



ACT
Mental Health
Consumer Network

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Network News

Autumn 2024

Do you want to use your lived experience to improve the mental health system in the ACT?



What is the Network?

- We are the peak body for mental health consumers in the ACT
- We work in partnership with consumers, organisations and government
- We aim to improve mental health services and programs

How Can I Help?

Use your lived experience to support change in the mental health system and services and improve the wellbeing and recovery outcomes for people with mental illness.

How Can I Get Involved?

- Attend our FREE training
- Join in our information and social events
- Participate in volunteer opportunities
- Network with other consumers



02 6230 5796 | actmhcnc@actmhcnc.org.au | actmhcnc.org.au



For more information and to join, scan the QR code

To extend our reach to engage with more consumers, the Network has had an A4 size promotional poster designed and printed by the terrific staff at Kwik Kopy.

These posters will be distributed far and wide across the ACT to services such as mental health units, GP clinics, community organisations and venues etc.

If you see a place where you think one of these posters would be suitable, get in touch with us and let us know. Our contact details are on page 14.

Offering you a voice

From the Chair

I trust that all our members have had a relaxing break and ready start the New Year with enthusiasm!

I want to firstly mark the passing of two of our former members, Peter Dwyer and Maree Pavloudis. Both made major contributions to the work of the Network at Board level and as Consumer Representatives.

Deigh, Jen and I, along with a few other members from the Network attended the celebration of Peter's Life on 3 Feb.

Other VIPs attending included Senator Andrew Leigh, Alicia Payne MP and Rachel Steven-Smith MLA in recognition of his enthusiastic advocacy for the disadvantaged within the Labor Party.

The Network plans to hold a memorial for Maree soon.

May they both Rest in Peace.

I also congratulate all of the staff at the Network for their hard work and dedication. The fact that many of them are long serving employees is an indication of how they are appreciated and managed.

As a recently appointed Board Chairperson I am conscious of the requirements that come with my appointment. Some of these qualities and responsibilities include:

- being sensitive to the feelings of members;
- being impartial and objective;
- starting and finishing meetings on time;
- being approachable;
- having an understanding of the voluntary and community sector;
- being tactful;
- having a knowledge of the organisation's key networks;
- being able to delegate;
- being a good strategist;
- being a strong networker;
- being good at team building;



- considering succession planning across the board;
- planning for skills development of themselves and the committee;
- having experience of management committee involvement;
- showing interest in member's viewpoints;
- having sound knowledge of the organisation's work; and
- having an ability to respect confidences.

While I'm sure that during my tenure as Chair I will sometimes fall short of these high expectations, I have great confidence in the staff and other Board members to work with me for our common purpose:

"To advocate all means to improve and enhance systems, services and practices for consumers in the ACT by:

- Discovering and promoting the collective voice;
- Facilitating and supporting consumer participation at all levels of decision-making; and
- Ensuring a commitment to consumer-driven recovery."

Paul Thompson

Chair

Network Updates

From the CEO

Dear Readers

Welcome to the 2024 Autumn edition of the Network News. This is my first CEO introduction to the Newsletter as I continue to act in the role with Deigh returning 1 July 2024. I want to thank the Network Board and the Staff for their assistance during this period of adjustment and I look forward to steering the Network over this time.

As announced in the Network Navigator, we have finished the design for our new poster and are busy sending it out to organisations to display. We have taken the feedback that the Network needs to be more visible and hope the poster will be seen by mental health consumers that are not aware of us to date. In addition, we are going to restart our visits to some of the Mental Health Inpatient Units in Canberra, where appropriate, to talk with consumers about the issues they are facing and how they can join in our activities and systemic advocacy.

The Network will be conducting our biannual Consumer Survey very soon – keep an eye out for it in your inbox during April. This year, the Survey will be quite different and longer than previous years as we have included questions to assist with our ongoing Research Project – Barriers to Accessing Mental Health Services in the ACT. I hope you are able to complete the survey and contribute not only to our research

project but also help us improve our programs and advocacy for all consumers in the mental health sector. Please share it with friends and family. The results of the survey will be published in June and a link to the report will be circulated to all members.

On a sadder note, Paul, Bradley, David, Deigh, myself (pictured below) and Bryan attended the celebration of Peter Dwyer at the Canberra Quaker Meeting House.

The variety of people in the room attested to Peter's acceptance of all and the place he held in the community. His legacy will continue.

On a brighter side – we were all given potato's from Peter's garden and they were delicious!



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

- Jen Nixon

Acting CEO

2023-24 Network Board Update

Since our 2023 AGM, there have been a few changes to our Board members. An updated list of Board members is as follows:

Executive Committee

- Chair: Paul Thompson
- Deputy Chair: Lachlan Atyeo
- Secretary: Kathryn Dwan
- Treasurer: Assunta Arioli

Ordinary Members

- Jenny Adams
- Bridget Berry
- Zac Chu
- Chris Corcoran
- Lucas Spensberger
- Thi Nha Tran

Vale, Maree Pavloudis

It is with deep sadness that we write to inform readers of the passing of one of our dedicated members, Maree Pavloudis, who passed away on New Year's Eve.

Maree was not just a member but a valued part of the mental health community, and her presence and commitment to consumer causes is an enormous loss to us all. Originally from Greece, Maree often regaled us with heartwarming stories about her extended family back home, and her warmth and love for her heritage shone through in every story she shared.



Maree speaking at the launch of the Head to Health Centre in 2021.



Maree played a pivotal role in the establishment of the Belconnen Safe Haven service, demonstrating her dedication to creating safe spaces for consumers in need of extra support. Her involvement in various volunteer roles, from co-facilitating our training programs to serving as a Board member and Treasurer and Consumer Representative, showcased her exceptional leadership and devotion to our community.

Maree's tenacity, wisdom and strong spirit have left a significant mark in the mental health sector. She will be deeply missed by all who had the privilege of knowing and working with her.

Our thoughts and condolences go out to Maree's family and friends, both here and in Greece, as they navigate through this difficult period of loss and grief.

The Network will be holding an afternoon tea memorial for Maree where we can remember her extraordinary contributions and the positive impact she made on all of us.

Tuesday 23 April 2024 2pm to 4pm

**Meeting Room 8, Level 2, The Griffin Centre, 20 Genge St,
Canberra City**

**Please RSVP by COB Wednesday 17 April 2024 to policy@actmhc.org.au
or call 02 6230 5796**

Drop-In

Our Drop-In service continues to provide a space for consumers to use every Thursday from 10am to 12pm (except on public holidays).

Jo has been organising some special events for Drop-In that we will inform members about in future notices. To give a heads up about what will be happening, we will be holding:

- Information updates and sessions from the Mental Health Commissioning Team and Canberra Community Law; and
- An upcoming series of Meet the Ministers. These proved to be quite popular amongst members when they were first held in 2021. As this is an election year, it will be a great opportunity for consumers to meet and talk with Ministers about issues that are of importance to them.

Notices of upcoming events will be forwarded to members by email. For hard copy readers of our newsletter, if you would like to be kept informed of when events will be happening, please get in touch with Jo by email to dropin@actmhc.org.au or call 6230 5796.



Mental Health Justice Clinic

Drop-In continues to host the Mental Health Justice Clinic from 10am to 12pm on the first Thursday of each month.

The Clinic is facilitated by Farzana Choudhury from Canberra Community Law. For this newsletter, we thought include a little profile of Farzana so readers can begin to get a bit familiar with who they will be speaking with.



About Farzana

Farzana Choudhury (she/her) is a lawyer from Canberra Community Law. Farzana runs Canberra Community Law's Mental Health Justice Clinic, which provides free legal help to mental health consumers in the areas of public and community housing, discrimination, employment, Centrelink, and making other complaints to the ACT Human Rights Commission. The Mental Health Justice Clinic was launched in October 2022, and is part of Canberra Community Law's Disability Law Service which Farzana heads up.

Some common issues Farzana sees through the Mental Health Justice Clinic include social housing evictions, discrimination in the workplace and complaints against health services.

In her downtime, Farzana enjoys playing trumpet with various local community music ensembles, and spending time with her whippet named Prudence.

Farzana attends the ACT Mental Health Consumer Network on the first Thursday of every month between 10am and 12pm. No appointment necessary, feel free to drop in by Zoom or in person if you would like to chat privately to Farzana about a legal issue.

Consumer Representation update

It is great to be seeing new Reps either taking their first steps into committees with other Reps or increasing their involvement. Below are the new Consumer Representative appointments to Mental Health, Justice Health, Alcohol and Drugs (MHJHADS) and other mental health related committees from October 2023 to March 2024.



John Forsey

- Adult Community Mental Health Services (ACMHS) Governance Committee

Katie Price

- Mental Health Act Oversight Committee

Luke Lake

- Alcohol, Tobacco and Other Drug (ATOD) and Mental Health Alliance Working Group
- Restraint, Seclusion, Restrictive Practices Review

Ann-Marie McNess

- Southside Community Step Up Step Down Governance Committee

Bianca Rossetti

- ACT Health Infrastructure Consumer Reference Group

Terri Warner

- ACT Safe Haven Expansion Steering Group (Co-Chair)

Thi Nha Tran

- ACT Safe Haven Expansion Steering Group
- Tuggeranong Head to Health Working Group

Jenny Adams

- ACT Electoral Commission Disability Advisory Committee

Jayanti Gupta

- Review of the Mental Health Needs of ACT Multicultural Community: Reference Group

Patricia Green

- MHJHADS Prevention, Reduction and Elimination of Restrictive Practices (PRERP) Steering Committee

Assunta Arioli and Rose Beard

- Clinical/Consumer Advisory Group - ACT Ambulance Service



National Mental Health Consumer & Carer Forum

Working Group Report: 13 December 2023

Paul Thompson is the ACT Consumer Representative on this Forum. Below is an update from the latest meeting.

Attended online to aim at prioritising tasks considering that funding for the forum looks like it will run out on 30 Jun 2024.

The Forum has a budget of \$30,000 plus funding more for psychosocial disability work.

The Commonwealth rather than States and Territories are funding the remaining period, with the Department wanting to pre-approve any work to be done from now on. Two members of the forum met with the Department today. They want to meet with the Forum in the New Year to explain the transition process to the two new national peaks which will be formed (for carers and consumers).

Today's forum was facilitated by Andrew Bird of Foundstone using Miro software.

Andrew invited participants to share how they were feeling about the future of the forum given the impending changes. Some expressed fears and concerns. The main priority preference appears to be the Peer workforce.

Member Project: Invitation to voice hearers

Fiona, who is a Network member, approached us about promoting this project that she is wanting to start, which we have printed below. If you are interested in participating please contact Fiona directly.

Book about Canberra voice-hearers

I am a member of the Network and was diagnosed with schizophrenia 22 years ago. I have completed two-thirds of a Masters degree in Social Work and have a Bachelor of Arts and a Masters degree in Public Policy. I have twenty years' experience working in the public service

I am writing a book about the experiences of people who hear voices and would like to hear from anyone interested in participating.

You won't have to be identified in the book by your real name if you prefer not to.

I have heard voices for 23 years including voices from people such as former students and teachers (and one former school principal) from Curtin South Primary, Canberra Girls Grammar, Phillip College and Canberra High. I have also heard voices from a journalist, a media mogul, a former theatre director, a former Prime Minister's press secretary, a former Deputy Secretary of the Defence Department, a former Deputy Secretary of the Department of Foreign Affairs, a law professor, a book editor, former politicians, former girlfriends and boyfriends and others, some of whom do not identify who they are.

I am interested in hearing about your voices.

If you are interested in participating in this project please call or text Fiona on 0437 950 379.

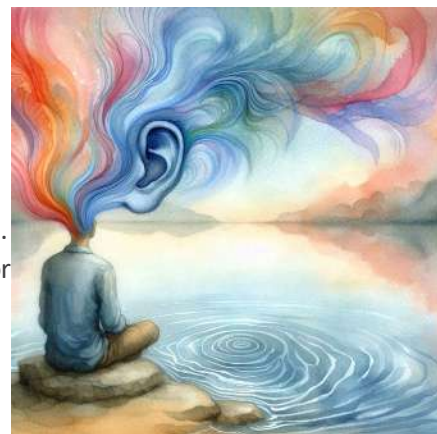


Image generated with AI (Bing Copilot) - search phrase: hearing voices in watercolour style



Put it in your diaries - The Mental Health Services Conference 2024

In 2024 the 34th Annual TheMHS (the Mental Health Services) Conference will be held in the ACT, 27th – 30th August at the National Convention Centre. The theme for the conference is “Finding Common Ground: Celebrating Difference and Looking Beyond to find Common Ground”.

TheMHS Learning Network brings together people from across Australia and New Zealand to stimulate debates that challenge the boundaries of present knowledge and ideas about mental health care and mental health systems. Further information is available on their website: www.themhs.org

As the peak body for mental health consumers in the ACT we will play a pivotal role in the development of both TheMHS and the aligned Lived Experience Forum which is held the day prior to the Conference alongside the Carers Forum.

To stay informed about opportunities to be involved in developing TheMHS 2024 Conference, please send an email to policy@actmhchn.org.au

My Rights, My Decisions

The My Rights, My Decisions form kit and information workshops has some important updates.

New Workshops Commencing

Reported elsewhere in this edition of Network News, we have recommenced the MRMD workshops for consumers following a review by the ERG. The first of the new workshops was held during Drop-In on 28 March.

Following this and getting feedback on the workshop, further review and development of the workshop for consumers will be performed by the ERG, along with developing information workshops for clinicians and carers/supporters.

Having specific workshops for these groups will be beneficial to consumers, as these people would be the primary contacts consumers would approach for assistance in completing their form kits.

To broaden the education of the MRMD from kit amongst clinical practitioners, Petra and Jen have consulted with CHS to discuss what

General Practitioners should know about the MRMD form kits and what their responsibilities are under the Mental Health Act (2015) ACT. From this, the Network is liaising with the Capital Health Network to determine what is the best way to get information out to GP's.



MRMD. DHR. MIA.

The Network has been liaising with Canberra Health Services (CHS) behind the scenes about the availability of consumers *My Rights, My Decisions* form kits on the new Digital Health Record (DHR) system, which went live in November 2022.

We had received notices that CHS staff were unable to access the MRMD forms on this new system. After much consultation, we can confirm that these forms have not been made available during the transfer.

This will mean that consumers who have previously lodged their MRMD form kits will unfortunately need to reodge their forms. **You do not have to complete a new form, just reodge your existing form using the following**

email address:

TribunalLiaison@act.gov.au

It was disappointing to hear that such important information about how consumers would like their treatment to be considered should they require hospitalisation (not to mention the time and expense consulting with their GP's etc.), be overlooked in favour of clinical records.

The Network will continue to advocate for the inclusion of the MRMD form alongside consumers medical records.

Education updates

Education Reference Group getting to business

As previously reported in recent editions of Network News, the Network has convened a special working Group specific to our training programs.

Like the Policy Reference Group, which assists us collecting consumer input on the numerous policy and procedural documents we are asked to review, the new Education Reference Group (ERG), comprised of consumers, ensures that consumer-led design and review are always included in the development and delivery of our training workshops.

While the group has been meeting since August 2023, the focus of the ERG over the past few months has been on developing the administrative groundwork into how the ERG will function. At the January meeting, Jessica Atterton from BEING in New South Wales was invited to attend and inform the group about BEING's co-design/review project and what lessons they learned going through that process.

The first workshop to be reviewed was the My Rights, My Decisions. The first of the new MRMD workshops for consumers was held throughout Drop-In on March 28.

Feedback from this workshop will then be reviewed and it is expected that further developments will be forthcoming.



Tailoring training to suit

The Network was approached by Canberra Health Services (CHS) to deliver Self-Advocacy and Consumer Representation training to consumers on the Perinatal Mental Health Project Reference Group. The consumers in this Group were appointed directly by CHS under the YourSay Community Conversations outlet.

Our workshops in Self-Advocacy and Consumer Representation were adapted so that it met the specific needs of the group. While originally planned to be delivered over several online sessions, to accommodate varying abilities for participants to attend, the course was pivoted to provide new training materials created for participants and recording a series of self-paced sessions.

New e-mailing lists now in use

As previously advised, our email communications with members has been tailored to be relevant to individual interests, based upon updated information from our new membership forms.

These new emailing lists came into effect from February 1 2024 and so far, they seem to be working well.

Instead of emailing to a generic list of members information that may not be relevant, we now send individual notices to specific emailing groups based on what you tell us you want to hear about. For anyone who may be experiencing FOMO (fear of missing out), these notices are compiled into our weekly e-bulletin anyway, the Network Navigator.

An online form is available for members to easily update their communication preferences and other details with us. Click on the button to be taken to the online form and update your details or contact us for a hard copy.

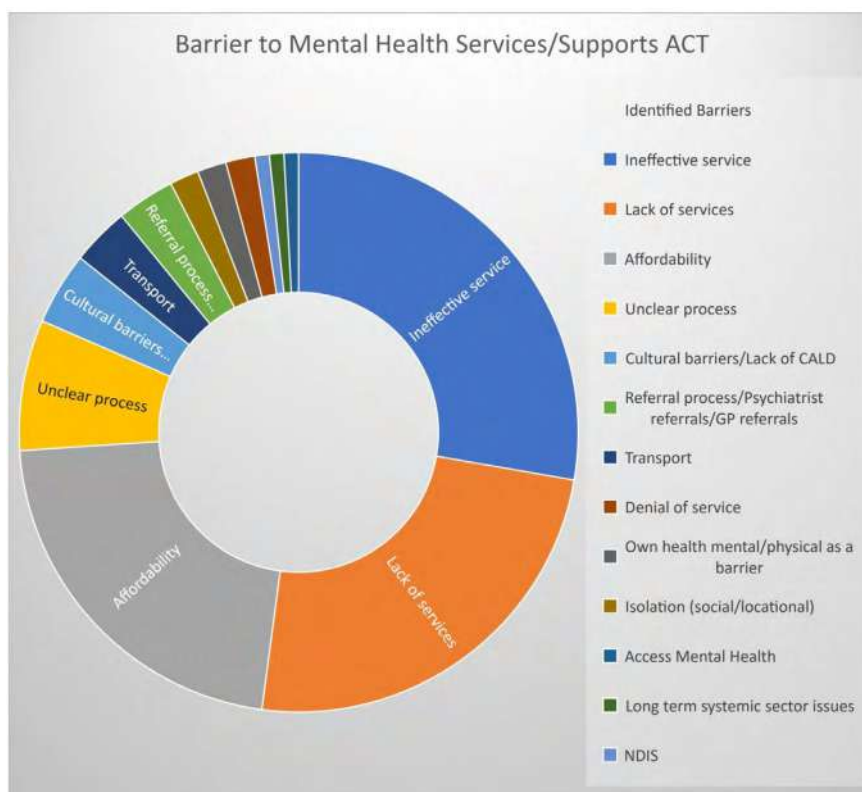
Barriers to access research project

In September 2023 the Network was awarded an ACTEWAGL Community Grant (2023) for the purposes of undertaking a consumer-led research project. Since then, the Network has been hard at work talking with consumers about the barriers to accessing mental health supports and services in the ACT. To date, we've hosted twelve focus groups across two rounds of consultation with the third and final round of focus groups to be completed over the next fortnight. At each step of the project, the voices of consumers have led the direction and focus of the research.

In the first round we asked consumers to tell us about the barriers to access that they had encountered when accessing mental health supports and services in the ACT. Consumers highlighted the impact of unaffordable services, issues in the availability of public and private services, and ongoing concerns regarding the quality of care being provided. The pie chart to the right illustrates the diversity in barriers that participants identified.

Building on these insights, in the second round we asked consumers about the consequences they had experienced as a result of encountering the types of barriers identified in round one. The feedback in these groups was eye opening with the compounding nature of the reported consequences being a notable theme. Consumers highlighted the impact of bad experiences and poor-quality care on their willingness to engage with mental health services and supports. Concerns were also raised regarding the availability of bulk billing services in the ACT and the increasingly difficult financial pressures that are being faced in the wider community.

A major feature of the Barriers to Access project was our plan to take the feedback provided by consumers in the first two rounds and use it to design the upcoming 2024 Consumer Survey. As a result of consumer participation, the 2024 Consumer Survey will feature sets of questions regarding; the mental health services they've engaged with; the barriers they've encountered when accessing services; and, the affordability of accessed services. The upcoming survey is a major part of the project and it will be vital to the Network's strategy and outreach for the rest of the year.



The third and last round of consultation is taking place across the next fortnight and consumers will be sharing their views on the holistic experience of accessing services and discussing how they want to see the accessibility of the ACT mental health system improved.

The project has been an exciting and insightful experience for all involved and we can't wait to launch the 2024 Consumer Survey and to begin preparing our final report for publication.

Dr. Dia Andrews

Policy and Programs

New Policy responses available



The development of submissions is a method in how the Network uses the lived experience of consumers in systemic advocacy to effect change in the ACT mental health system.

Following is a list of new submissions, with a brief summary of what is included within each one. Full versions of these submissions are available to read from our website (<https://actmhc.org.au/submissions/>)

Canberra Health Services Policy Searching of a Consumer or their Property

Consumer input into this Model of Care was obtained at the Policy Reference Group on January 15.

Consumer feedback highlighted that formal training is provided to CHS staff who conduct searches, and that trauma informed care and consideration of individual needs and preferences inform search practices. These needs and preferences also should take into account people with a disability or from a CaLD background.

Adult Community Mental Health Services Model of Care

Consumer input into this Model of Care was obtained at the Policy Reference Group on January 15.

Feedback received was that the MoC doesn't offer any new improvements to the delivery of mental health services, particularly around continuity of care.

It was also noted that in the ACT no development in the Stepped Care Model has occurred since 2011, despite edits being made to the National Guidelines (that the Model is based on) as recent as January 2023.

Canberra Health Services Guideline, MHJHADS Justice Health Operational Guideline – Alexander Maconochie Centre (AMC)

Consumer feedback on this Guideline focussed on the inclusion of specific mental illness references within the Guideline, dedicated mental health assessment personnel and the connection between other AMC mental health documents.

Participants questioned whether previous feedback from the ACT Detainee Health and Wellbeing Strategy consultation (March 2023), which identified how Custody Mental Health and Justice Health nurses should work together, was located and if it informed the drafting of this Guideline.

More submission summaries available next page

Legislative Inquiry into Social Inclusion and Isolation in the ACT

A morning team/policy forum was to get consumer feedback for this Inquiry organised by Standing Committee on Education and Community.

This submission looks at the impact of the NDIS on services, the lack of social activity services, the shift to online work and health activity, the consequences of loneliness and isolation and some solutions suggested by participants.

Model of Care - Dhulwa Forensic Mental Health Inpatient Service (MHJHADS), v1.1

Feedback provided within this submission focuses on the inclusion of trauma-informed care practices and that supports services, such as access to Legal Aid, advocates etc., be available to mitigate any power imbalances that exist within this Model of Care.

Canberra Health Services Forensic Consultation and Intervention Service Guideline

While there was approval of how the Guideline is preventative focus and consultative, it did raise concerns about how it applies to children and adolescents, the timeliness of urgent and non-urgent consultations and interventions and the limitations of the intervention service.

Canberra Health Services Guideline – Suicide Prevention and Intervention Framework at the Alexander Maconochie Centre/ACT Court Cells – Adult

This consultation was held with the residents of Gawanggal Mental Health Unit (previously known as Brian Hennesy House) and other consumers. Participants in this consultation informed the Submission that clearer administrative guidelines were required and offered suggested edits, while also emphasizing that ongoing mental health support for inmates be implemented.

Canberra Health Services Procedure: Intimate Body Care and/or Examination of Patients/Clients by Health Care Workers

Consumers welcomed the Procedures focus on patient consent and the consumers right of choice as to who conducts such an examination, it was identified that more attention is required on trauma informed care and the risks involved in trauma being re-triggered.

Another area of the procedure that required a stronger focus was around the inclusion of witnesses/chaperones as part of any intimate examination, particularly where a minor is involved, which requires a higher level of care and accountability.

Canberra Health Services – Policy & Procedure: Consumer Feedback Management

Concern from consumers was that while the Policy and Procedure was fit for purpose, the responsiveness and accountability relies on how it is implemented and that leadership within CHS is of importance in ensuring that the procedure is used.

A daily mess! by Kate Rowland

A daily mess!

Living with a mental illness
is like a daily mess
to clean.

It can mean
loud thoughts
and unfair courts.

But we can all try
to be less people shy
and gather together, I say
hooray!

Our Lucky Country
that asks no fee
for love
and all of our peace love!

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.



Opening hours

Monday to Friday 9am-3pm
(excluding public holidays)



Level 2 Room 11 Griffin Centre
20 Genge Street, Canberra City
GPO Box 836 Canberra ACT 2601



02 6230 5796
actmhcncn@actmhcncn.org.au



actmhcncn.org.au
facebook.com/actmhcncn/
youtube.com/@actmhcncn

Drop-In

The Network is very pleased to offer a venue for Consumers to Drop-In for a chat and a cuppa, participate in activities, and/or to use the computers or phones for their self-advocacy needs.

Drop-In is held on Thursdays from 10am to 12pm, both online and in person. Online Drop-In continues providing a platform for social contact purposes.

To join the Online Drop-In click on or type in the following link and enter the Meeting ID and/or passcode as needed:

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZlR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

A dedicated Drop-In Officer is available to help consumers accessing our facilities or in need of information.



At times, due to unforeseen or unavoidable circumstances, Drop-In may be cancelled or need to close a little early. If this happens, we try to give members as much notice as possible.

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In. If you have any ideas, please forward them to Jo by email to dropin@actmhcncn.org.au

Due to the nature of the Network's business, there are times when the Drop-In service unfortunately will be closed, and we try to keep members informed of any closures as early as possible.

APPLICATION FOR INDIVIDUAL MEMBERSHIP

NB: Individual membership is **free**.

MEMBERSHIP TYPES AND CRITERIA

Primary Membership

- Has lived experience of mental illness
- Lives and/or accesses services in the ACT

Associate

- May have lived experience of mental illness but does not live and/or accesses services in the ACT
- Is a carer or support person of someone with mental illness
- Supports the aims of the Network
(Associate memberships need to be renewed annually)

I AM APPLYING FOR:

☐ Primary Membership

☐ Associate Membership

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"/> Mx <input type="checkbox"/> Other
Preferred Pronouns	<input type="checkbox"/> He/Him <input type="checkbox"/> She/Her <input type="checkbox"/> They/Them <input type="checkbox"/> Other.....
First Name:	
Surname:	
Address:	
Postal Address: (if different)	
Email:	
Home Phone:	
Mobile Phone:	
Other contact:	

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 General Meetings?	<input type="checkbox"/> Home Address	<input type="checkbox"/> Postal Address	<input type="checkbox"/> Email
	<i>Please note we are required by law to provide all members with notice and other documentation about General Meetings.</i>		

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"/> Woman <input type="checkbox"/> Man <input type="checkbox"/> Transgender <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other:

Please contact me about... (Primary Members Only)
<input type="checkbox"/> Free training events <input type="checkbox"/> Discussions, forums and projects <input type="checkbox"/> Volunteer opportunities (with reimbursement of costs) <input type="checkbox"/> Helping with events

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