

# Being

## Monthly Newsletter



### Happy Mental Health Month!

Mental Health Month is celebrated each year in October, to coincide with World Mental Health Day on 10 October. This is a month dedicated to raising awareness about mental illness and the complex challenges it can pose for those with a lived experience and their loved ones. It is also a time to engage the broader community in meaningful and productive discussions about mental health and to educate people across New South Wales about the importance of maintaining and nurturing your mental health and wellbeing, as much as you would your physical health!

This year's Mental Health Month theme is 'Value your mind'. The aim is to get people thinking about the importance of valuing and caring for your mental health, and making it a top priority in your life. This means actively engaging in self-care, that is, taking time out to do the things that make you feel good. Make sure you connect up with us on [Facebook](#) and [Twitter](#) and let us know how you Value Your Mind!

This month, we're doing a special Mental Health Month e-news with updates about some of the wonderful events that BEING has been

involved in so far!

Click [here](#) for a list of fantastic events held by friends and colleagues of BEING for the rest of the month.

More information on Mental Month here!



## Recovery In Art 2015

This October, BEING hosted our 5th annual Recovery in Art Exhibition. This year's exhibition was held at The Muse, Sydney TAFE Ultimo. The exhibition featured artworks from 57 artists with a lived experience of mental illness, and included images of three group murals that decorate the walls of Cumberland Hospital. The exhibition was open for two days and was visited by members of the local community and people from outside of the area.

The exhibition was launched on October 7 with over 80 attending guests, artists and VIPs, including the NSW Governor The Hon. David Hurley and his wife, Mrs Linda Hurley, and NSW Mental Health Commissioner, John Feneley.

Click [here](#) for more information about Recovery in Art 2015!

Check out some photos from the Launch [here](#)!

More information on Recovery in Art 2015



## **Mental Health Month Launch and Mental Health Matters Awards**

On the 30th September, BEING attended the 2015 Mental Health Month Launch and Mental Health Matters Awards hosted by WayAhead (Mental Health Association NSW) and the Mental Health Commission of NSW.

This year's launch was held at the beautiful NSW Parliament House, with Minister for Mental Health, Pru Goward officially launching Mental Health Month. This year's theme for Mental Health Month is Value your Mind, the main message is to make mental health and wellbeing a priority, and make self-care a part of daily life.

The Mental Health Matters Awards for 2015 were also presented at the launch. These awards are to recognise individuals and organisations who have made a difference in mental health in NSW.

[More information here](#)



### **Wellness Walk 2015**

On Sunday the 11th October, Elena from the Policy Team walked in the 2015 Wellness Walk across the Sydney Harbour Bridge. The third annual 5km walk is a family friendly event suitable for all ages and abilities. The walk started and finished at Government House and was attended by the NSW Governor, the Honourable David Hurley as a Wellness Walk Patron and his wife Mrs Linda Hurley.

This year, over 1000 people walked to raise awareness about mental illness and raise money for the Sunflower Foundation. The Sunflower Foundation provides essential programs and services for people living with mental illness. The sunflower is a symbol of hope and the foundations mission is to bring mental illness “out of the darkness, into the light”.

More info on the Wellness Walk here



## **Morning Tea with the Governor of NSW**

His Excellency General the Hon. David Hurley AC DSC (Ret'd), Governor of New South Wales hosted a Morning Tea for Mental Health Month on Wednesday 7 October 2015 at Government House in Sydney. Being Board member Irene Gallagher, CEO Peri O'Shea and Policy Officer Karina Ko were invited to attend the morning tea as representatives of Being.

The Governor thanked all the attendees personally and recognised all the hard work our organisations do in delivering mental health services across New South.

Read more [here!](#)

Read more



## **100% Worthy with Heal for Life**

In celebration of World Mental Health Day on Saturday 10 October, our CEO Peri took herself to the Hunter Valley for a weekend at Heal for Life.

Heal for Life provides residential programs that aim to empower people to heal from childhood trauma and child abuse. They run programs for adults, young people and kids, as well as private retreats.

On World Mental Health Day, Heal for Life ran an open day event called '100% Worthy' - celebrating Mental Health Day as well as the Foundation's 16th birthday. Peri spoke at the event, and also hosted a stall on behalf of BEING, WayAhead and ARAFMI. More than 70 people visited throughout the day and Peri found the atmosphere to be relaxing, affirming and celebratory!

Read more on our website [here!](#)

[Read more here!](#)

## Other news



### PeerZone Recovery Workshop

Attend a free internationally recognised PeerZone recovery workshop. PeerZone aims to increase awareness about the various facets of recovery, improve the management of symptoms via non-medical means, reduce dependency on services and improve social connections.

If you want to take ownership of your recovery journey and learn how to get the best out of mental health services, then PeerZone is right for you.

**Where:** Headspace, 260 Liverpool Rd, Ashfield

**When:** Tuesday 27 October, 11am - 3pm (including lunch break)

A light lunch, tea and coffee will be provided. To find out more info about PeerZone, go to: [peerzone.com.au](http://peerzone.com.au)

To attend, or for further information about the workshop, please contact Bé at [bani@mhwdc.com.au](mailto:bani@mhwdc.com.au)

This workshop is funded by Inner West Partners in



### "Coming Home" Project

Bipolar Australia is organising a discussion forum to gain insightful input for the "Coming Home" Project.

The "Coming Home" project will deliver printable and audio-visual resources which leverage the lived experience of carers and consumers to provide targeted, bipolar-specific, recovery oriented information.

Your input will be precious to our project and to anyone who is diagnosed with bipolar in the future, as well as the families and carers.

**REGISTER today.**

To register visit [www.bipolaraustralia.org.au](http://www.bipolaraustralia.org.au)

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Recovery, a federal government initiative.

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## Mental Health Magazine

To coincide with the commencement of Mental Health Month, Mental Health Magazine (MHM) was launched today. MHM is an information service for people with a mental illness. The Magazine's goal is to prevent suicide and help people with a mental illness toward a better quality of life.

MHM is a publication run by people with a mental illness, half of the content will be provided by people with a mental illness and 50% of this. MHM will showcase people moving forward toward their personal best and will celebrate our weaknesses – the diversity of mental illness and ‘that it is ok not to be ok.’

**Read MHM [here!](#)**

Contact Stephen Howald for more information:  
[Stephen.Howald@mentalhealthmagazine.org.au](mailto:Stephen.Howald@mentalhealthmagazine.org.au) or 0400 552 290

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## Seeking consumer artwork!

Mental Health First Aid (MHFA) Australia is seeking artwork from older consumers and carers for inclusion in some Manuals and Guidelines they are currently developing!

They are seeking artwork by older people that depict *their experience of mental illness* and artworks by carers that depict *their experience working with an older person who is mentally ill*. Artists will be paid \$100 for the right to use their artwork.

**Applications must be submitted by Monday 30 November, 2015.**

Please download the flyer [here](#) for more information, including the application requirements.

For all enquiries, please contact MHFA Australia on 03 9079 0200 or [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au)

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## **RESEARCH: Invitation for mental health consumers to participate**

People with a lived experience of mental illness are sought to participate in a study seeking to identify the priorities of mental health consumers for Australian occupational therapy training programs.

Do you:

- have a lived experience of mental ill health and using mental health services provided by an occupational therapist, or
- work as part of the mental health peer workforce, either alongside an occupational therapist or with consumers who receive occupational therapy services?

If this is you and you are interested in participating in this study, please click [here](#) for more information!

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## **WORKSHOP: The role of trauma when working with voices, paranoia & unusual beliefs**

This workshop will focus on emotional problems associated with childhood trauma that create hearing voices and paranoia, stages of voices and paranoia, short-term and long-term coping strategies, and more!

Who should attend? Mental health workers/professionals, consumers, carers, teachers, lecturers, students, counsellors, GPs, and anyone who supports or works with people with lived experience of hearing voices, paranoia and childhood trauma!

**When:** Monday 9 November, 9:00am - 4:30pm

**Where:** 4th Floor, O'Brien Centre, Cnr Victoria & Burton Streets, Darlinghurst, Sydney NSW

Click [here](#) to download the flyer!

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## Keep in touch



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**Our Website**

BEING's vision is for all people with a lived experience of mental illness to participate as valued citizens in the communities they choose.

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