



# Being

## Monthly Newsletter



### Spring has sprung!

Here at BEING, we feel there's nothing like the changing season and welcome transition into summer to put a spring in our step! Spring is the season of rebirth, rejuvenation, and fresh beginnings. The flowers start to bloom and animals come out of hibernation - as do their human cohabitants!

Spring is welcomed with vibrant celebrations by different cultures around the world. For example, in India and other Hindu cultures, spring is celebrated with the Holi Festival, also known as the Festival of Colour or

the Festival of Love. People frolic and play-fight throwing coloured dyes (pictured above) at one another in the streets and parks and outside temples.

Did you know, or have you noticed that the change in season can also affect your mood? Studies have found that spending more time outside on clear, sunny days, particularly in the spring, may increase mood, memory, and openness to new ideas! So get outside, take a walk amongst some greenery and feel the sun on your skin! That's what we'll be doing!

[Click here](#) to read about the impacts of spring on the brain.

Read the article here



## **Recovery In Art 2015**

The Recovery in Art exhibition is a celebration of the positive role that artistic expression plays in many people's mental health recovery journey.

BEING is proud to be hosting our fifth annual Recovery in Art Exhibition in October at The Muse Gallery in Ultimo to celebrate recovery this Mental Health Month. We have seen great interest from a number of artists and art groups from across NSW.

Join us at this October to see what creative works our artists have

contributed this year!

**When:** October 7 - 9, 2015

**Where:** The Muse Gallery, Ultimo Tafe

For more information about the Recovery in Art Exhibition please contact: Rachael Laidler at [rachael.laidler@being.org.au](mailto:rachael.laidler@being.org.au) or on 9332 0246.

The beautiful artwork featured above was an entry in the 2014 Recovery in Art Exhibition by Kim Mai Xanh.

[Click here to download the flyer](#)



### **Reporting back: TheMHS Conference in Canberra**

In the last week of August, Peri O'Shea and Elena Sutcliffe from BEING, accompanied by three consumers who received the BEING consumer grants, attended the 2015 annual Mental Health Services (TheMHS) Conference — 'Translating best practice into reality'. It was a very successful conference, and a wide range of topics were covered. Some of the key topics covered included the National Disability Insurance Scheme, stigma and mental illness, trauma-informed care, services and co-design, and education and the workforce.

Some highlights from the week were:

- Peri's joint presentation with the Mental Health Association (MHA) and ARAFMI on 'A shared service model (almost) in action: the pitfalls and the wins along the way'.
- Presentations by the keynote speakers Pat Corrigan (addressing stigma and mental health), Joe Parks (severe mental illness and premature death), and Pat Dudgeon (community based mental health interventions – The National Empowerment Project).
- The Mental Health Commissions symposium on evidence into reality.

More information about the conference and the TheMHS Learning Network can be found [here](#).

More information on TheMHS here



## Official Visitors Program Annual Conference

In early August 2015, BEING was pleased to attend the NSW Official Visitors Annual Conference. This year's theme was 'Right to Care' and the focus was on understanding more about the experiences of people with substance use disorder when they access mental health services.

The conference was a valuable opportunity to learn about the developments in this field. Presentations were given on topics such as: the roles and interactions of different substances, current public policy discussions, changes to the NSW Mental Health Act 2007, Care Planning, and substance abuse and recovery.

Further information about the Official Visitors program can be found at their website: <http://www.ovmh.nsw.gov.au/>

## Other news



### **WEAVE's Mad Pride Art Competition**

As part of their Mental Health Month event, Mad Pride, WEAVE is holding an art competition. The winning piece of artwork will be used as the poster for Mad Pride in 2015 and the winning artist will receive a \$200 prize!

You can use the Mental Health Month theme, 'Value Your Mind', as inspiration or let your imagination run wild!

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

**Artworks must be submitted to WEAVE by Friday September 18th.**

**Post:** PO Box 2459 Strawberry Hills, NSW 2012

**Email:** Kate Munro  
[kate@weave.org.au](mailto:kate@weave.org.au)



### **Ready for Change: A survey about mental health reform in NSW**

It's just under a year since the release of the Living Well: A Strategic Plan for Mental Health in NSW 2014-2024 to reform the NSW mental health sector and facilitate improved mental health and wellbeing for all of us in NSW.

The NSW Mental Health Commission would like to hear from you as to what you think about the Plan, your experience of implementation and how you think mental health reform is progressing.

Whether you work for a government agency or a community managed organisation, or if you have a lived experience of mental illness or are a carer, your views are important and will help the Commission form a picture of progress.



## Partners for Change: Sydney Mental Health Consumer Worker Network

The main objectives of this network will be to connect mental health peer workers and other consumers working in the mental health sector, volunteers and consumers considering entering the mental health workforce.

This will allow us to: share knowledge, provide personal support, facilitate mentoring and training, & to advocate for peer worker career issues. The group is currently meeting every two months.

**Next meeting:** Friday 25 September, 1pm-3pm, headspace Ashfield

Please RSVP with Travis King at [tking@newhorizons.net.au](mailto:tking@newhorizons.net.au).

Click [here](#) to download the brochure for more information.

To participate, just [start the survey now](#).

[> Continue Reading](#)



BLACK DOG INSTITUTE

## RESEARCH: The Healthy Thinking Study

The Black Dog Institute's Health Thinking Study is currently recruiting for a trial of a web-based treatment for suicidal thoughts.

For this study, they are seeking adults aged 18 to 64 who are currently experiencing suicidal thoughts and are interested in participating in a six week program.

If you feel that this is of interest to you or someone you know, register online [here](#).

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

[> Continue Reading](#)

 **Continue Reading**



## **Mental Health First Aid in the Workplace**

Researchers from the University of Melbourne, Deakin University and University of Tasmania in partnership with Mental Health First Aid Australia are seeking individuals to act as expert panel members for a research project to develop guidelines for workplaces providing mental health first aid for employees.

Once developed, these guidelines will provide guidance for workplaces on giving appropriate support to an employee who is developing a mental health problem or experiencing a mental health crisis. The guidelines will be freely available to download from the Mental Health First Aid website: [www.mhfa.com.au](http://www.mhfa.com.au)

If you would like to express interest in participating in this research, please contact Nataly Bovopoulos via [email](#) or call **0412 205 860**.

Please see the [flyer](#) for further details.

 **Continue Reading**



NSW Health believes people with disability have the same rights to choose the way to live their lives, to access the same opportunities and to enjoy the same benefits of living and working in our society.

They are committed to ensuring NSW Health services are accessible, which means disability inclusion is a top priority. In line with this commitment, they are currently developing a Disability Inclusion Action Plan 2016-19.

In September there will be an opportunity for people with disability in NSW to tell NSW Health what would create real improvements for them in using the health system, and provide input to the NSW Health Disability Inclusion Action Plan.

If you are a person with disability, a family member or carer of a person with disability, click [here](#) to register to take part in the consultations.

 **Continue Reading**

## Keep in touch



**Our Facebook**



**Our Twitter**



**Our Website**

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

[Unsubscribe from this list](#)

[Update subscription preferences](#)

[Add us to your address book](#)

Copyright © 2014 NSW Consumer Advisory Group - Mental Health Inc. t/a BEING. All rights reserved. You're receiving this email because you have subscribed to our email list.