



ACT
Mental Health
Consumer Network

NETWORK NEWS

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Mental Health Awards

Mental Health Month 2017 was a great success, with lots of activities for people to participate in. One of the most important parts of the opening week is the presentation of the Mental Health Week Awards. The Michael Firestone Memorial Scholarships are presented as part of this event.

The Michael Firestone Memorial Scholarship was established in recognition of Michael's tireless efforts in assisting mental health consumers through information, education and referral, as well as his long personal battle with an education provider regarding his own issues of discrimination. There were two winners this year, Jacqui Price (*far right*) and Sarah Shepherd (*absent*), each of whom was awarded a scholarship of \$500. Congratulations to them both.



Minister for Mental Health, Mr Shane Rattenbury (third from right) with the recipients of the 2018 Mental Health Week Awards and Michael Firestone Memorial Scholarship

A summary of the Network's Mental Health Week event, 'A Beary Lovely Morning', can be found on page 9.

From the EO's Desk



Dear Readers

Welcome to the final edition of the Network News for 2017.

Firstly, I would like to welcome our 2017-18 Board who were elected at our Annual General Meeting on 21 November. The election of this Board was very close and details of the election outcome can be found on page 8. It was great to see so many members present, and to hear from our guest speakers, Jane Grace and Minister for Mental Health, Mr

Shane Rattenbury.

I would also like to welcome Jenny Adams to the staffing team, as our Education Officer (Peer Identified). This is a contract position until 30 June 2018. Jenny will be developing and delivering education programs, predominantly around the changes to mental health legislation in the ACT.

The Network's Mental Health Week event 'A Beary Lovely Morning' was a wonderful success, with all participants asserting strongly that we need to run it again next year. Please see page 9 for further details from the event.

I would like to extend my sincere gratitude to the Network's staffing team, without whom none of the great work we do would be possible. Purity, Jen, Petra and Val continue to provide caring, professional supports to consumers to enable them to participate in ways that suit their needs. We look forward to continuing to grow our methods of gathering and utilising consumer concerns and feedback over the coming year. Our student, Tilly, concluded her placement with us in early November. It has been a pleasure having Tilly with us, working toward finalising her toolkit to help us work better with Culturally and Linguistically Diverse people. Once Tilly's toolkit is finalised we will place it on our website as well as making a number of hard copies available.

Finally, this year the Network and MHCC ACT Consumer Carer Caucus' annual end of year get together was held on Tuesday 12 December. It was fantastic to see so many Network and Caucus members together to see out 2017. The Network's last Board meeting was also held on this date and was an opportunity for our new Board members to come and meet with members. Over on page 10 are some photos from this event.

Drop-In is now closed for the year, with end of year closure looming and much work that needs to be done in the office. Our office will remain open until Wednesday 20 December, at the end of which we will be closed until 3 January 2018. We will reopen for Drop-In on Monday 15 January 2018 at 11am.

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

Membership

Following the distribution of documents for our Annual General Meeting (AGM), the Network was contacted by some members to notify us that they no longer wish to receive communications from the Network.

Whilst we are happy to comply with these requests in regard to regular communications, we are legally obligated, under the *Associations Incorporation Act 1991 (ACT)* - Model Rules, to send AGM documentation to all members regardless of communication preferences.

In order to reduce distress to members, if there comes a time when you would prefer to receive no communications from the Network, not even AGM documentation once per year, we recommend that you cancel your membership. Whilst we value our members we would prefer not to cause unnecessary distress. If you cancel your membership then later change your mind, it is a quick and easy process to re-join the Network.

Membership cancellation advice must be made in writing, directed to the Executive Officer, clearly stating your name, the address or email listed on your membership, and your wish to cancel membership effective immediately.

Advice can be submitted by post to PO Box 469 Civic Square ACT 2608; email to executive@actmhc.org.au; SMS to 0406 457 557; or by hand to our office.

Chair's Report

I'd like to begin by thanking everyone who attended the AGM, and express my gratitude for being re-elected as Chair of the Network for a second term. I am so privileged to be able to use my skills and experience in the service of an organisation that I believe in and that has done so much for me.

I recently presented at the NDIS and Mental Health Conference in Sydney, which was mainly attended by service providers who are as wary of the Scheme and its treatment of people with psychosocial disability as we are. It's clear that the NDIS is still an area of focus for our advocacy efforts, because consumers are feeling its effects whether or not they are eligible for the scheme.

The year is rapidly winding down and I am already looking forward to what next year will bring, in

particular the results of our biannual survey which will tell us what you, our members, feel is important for us to focus on in terms of our strategic planning and our policy and advocacy priorities.

I attended the Grace Groom Memorial Oration this week, and was struck by the many promises being made regarding mental health funding by the federal government. Good funding does not always result in good policies, services and programs, and it is in the development and delivery of good policies, programs and services that will actually help people that I feel consumer participation has its deepest value.

I wish you all a safe and restful holiday season, however you will be spending it, and I look forward to seeing you all next year refreshed and ready to continue with our very important work.

*Terri Warner
Chair*

Introduction: Jenny



Hello. My name is Jenny Adams and I am the ACT Mental Health Consumer Network's new Education Officer (Peer Identified). I am very excited to be working for such a healthy and positive organisation. I have been associated with the Network for more than two years as a Consumer Representative and as a member of the Board. My role as Education Officer will be to research and develop education materials about the new *Mental Health Act 2015 (ACT)*. I am passionate about the importance of the Act, and about the need for more people to know about it and the increased rights it represents. I really look forward to helping to communicate its messages among a greater audience, and helping to increase its implementation for consumers. In the process I look forward to meeting many more mental health consumers and practitioners.

Network Update

Since our last edition of Network News, the Network has been a hive of activity, with a number of events being held, which you can read about in this edition of Network News.

Consumer Rep Program

An end of year CRP forum celebration was held in October. It was great to see so many representatives coming together. At this celebration Matthew Martin was awarded for his five years' service as a Consumer Representative.

The November CRP Forum was cancelled, due to some safety concerns with the Griffin Centre. As it was uncertain if the situation would be resolved by the day of the Forum, the decision to cancel was made, and as many Representatives notified as possible. Apologies to those Reps who didn't receive the notification by email or SMS, we will check our records to ensure that we maintain the most up to date communication details as possible. Due to the closeness to the end of the year, the November forum will not be rescheduled. The next CRP Forum will be held on Tuesday 27 February 2018, 11am-1pm.

The Network would like to thank all the Consumer Representatives that have put in an amazing effort this calendar year. The Network's 16 representatives attended around 240 hours of meetings ranging from project participation, such as Mental Health Week, to high level, confidential meetings such as the Collaborative Engagement Forum and Adult Community Mental Health Services Model of Care. If you are keen to join the ranks, and you have completed or are about to complete Consumer Representative Training, please contact Jen to discuss what opportunities there may be over the next year on representation@actmhc.org.au.

The Consumer Representative Program is pleased to announce the following committee appointments:

- **Mortality and Morbidity Committee:**

Adele Lewin

- **MHJHADS Clinical Governance Committee:**

Evalyn Smith

- **Standard 2 – Partnering with Consumers/ Patient Experience Network Group:**

Terri Warner

- **Physical Health for Adult Community Mental Health Consumer Steering Group:**

Chris Corcoran

- **ACACIA Consumer and Carer Advisory Group:**

Robert Pedlow

- **Cohort Study Reference Group – Support Requirements and Accommodation Options for People with High and Complex Needs:**

Thi Nha Tran

- **Seclusion and Restraint Review Meeting:**

Adele Lewin

- **Dhulwa Mental Health Unit Seclusion, Restraint and Use of Force Committee:**

Patricia Green

- **MHJHADS Recovery Planning Steering Group:**

Bianca Rossetti

National Mental Health Consumer and Carer Advisory Group: The Network has proposed Matthew Martin to the ACT Health Directorate to fill the ACT Consumer vacancy. The term is for four years.

The Network continues to arrange site visits to ACT bed-based mental health facilities. Members of staff along with a Consumer Representative attend these visits, talking to consumers about the Network's training, systemic advocacy and drop-in space. We are still in discussions about the possibility of expanding these visits to include Dhulwa Mental Health Unit.

Policy Program

The Network sought nominations from members to join our new Policy Reference Group. The role of the group is to provide expertise and advice regarding the policy program. We were pleased to receive 12 nominations and from that we were able to appoint eight members.

The following were appointed - congratulations:

Mr. Peter Dwyer
Ms. Kerry Fry
Ms. Jane Grace
Mr. Matthew Martin
Mr. Chris van Reyk
Ms. Terri Warner
Mrs. Dianna Smith
Mr. Graham Jackson

Earlier this year we sought expressions of interest for a work experience opportunity in the Commonwealth Department of Industry, Innovation and Science within the Division of Strategic Policy & Digital Economy. The opportunity was developed to allow people with disability and/or diverse backgrounds an opportunity to work with the Division and gain some portfolio policy development experience. Through this process one of our members will be taking up the work experience role. We look forward to building on this relationship with the Commonwealth Department of Industry Network.

Meetings/Forums

The Network hosted a consultation on 20 September for mental health consumers to engage in and contribute to the significant changes that are coming in the provision of mental health services by ACT Health.

These changes are being made to:

- * Improve treatment choices and options;
- * Make sure people receive similar care regardless of where they live in Canberra;
- * Increase the actual time mental health workers spend with people; and
- * Provide care for people in their homes or in the community as much as possible.

The Network also hosted a community forum on 27 September to give people the opportunity to provide input to the review of the Official Visitors scheme. The aim of the review was to determine whether or not the Official Visitor scheme is achieving its purpose of providing independent oversight of visitable places, increasing transparency in visitable places and reporting to government about conditions and concerns in visitable places.

Over on page 7 are details about a consultation that Synergia Consulting are conducting in regards to the establishment of an Office for Mental Health in ACT.

Community Education

Petra has returned to the Network after a long leave of absence over the winter period. A huge thank you to Terri and our wonderful co-facilitators who supported the delivery of training during this time.

On Petra's return, the second successful co-facilitation course was held with seven participants. The purpose of this training is to educate eligible members to use their expertise of lived experience as co-facilitators in the Network's training programs. The Network recognises the importance of including lived experience in our training, and to give our members opportunities to develop new skills and be involved in different activities.

To date we have 12 members who have completed this course and are qualified to be co-facilitators. People who finished this course are currently co-facilitating the self-advocacy intensive course with Terri who has been assisting Petra to complete our training requirements. We look forward to more opportunities in the new year for our co-facilitators to gain even more experience in co-facilitating our training!

A new feature of ongoing development for our co-facilitators will be quarterly catch-ups where we have an opportunity to share knowledge, develop skills and catch-up with other members of the team! The first of these will be on 8 February 2018!

Over on page 11 are details about upcoming training opportunities in the first quarter of 2018.

Network Events

Dec

Thursday 21 December to Friday 05 January, inclusive

Network Office Closed - we hope you have a safe and happy couple of weeks

Jan

Monday 15 January

Drop-In reopens, 11am-1pm

Friday 26 January

Australia Day Public Holiday (Network Office Closed)

Feb

Thursday 1 February 11am—1pm

Consultation: New Mental Health Act (2015) ACT, Members' Area (Drop-In Closed)

Monday 5 February 10am—4.45pm

Understanding the NDIS workshop 1 (venue to be confirmed)

Monday 12 February 10am—4.45pm

Understanding the NDIS workshop 2 (venue to be confirmed)

Tuesday 27 February 1:30pm—4pm

Self-Advocacy training term one commences, Members' Area

CONSULTATION FORUM COMING UP

What: New Mental Health Act 2015 (ACT)

When: Thurs 1 February 2018 11 am – 1pm

Where: Members Areas, Network Office, Level 2, Griffin Centre, Genge St, Civic

The Network is seeking your views regarding the new Mental Health Act 2015 (ACT); the following questions will guide the discussion.

- Have you heard about the new MH Act for the ACT?
- Gathering what consumers know about the changes to the Act
- What do they want to know?
- Are you familiar with your rights?
- Do you know what the MH Act covers?
- Do you have concerns about the implementation of the Act?
- How do you think you can put it into action in your life?
- Would you attend information sessions/workshops regarding the Act?

There will be light refreshments, so please RSVP to peer.education@actmhc.org.au or 6230 5796 by Tuesday 30 January 2018 and let us know about any dietary requirements.

If you are unable to attend we welcome your written feedback to these questions as well to peer.education@actmhc.org.au.

Drop-In and Office closure for the Christmas/ New Year period

Drop-In has now closed for 2017 and will reopen at 11am on Monday 15 January 2018.

The Network office will be closed from 3pm Wednesday 20 December 2017 and reopen at 9am on Monday 08 January 2018.

We wish everyone a safe and festive season and we look forward to seeing you in the new year.

Events & Notices

Blog: 100km With The Black Dog

Chris Corcoran, the Network's Deputy Chair, has decided that following on from walking 100km in 27hrs and 28mins in 2016, less than 12 months after undergoing bilateral total hip replacement surgery, he will RUN a 100km race next year. The run will take place in November and has to be completed in under 18 hours. As an extra incentive to help prevent backsliding, he has started blog which will document his endeavours in preparing for the run and his ongoing struggles with depression and anxiety. Hopefully, the blog will help to raise awareness of these issues and encourage others who are struggling to find their own version of the 100km and challenge themselves. The first post can be found here:

<https://100kmwiththeblackdog.wordpress.com/2017/12/04/21/>

Free Meal & Emergency Relief Providers Guides

Volunteering and Contact ACT have again this year developed additional information guides about key services available for the 2017-18 holiday period.

The first titled *Holiday Season Free Meal Guide* and the second *Closing and Opening Times of Emergency Relief Providers and Community Services*.

These two guides are available on the VCACT website: <http://vc-act.org.au/info-guides/>.

In the meantime please call 02 6248 7988 for any information you may require.

An Office for Mental Health in the ACT

The ACT Government has engaged Synergia Consulting to provide advice regarding the establishment of a new Office for Mental Health in the ACT.

Synergia Consulting would like to talk to mental health consumers, as key stakeholders, to get their views about the new Office. This project is about designing the new Office to be fit for purpose, with the right powers and capacity to drive positive change in mental health in the ACT. More specifically, they are interested in your views regarding:

- What are the key challenges facing mental health in the ACT?
- How can a new Office address these challenges?
- Are there specific powers, tasks or roles a new Office should undertake? Any that should be avoided?
- How could a new Office drive better Territory-wide integration of our mental health system?
- If the new Office was to be judged as successful, what would have changed in the ACT in five years' time?
- What relationship should the new Office have with consumers, carers, health professionals, government agencies, researchers, others?

Do you have any thoughts on this consultation method and time frame? What recommendations would you make regarding what can be delivered based upon this feedback and what future consultations would be needed?

We welcome your written feedback to these questions as well to policy@actmhc.org.au

An online survey has been developed, available at <http://informis.co.nz/survey.asp?qnid=411&tag=mhofficeconsult> for you to have your say on this very important new strategy for mental health, finishing on 8 February 2018.

Annual General Meeting 2017

On Tuesday 21 November, the Network held our Annual General Meeting for 2017 and had a fantastic turnout of members, external stakeholders and great speakers.

The AGM held a number of presentations. Consumer Representative Jane Grace (*right*) gave a presentation on the work that is being conducted by the National Mental Health Consumer Carer Forum.

A special presentation was given by Mr Shane Rattenbury, Minister for Mental Health. Mr Rattenbury presented to the audience on the progress of the Office of Mental Health in the ACT.

As always at the AGM, the election of Board members was held. The outcome of the elections and the new Board of the Network for 2017/18 are as follows:

Chair: Terri Warner (re-elected)
Deputy Chair: Chris Corcoran (continuing)
Secretary: Dianna Smith (re-elected)
Treasurer: Jacqui Price (continuing)

Ordinary Members:

- Rose Beard;
- Kerry Fry;
- Nasreen Hafesjee;
- Michael Hausch;
- Graham Jackson;
- Brett Scholz; and
- Paul Thompson.

A very warm welcome (and welcome back). We look forward to working with you over the coming year.



The Network thanks outgoing Board members Jennifer Adams, Michelle Banfield, Jo Hargense and Adele Lewin for their dedication and hard work over the previous year.

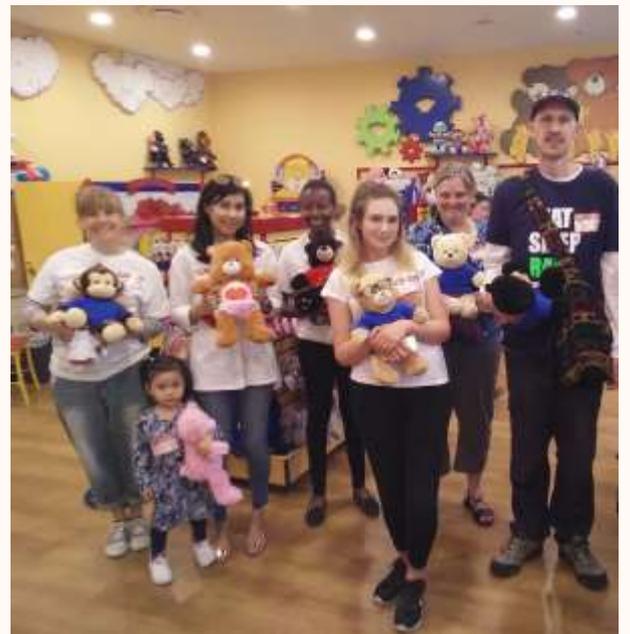
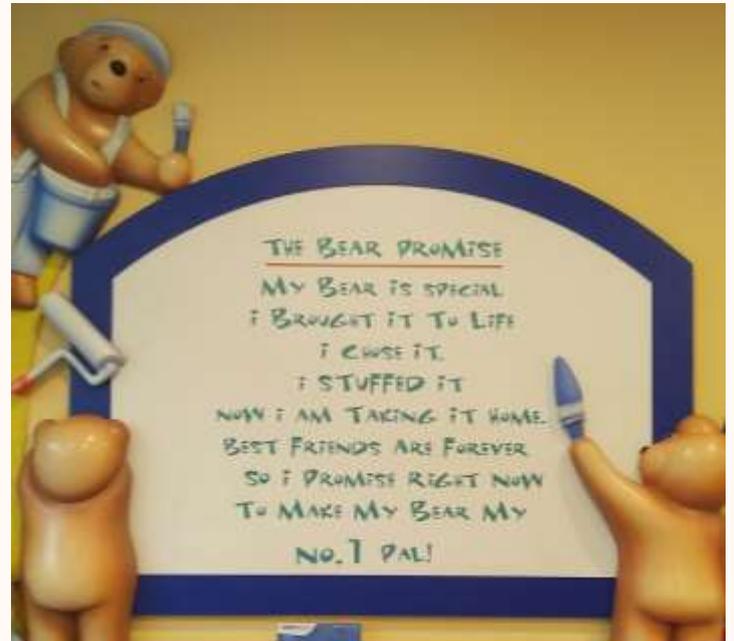
Mental Health Week 2017

The Network held our MHW event on Thursday 19 October, which saw a fantastic turn-out of consumers and support people attending. This event, 'A Beary Lovely Morning', had such an interest from eager participants that we even had to begin a waiting list!

As we try to do something a little bit different and unique each year, for 2017 the Network organised a teddy bear making workshop, which was held at the Build-A-Bear Workshop at Westfield Belconnen. The purpose of this event was for participants to create a personal buddy bear to help them through their recovery journey, whilst making new friends or reconnecting with old ones. While only running for a short time, it was great to see so many people (mainly adults), regressing to child-like behaviour and indulging in having a bit of fun. Because the venue was also open and visible to the public, there was a good mix of consumers, support persons and the general community at the workshop.

Following this, we all headed over to Grill'd for a makeshift teddy bears' picnic.

... And a beary lovely morning was had by all!



2017 End of Year Celebrations

Here are some photos from end of year celebrations that the Network held.

To the right are from the End of Year Get Together that the Network held with the MHCC ACT Consumer Carer Caucus in December and below the End of Year CRP Forum that was held in October.

End of Year Get Together



CRP EOY Forum

First to business...



...then to celebrations!



Upcoming Training

The Network is pleased to offer the following FREE training courses for the first quarter of 2018. If you have any questions about the courses that the Network offers, please contact us on 6230 5796 or email Petra at education@actmhc.org.au.

Understanding the NDIS

Monday 5 & 12 February 2017 (10:00am – 4:45pm)

Educates participants about:

- Eligibility requirements and registration process
- How to assist potential NDIS participants with decision making and planning
- How the recovery approach relates to the NDIS
- How to support someone when accessing the NDIS

Morning tea and light lunch will be provided

Self-Advocacy Training

Tuesdays, 27 Feb, 6, 13, 20, 27 March 2017 (1:30 – 4:00)

Supports mental health consumers to:

- Feel good about themselves
- Express their feelings
- Recognise the importance of responsible decision-making
- Make informed decisions

Consumer Representation Training

Tuesdays, 3, 10, 17, 24, April, 1 May 2017 (1:30 – 4:00)

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Skills for Consumer Representatives on committees

To register for any of these courses, complete and return the registration form on page 15.



- Key:**
- Understanding the NDIS
 - Self-Advocacy Training
 - Consumer Representation Training
 - Mentoring Training
 - Co-Facilitation Training
 - Public Holiday
 - Training Graduation

Training Calendar for 2018

The calendar above shows our upcoming training dates for the first half of 2018. Contact Petra on 6230 5796 or education@actmhc.org.au if you have any questions or require further information.

ACT Mental Health Consumer Scholarship Scheme

The ACT Mental Health Consumer Scholarship Scheme (<https://cit.edu.au/study/course-fees-and-assistance/scholarships>) is a partnership between ACT Health, CIT and ACT Mental Health Consumer Network. It is designed to support mental health consumers to study in the community services area. The aim of the scheme is to increase employment opportunities for mental health consumers in mental health, alcohol and other drugs, community development, youth work and community services.

Anyone who has lived experience of a mental illness/disorder and is 17 years of age or older is eligible to apply for admission to the scholarship scheme. Preference will be given to applicants who have not completed post-secondary studies and/or are unemployed.

The ACT Mental Health Consumer Scholarship Scheme is a two staged approach to support mental health consumers gain qualifications in the area of human services:

1. The first stage of the scheme is funding for the completion of the Statement of Attainment in Introductory Mental Health and Alcohol and Other Drugs. This qualification will work towards a Certificate IV within the community services package.

2. The second stage is funding that covers course fees only for study in one of the Certificate IV courses in the Community Work Programs.

These are run by the Canberra Institute of Technology (CIT) at CIT Bruce.

To be eligible for consideration, you must complete a Scholarship Application Form in full and send to the Canberra Institute of Technology. The application form can be accessed via the Networks' website homepage (www.actmhc.org.au). Applications will be considered and assessed by a selection committee. Interviews may also be conducted. The decision by the selection committee is final and appeals will not be accepted.

The first round of applications has closed. The second round for applications are due by Friday 19 January 2018, with the Selection Committee meeting on Monday 22 January 2018

All applicants will be notified about the outcome of their application in writing within two weeks of the selection committee meetings.

If you require a hard copy of the application, please contact the Network and we'll arrange for one to be posted to you. Our contact details are located on the back page.

Way Back Support Service Participation Opportunity

The Way Back Study team at the Australian National University (ANU) has an opportunity for participation in a new project in the form of an online survey. These studies are being conducted by the Centre for Mental Health Research (CMHR) at the Australian National University (ANU) as part of a *beyondblue* funded project, and in collaboration with The Way Back Support Service ACT (an innovative suicide prevention service).

If this notice raises any issues or concerns, please contact Lifeline on 13 11 14.

Online survey: Developing a new questionnaire for The Way Back Support Service

ACACIA would like to invite people with lived experience of a suicide attempt to participate in a survey to develop a new client questionnaire for

implementation by The Way Back Support Service ACT.

ACACIA are seeking persons with lived experience who identify as having had a suicide attempt in the past ten years, but more than six months ago, and no current severe distress or suicide plan. All participants must be fluent in English, living in Australia and aged 18 years or older.

To complete the online survey, or find out more, head to the website: <http://quicklink.anu.edu.au/4f2d>

For more detailed information, contact The Way Back Study team! They are available during business hours.

Email: waybackstudy@anu.edu.au or telephone Ms Carmel Poyser on (02) 6125 8411 or Dr Amelia Gulliver on (02) 6125 9472.



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.actmhcncn.org.au



www.facebook.com/actmhcncn/