuckle, with Canberra's Indigenous elders hoping the healing properties of honeysuckle will be transferred to this new mental health unit. I would like to take this

opportunity to remind members that the Consumer Reps Forum is an important opportunity for consumer representatives to discuss issues being considered by their committees enabling consumer representatives to comment on issues that cross over the many committees. It is essential that all representatives submit their feedback in time for inclusion in the feedback table so other representatives are informed as to what is happening elsewhere in the mental health field. Reps and eligible reps are invited to attend whenever possible as the Forum provides a supportive and nourishing two hours for reps.

To provide as much information as possible to reps, and not require them to come to the Network

multiple times, we have started including an information forum to start straight after the CRP Forum ends. These forums are open to all members, and will be advertised in the eBulletin and on our website (www.actmhcn.org.au). If you have any ideas for a forum, please let me know (details on page 10).

The Network is starting its bed-based facility visits this month (September). Visits are being scheduled for the Adult Mental Health Unit and Emergency Department Mental Health Short Stay Unit at Canberra Hospital, Ward 2N; the Older Persons

(continued on page 10)

(continued from page 9)

Mental Health Unit, and Brian

Consumer Representative Opportunities

Hennessy Rehabilitation Centre at Calvary Hospital. These visits, which we hope will occur twice a year to each facility, aim to advise inpatients of what the Network does and how consumers can be involved with our activities such as training, consumer representation and discussion forums. We look forward to meeting lots of new people.

One member of staff and one consumer representative will attend each visit. If you are interested in attending as a consumer representative, please contact me on 6230 5796 or representation@actmhcn.org.au and I will send you the required form. Please note, to be involved you need to have been, or currently be, an active consumer representative during the past 12 months.

And finally, a big thank you to Purity for helping out with the Consumer Rep program over the last few months. I have unfortunately been unwell off and on, and Purity has done a great job of keeping the program afloat.

Jen Nixon

Hello to all consumer representatives and eligible consumer representatives. We have two representative opportunities you might be interested to nominate for. Please contact Jen Nixon if you have any questions regarding these vacancies.

To nominate for these representative positions, please complete the Committee Nomination Form on pages 15 to 16 and return to the Network by **Friday 30 September 2016**.

Post: ACTMHCN, Reply Paid 469 Civic Square ACT 2608

Email: representation@actmhcn.org.au

In person: Room 11, Level 2, The Griffin Centre, 20 Genge Street, Civic

1. Mental Health, Justice Health and Alcohol & Drug Services Mental Health Act 2015 Implementation, Evaluation and Monitoring Committee

Chaired by the Chief Psychiatrist, this committee is to replace the MHJHADS Mental Health Act 2015 Implementation Steering Committee. The Implementation, Evaluation and Monitoring Committee will continue the evaluation of the *Mental Health Act 2015* (ACT) and monitor the implementation of *the Mental Health Act 2015* and provide ongoing monitoring and evaluation of the new Act after 18 and 36 months.

This will be a great Committee to sit on if you want to play a part in how the new Act is implemented and participate in the short and long term evaluation of the Act and all that it encompasses (such as the development of new registers and new training requirements).

Frequency: fortnightly (days unknown)

Duration: unknown

2. Gunghalin Community Health Centre (GCHC) Culturally and Linguistically Diverse (CALD) Access Project Working Group

As a subcommittee of the GCHC Advisory Group, the role of this working group will be to increase awareness and access to ACT Health services by newly arrived migrants and refugees in the Gungahlin area. The Working Group will provide advice, support and assistance in implementing strategies in accordance with the Project Plan.

Meeting at the Gunghalin Community Health Centre, this Working Group would ideally suit someone of multicultural background living in or with knowledge of the Gunghalin area. This will be a hands-on committee.

Frequency: monthly (third Wednesday mornings)

Duration: 1.5 hours



COMMITTEE NOMINATION FORM

Name of Nominee:	
Committee:	

I wish to nominate as a candidate for the role of Mental Health Consumer Representative and agree to the following terms and conditions if appointed to a Representative position:

I will actively participate in the Consumer Representatives Program.

I undertake to report on my representation activities at Consumer Representatives Forums coordinated by the ACT Mental Health Consumer Network.

I agree to sign a confidentiality agreement with ACT Health.

I give permission for the staff of the ACT Mental Health Consumer Network to contact me regarding Consumer Representation educational activities and associated events.

I understand that my participation is voluntary, and that I can withdraw from participating in this program at any time by notifying the ACT Mental Health Consumer Network in writing or in person.

I understand that my participation is dependent upon my intention to act in good faith and that if I don't without remorse then my appointment to a Committee can be withdrawn in accordance with the "Conclusion of Appointment" policy and procedure.

I give permission for the ACT Mental Health Consumer Network to publish my name as a Consumer Representative in official publications and reports.

I also understand that the ACT Mental Health Consumer Network will keep all other details regarding my personal contact information and lived experience confidential, unless I give permission for this information to be released.

Please turn over

Have you undertaken Consumer Representative or Advocacy Training?

Yes – Year: _____

Delivered by:

- * Mental Health Consumer Network
- * NSW Institute of Psychiatry
- * Mental Health Community Coalition
- * Health Care Consumers Association of the ACT

or

* Other: _____

No, but I am willing to undertake this training

No and I am unwilling or unable to undertake this training

Please supply a short explanation of no more than 150 words describing why you wish to nominate, and what your experience or interest is in representing the needs and concerns regarding people with a mental illness.



ACT
Mental Health
Consumer Network

APPLICATION FOR PRIMARY MEMBERSHIP

NB: Primary membership is **free** for mental health consumers.

CONTACT DETAILS *Your name and at least one contact address/email is required	
Title:	<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other
First Name	
Surname:	
Address:	
Postal Address: (if different)	
Email:	
Home Phone:	
Work Phone:	
Mobile Phone:	
Other contact:	
Do you have lived experience of mental illness?	<input type="checkbox"/> YES (please complete the rest of the form) <input type="checkbox"/> NO (do <u>not</u> complete the rest of this form. Ask for an Application for Associate Membership instead)
COMMUNICATION PREFERENCES:	
What is the BEST way for us to contact you?	<input type="checkbox"/> Email <input type="checkbox"/> Home Phone <input type="checkbox"/> Post <input type="checkbox"/> Text <input type="checkbox"/> Mobile Phone

Do you want to receive Newsletters and other information?	<input type="checkbox"/> Yes by email <input type="checkbox"/> Yes by post
How should we send information about AGMs and other major events?	<input type="checkbox"/> Home Address <input type="checkbox"/> Postal Address <input type="checkbox"/> Email
DEMOGRAPHICS	
Year of birth:	
Aboriginal:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Torres Strait Islander:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Language other than English:	<input type="checkbox"/> Yes: <input type="checkbox"/> No, English only
Gender:	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Transgender <input type="checkbox"/> Intersex <input type="checkbox"/> Other:
INTEREST and INVOLVEMENT IN NETWORK ACTIVITIES	
Self-Advocacy and Consumer Representation Training (SCR)	<input type="checkbox"/> I have completed Self-Advocacy Course <input type="checkbox"/> I have completed Consumer Representation Course <input type="checkbox"/> I want to attend ART <input type="checkbox"/> I'm not currently able to attend <input type="checkbox"/> I have completed a similar course at (organisation)
Consumer Rep Program	<input type="checkbox"/> I'm interested in becoming a Consumer Rep <input type="checkbox"/> I'm not currently able to be a Consumer Rep
Policy and Projects Program	<input type="checkbox"/> I want to be involved in discussions and projects: In these areas: <input type="checkbox"/> I'm not currently able to be involved
Network Events:	<input type="checkbox"/> I want to be involved in planning events <input type="checkbox"/> I'm not currently able to be involved

Thank you for taking the time to complete and return this information



ACT
Mental Health
Consumer Network

Training Registration Form

Name: _____

Street Address: _____

(Suburb) _____ (Postcode) _____

Phone: (h) _____ (m) _____

Email: _____

1. Which training are you registering to attend? (*Training Name and Date*)

2. Do you have any additional needs? (*e.g. wheelchair accessibility, dietary requirements*)

3. Please explain why you want to attend the above training.

4. How did you hear about this course?

Signed: _____ Date: _____

Thank you for your registration. We will confirm your place as soon as possible.

About the Network

The ACT Mental Health Consumer Network is an organisation that is run by consumers for consumers. Our aim is to bring about a higher standard of health care in the mental health sector, through representation, lobbying and active involvement in new developments in the mental health sector.

Our organisation is extremely committed to the rights of mental health consumers. We promote a respectful and accepting system that involves Consumers, Carers and Professionals listening and respecting one another in an active healthy relationship. We also promote the development of support structures for all these groups.

All people who identify as being a mental health consumer are welcome to join the Network. An application form can be found on the following pages or by filling out and submitting via our website.

Drop-In

The Network is very pleased to offer a venue for Consumers to Drop-In for a chat and a cuppa, and/or to use the computers or phones for their self-advocacy needs most week days. Due to the nature of the Networks business, there are times when the Drop-In service unfortunately will be closed, and we try to keep members informed of any closures.

A notice of expected opening times for the current and following week is posted at the front door to the office.

Our Drop-In hours are 11am – 1pm, Monday to Friday.



Level 2, Room 11
The Griffin Centre
20 Genge St, Civic



(02) 6230 5796



www.actmhc.org.au



www.facebook.com/actmhc/