



Being

Monthly Newsletter



Don't forget: It's time for BEING's Annual General Meeting!

Each year, BEING holds an Annual General Meeting. Not only is this a legal requirement for all incorporated associations, but it is also a fantastic opportunity to report back to our members on the year's activities and achievements, hear from our members about their issues and concerns, and simply spend some time with the many people that are important to BEING and who BEING work with and work for.

The AGM is also the time to elect members of the BEING Board of Trustees. Nominations have now closed, but if you are a member and would like to vote on the candidates for the Board, please make sure you come along and participate in the ballot.

Please make sure to register [here](#) if you would like to attend the AGM! Alternatively, you can call BEING on 02 9332 0200 to register.

When: 5PM - 8PM, Monday 30 November

Where: Collective Purpose Conference Room
Level 5, 80 William Street,
Woolloomooloo NSW 2011

[Register here!](#)



New Resource: A guide to Advanced Care Planning for people with Mental Illness

A new resource about Advance Care Planning for End of Life for People with Mental Illness is now available. The guide was developed by the NSW Ministry of Health with input from mental health consumers. BEING would like to thank all those involved in providing feedback.

This resource explains what Advance Care Planning for End of Life care is and what the process involves. A key message is that Advance Care Planning is important for everyone, and it is best to start the planning process early, rather than waiting till the person becomes unwell.

[Read more here!](#)



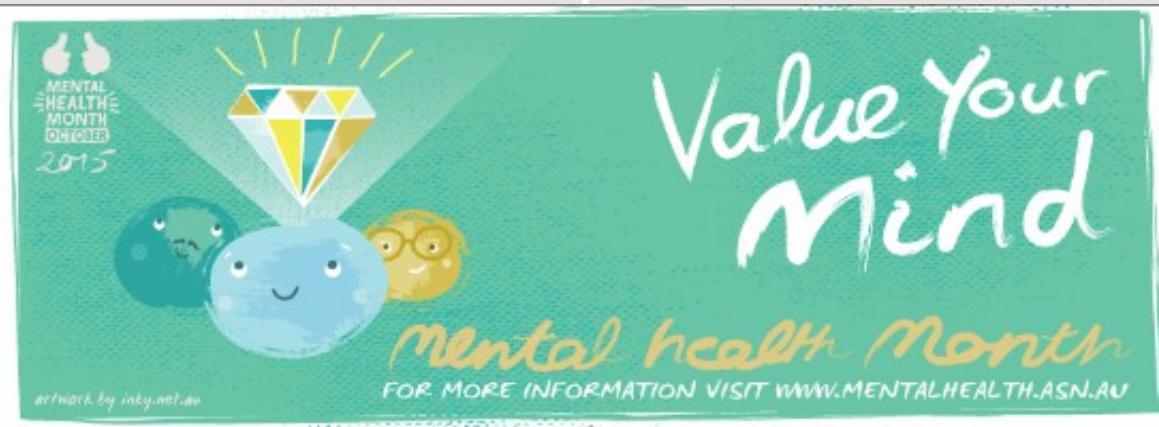
My experience with an online course for anxiety

By Karina from BEING.

I have recently finished the 8-week MindSpot Wellbeing course in an effort to tackle some anxiety symptoms I was experiencing. It's an online course based on cognitive behavioural therapy (CBT) and aims to help with anxiety and depression. Overall, I've had a positive experience, and have been recommending MindSpot to people.

Read more about my experience and thoughts on the course [here](#).

Read more here



Mental Health Month BBQ at NSW Parliament House

In October, BEING held a stall at the *Living Well: Value your mind* Mental Health Month BBQ at the NSW Parliament House in Sydney. The event was hosted by the Mental Health Commission of NSW and the office of the NSW Minister for Mental Health, Hon. Pru Goward MP.

We shared a stall with our partners, WayAhead - Mental Health Association and ARAFMI NSW. Our stall was visited by Minister Goward and lots of people working in Parliament House. It was fantastic to introduce our work to different members of the NSW Parliament and Parliamentary staff. It was also great to network with the other organisations that also held a stall, many of them worked in areas such as suicide prevention, homelessness, youth and mental health in rural NSW.

[More here](#)

Other news



The NSW Minister for Health has established a Taskforce on Health and the Arts to guide the development of a framework aimed at integrating the arts across the whole of the NSW public health system.

The Taskforce will run a series



Wake Up Rosie! self care app

RosieRespect.org.au is a harm prevention website for teenage girls aimed at helping them navigate challenging situations. It recently launched an app for called 'Wake Up Rosie', which is a free alarm clock app aimed at teenage girls, which harnesses art and music to fight mental

of consultation workshops to encourage dialogue, participation and seek views on the integration of health and the Arts.

For more information and to register for one of the three workshops, please call 02 9391 9915, or follow this link:

www.health.nsw.gov.au/arts

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ARTS: A Midsummer's Nightmare

A Midsummer's Nightmare arose from the experience Open Cage Ensemble's Creative Director, Erika Gelzinnis, had in 2014 as an inpatient in a psychiatric hospital. It depicts her struggle to manage interactions with services as she engaged with the National Disability Insurance Scheme.

She was working on a production of A Midsummer Night's Dream when hospitalised. A Midsummer's Nightmare draws on her experiences and those of other Ensemble members during this time. It explores the movement between dreaming

health issues like anxiety and depression.

[Wake Up Rosie](#) provides a great opportunity for dialogue around how mental issues are affecting young Australians, as well as giving individuals free access to a small daily intervention that promotes self-care.

Download the app here: <https://itunes.apple.com/bt/app/wake-up-rosie/id1028940702?mt=8>

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LECTURE: International Day of People with Disability

Join the UNSW in celebrating International Day of People with Disability at a special lecture at UNSW Australia, titled "Improving the mental health and wellbeing of people with intellectual and developmental disabilities".

As part of the Professorial Inaugural Lecture series, the lecture will highlight the contribution and future plans of the UNSW Chair of Intellectual Disability Mental Health to achieving the highest attainable standard of mental health and wellbeing for people with intellectual or developmental disabilities.

and reality and the impact of the mental health system on those states through the use of verbatim techniques and Shakespeare.

When: Multiple dates
Where: Redfern Community Centre, Redfern NSW
Cost: FREE!

Click [here](#) to reserve your place!

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When: 4-5 PM, 3 December
Where: The Chancellery, UNSW
Cost: FREE!

Places are very limited, so click [here](#) to RSVP!

Click [here](#) for more information.

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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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