

Being

Monthly Newsletter



Happy Holidays and a Joyful New Year from the team at BEING!

From everyone at BEING, we wish you Happy Holidays and a joyful and restorative New Year!

We recognise that the holiday season can also be a difficult time for a lot of people with increased stress, pressure, sadness and loneliness. It is as important as ever to actively engage in self care and do the things that make you feel good and that nourish you physically, emotionally

and psychologically.

If you, or someone you know, is in need of support over the holiday break, please remember that there are support services available.

Beyondblue's info line - **1300 22 4636** - will operate 24/7 over the holiday period for anyone needing information on depression, anxiety and related drug and alcohol problems.

Other services with free support lines include:

- Lifeline **13 11 14**
- Kids Helpline **1800 551 800**
- Mensline **1300 789 978**
- Mental Health Line **1800 011 511**
- Accessline **1800 800 944**

The BEING office will be closed from 21 December to 8 January. We thank you all for your support this year and look forward to working closely with you again in 2016.

Please download a copy of the 2015 BEING Annual Report [here](#).

[Download our 2015 Annual Report here!](#)



BEING won the Grill'd Local Matters Competition!

In October 2015, BEING entered the Grill'd Local Matters Competition at the site in Darlinghurst. This is a great program run by the Grill'd chain that provides opportunities for local community organisations to win up to \$300 as decided by customers who place their tokens in the jar of the organisation of their choice.

BEING received the winning amount of tokens and received a cheque to the value of \$300 from the management at the Victoria Street restaurant in Darlinghurst. Thank you to Grill'd for giving BEING the opportunity to participate and for supporting local community organisations!

[More about Local Matters here!](#)



2015 Consumer Workers' Forum!

The 2015 Consumer Workers' Forum was held by BEING in partnership with the NSW Mental Health Consumer Workers Committee at The Collective Purpose in Woolloomooloo Sydney on 26 and 27 November 2015.

55 consumer workers attended this years Forum over the two day period! The Forum was a great success, full of information and inspiration as consumer workers shared learnings and discussed important issues and meaningful change.

This year's Forum hosted a number of key speakers from the Mental Health Commission of NSW and the NSW Ministry for Mental Health Drug and Alcohol, as well as The Hon. Pru Goward MP, NSW Minister for Mental Health.

[Read more here](#)



Champions for Change Project Update!

In May 2015, the NSW Mental Health Commission provided funding for BEING to undertake the Champions for Change project. The project is aligned to the NSW Mental Health Strategic Plan, Living Well: A Strategic Plan for Mental Health in NSW 2014 – 2024.

The Champions for Change project involved consultation with consumers, who are or want to become advocates for positive change in mental health reform in their local communities. The project aims to learn about what these champions may need in order to support and progress these changes.

The positive changes people wanted to champion related to three main goals. Click [here](#) to continue reading!

[Read more here](#)



Debts - not the end of the world!

Author: Will Dwyer, Credit and Debt Solicitor at Redfern Legal Centre

Redfern Legal Centre regularly encounters people who feel overwhelmed by their debts or other legal issues. Many tend to try and ignore these demands for payment as they feel unable to do anything about them. Unfortunately these legal and financial issues tend not to go away, but rather become more serious as time goes on. This sense of powerlessness and feeling that something bad will happen continues to cause stress, which in turn impacts on people's wellbeing.

I recommend that people take control by seeking help. Most financial or legal problems are not the end of the world, even if it's drastic as bankruptcy. There are many other alternatives to paying a whole debt up front, and a broad scope for financial counsellors and community lawyers to negotiate fair payment terms or other alternatives.

The people we assist at Redfern Legal Centre exhibit a real sense of release once they get help to manage their financial and legal affairs and find out about the broad range of options available for them. They're able to get their life back on track one step at a time.

Click [here](#) for more information about free help for unmanageable debts.

Read more here!



Mental Health Commission of New South Wales

Launch of the Medication and Mental Illness paper

In early December BEING attended the launch of the Mental Health Commissions of NSW new paper about medication and mental illness. The paper was developed to tell the story of medication as a treatment for mental illness and its role in recovery. Over 200 people provided submissions for the report, with 60 percent identifying as having a lived experience of mental illness.

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

More information here!



Mental Health Commission of New South Wales

Forum on Open Dialogue

In November BEING attended a forum on Open Dialogue. The forum was hosted by the Mental Health Commission of NSW. Dr Christopher Gordon and Brenda Miele Soares shared their experience of Open Dialogue and lessons they have learned. They use Open Dialogue in their not-for-profit organisation called Advocates in the United States.

Open Dialogue is a system of care for people experiencing mental health crisis.

Click [here](#) to read more about Open Dialogue.

More here!



Australian Government

Federal Government Response to the Review of Mental Health Programmes and Services released!

On 25 November 2015 the much awaited Federal Governments response to the Review of Mental Health Programmes and Services was released. This is a major step in mental health reform.

In Australia, almost four million people will experience a mental illness in any one year. The Government's response recognised that more efficient and sustainable approaches are needed to address the current fragmented mental health system.

The response highlights need for action and includes nine key reform areas that the Government will start work on.

Click [here](#) to read more.

More information here!

Other news



BLACK DOG INSTITUTE

RESEARCH: Young adults with bipolar disorder

The University of New South Wales and the Black Dog Institute are looking for volunteers aged 18 to 30 to participate in research being done to learn more about the strategies and skills that assist young adults with bipolar disorder in the day-to-day management of their disorder, and enable them to stay well.

For more information, please contact Jennifer Nicholas on 02 9382 9260 or j.nicholas@blackdog.org.au

More information is also available online [here](#).

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CONSULTATION: NDIS for consumers and carers

WESTERN SYDNEY
UNIVERSITY



RESEARCH: Seclusion and recovery

Western Sydney University's School of Nursing & Midwifery is currently seeking participants for a study looking at the use of seclusion and its effects on recovery and personal resilience. Participants would need to have experienced seclusion at least 8 weeks ago and no longer be inpatients.

If you would like more information, please contact Dr Glenda McDonald on 02 4570 1020 or g.e.mcdonald@uws.edu.au.

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

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The Australian Government Department of Social Services has commissioned an evaluation of the NDIS, which is being led by Flinders University. The evaluation is looking at the experience of consumers, carers and services providers.

For more information, [click here](#).

Carers Australia has also been provided with funding via the Sector Development Fund to support carers to engage with the NDIS. Carers Australia's Peer Conversations project is designed to support carers of people who are eligible for the NDIS but not yet enrolled.

For more information, [click here](#).

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WORKSHOP: LIFE ThinkTank

LIFE Think Tank is an interactive workshop series for suicide prevention professionals, hosted in cities across Australia throughout February and March 2016. The workshops will encourage knowledge exchange, collaboration, idea generation and aim to inspire you and your peers.

The Sydney workshop will take place on **Tuesday 8 March 2016**.

For more information, click [here](#).

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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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