

# We want you to name your newsletter

(details page 15)

July - September 2011

## Inside this issue:

From the President and EO	2
Introducing new MHCNT staff	3
Karama House/ Support Groups	4
What's happening in Alice	5
Training Programs	6
Biggest Morning Tea	7
Facebook/Just for fun	8
Cool Program	9
Poets Corner/A Mothers Story	10
Pete's Place	11
Family Focus	12
Recipe/Book Review	13
Sane Steps	14
Time Out	15

## Physical Health and Mental Illness

It has been widely reported that physical and mental health are inextricably linked with more people living with severe mental illness also suffering physical illnesses than that of the general population.

People living with severe mental illness have a life expectancy between 10-20 years less than that of the general population with many experiencing cardiovascular disorders, diabetes, metabolic syndrome, hypertension, respiratory illness and obesity related diseases. Although suicide is up to 20 times more common than in the general population approximately three-quarters of the deaths of people with severe mental illness are caused by physical illness, with cardiovascular dis-

ease being the most common cause of death. Poor physical health also relates to poor mental health with physical problems contributing to more severe psychosis and depression.

People with severe mental illness are also less likely to receive treatment for physical issues with some reporting that healthcare professionals either dismiss or ignore their physical health complaints.

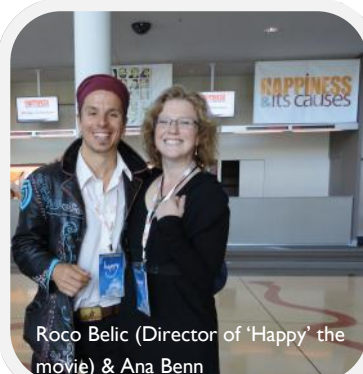
Some of the causes of poor physical health include negative

lifestyle factors such as smoking, poor diet and lack of exercise. In order to address some of these issues, Mental Health Carers NT have introduced healthy eating options at Pete's Place, as well as the "Tobacco Free" smoking cessation program which builds on the successful work of the South Australian Health Departments "Tobacco and Mental illness Project" and is managed through the Mental Illness Fellowship of South Australia.

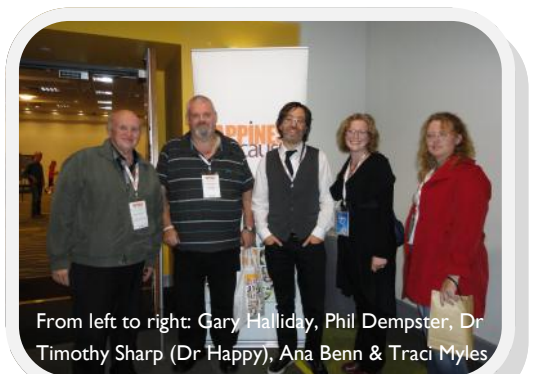
## Looking for more reasons to smile?

From 16th to 18th June, carers and staff from Mental Health Carers NT, TEMHCO and Carers NT attended a most unusual, but wonderful conference in Brisbane called 'Happiness and It's Causes'. This 'Happiness Conference' provided the rare opportunity to spend 3 full days focusing on the positives of life and the simple and FREE things we can all do to find and hold-on to happiness in our own lives.

The Good News...We brought it back with us! Well, not The Dalai Lama personally, but the inspiration and the dedication to make happiness a way of life. If you're struggling to see the positives, curious to see how it is possible or just want to share your joy with others, give Ana a call and join our Happiness Collective to share resources, team projects, regular support meetings and group emails - all soon to begin. All are welcome!



Roco Belic (Director of 'Happy' the movie) & Ana Benn



From left to right: Gary Halliday, Phil Dempster, Dr Timothy Sharp (Dr Happy), Ana Benn & Traci Myles

*“the money probably isn’t as exciting as we first thought”*

## From the President

**Mental Health Carers NT is a member of both Mental Illness Fellowship Australia (MIFA) and Mental Health Carers ARAFMI Australia (MHCA) and as a consequence I am on the two boards of these organisations nationally.**

There have been quite a few changes in recent times which we hope will make a difference to the care of people affected by mental illness. Early last year MIFA employed a fulltime Executive Officer with a view to increasing the profile of mental illness in Australia and accordingly increase the funding needed to assist people where ever they live. This year MHCA was able to employ a part time Executive Officer with some of the same vision but with the intention of becoming the peak body for carers in the mental health arena. Both of these decisions have been successful and it is heartening to have people working at the national level trying to make a difference. At this stage these positions are funded predomi-

nantly by the member organisations but we hope having permanent staff will be able to change this to become self-sufficient.

The current Federal Government also announced a junior Minister in mental health and he has been very keen to meet with all of the agencies to try and evaluate the situation. You will all be aware that the recent budget screamed more money for mental illness. It was good to see the recognition but the money probably isn't as exciting as we first thought. Some of what was given was balanced out by money that was around previously but is no longer available. The majority is earmarked over a five year period which is always hard to know if it will ever be available if the economic climate changes and/or

there is a change of government. Suffice to say the recognition that this is a problem that has not been addressed in previous health budgets adequately is good.

In the NT we are always living on the edge of course. If any of you have good ideas for raising funds we are very happy to hear them! There are many enhancements that we would like to make that we simply cannot afford. We get very good at living on the smell of an oily rag but we won't be able to continue this forever. Thanks go to the staff for providing good service with sometimes limited resources. The reality is that mental illness will always be a government health issue and funding from the private sector will be hard to access. Bronwyn Russell

## EO's report

**Well they say a change is as good as a holiday. Over the past six months MHCNT has gone through a number of changes and with a new team and some exciting new programs, we are feeling refreshed to take on the rest of the year.**

In this issue you will find out what activities have been happening in our Alice Springs Centre, at Pete's Place and the Cool program. You will also be introduced to our new staff members and some of the new programs in both education and carer support that they have either commenced or will be commencing in the coming months.

The article on the front page of this newsletter talks about the concerning issue of the link between poor physical health and poor mental health. Mental Health Carers NT are seeking ways to address this serious issue by

introducing activities such as bush walks in our Cool Program and healthy eating at Pete's Place. In conjunction with the Mental Illness Fellowship of South Australia, we have also commenced the "Tobacco Free" program which is being simultaneously rolled out across Australia at other Mental Illness Fellowship branches, and features education about the affects of tobacco and the relationship with mental illness.

Staying on the theme of physical health, an invite was sent out for people to attend a "webinar" event hosted by Mental Illness Fellowship of

Australia and titled "Unlocking the Door to Health and Well-being". The event was held during Schizophrenia Awareness Week and featured a discussion around mental health and physical health with a panel of four experts (including a carer and a consumer) and facilitated by Julie McCrossin. A number of people from the NT logged in to the event and were able to watch through live streaming and also contribute to the discussion in real time. It is envisaged that future events may also utilise this technology to enable people living rurally and remotely access to national discussions. Regards, Lorraine.

# Introducing the New Staff at MHCNT

Hi, I'm Liz & I'm the newest member of the team at MHCNT. I moved up from Toowoomba, Qld at the end of March (I am led to believe that this was excellent timing) with my husband & daughter, three dogs & two cats. It has been a bit of a whirlwind first half of the year, so far I have been caught in the Toowoomba 'Tsunami' & Lockyer valley floods, completed renovations on an old Queenslander, moved to Darwin, bought a house & settled into a new job - but it's all good! I am enjoying Darwin immensely especially the warm weather & the friendly people not to mention the markets & fabulous food. A little bit about my background, (please don't hold it against me, I'm a Kiwi), since moving to Australia I have continued working in disability and for the past few years mental health, my previous role was Personal Helper & Mentor Team Leader for Mental Illness Fellowship Qld. I am looking forward to my role in education & hope to catch up with you all over the next few months.



***Hello all! My name is Ana. I grew up on a dairy farm in the Hunter Region, NSW and studied nursing in Northern NSW. My husband and I moved up to Darwin in February last year. For the first time in my life I live in an apartment, without pets (except our goldfish) or a real garden. Hopefully soon, buying a house will make both possible. I love the Territory and don't ever want to leave. I'm a registered nurse and worked for 12 months in RDH before joining the team as Respite Coordinator with MHCNT.***

***I'm really excited about all the new programs soon to start, as well as having the respite house in Karama back up and running, new support groups popping up everywhere and meeting so many amazing people through my capacity for one-on-one support and care planning. For those of you who I haven't met yet, please give me a call or drop in to say Hi. I admit I'm terrible at remembering names but it is much easier when there's a face to it!***



*"Hi, my name is Chris. I grew up in the Adelaide Hills, came to Darwin in my early 20's for a look around and find myself still here 20 years later, in love with the lifestyle and fabulous market food. I started at Mental Health Carers earlier this year as the admin person, working two days a week. After spending a challenging and hectic five years at home with my two children, it is wonderful to be back in the workforce and working with such a lovely group of people."*





# Karama House

**Some of you may have already heard that on my first day, Lorraine took me around to show me Karama Respite House and we found that it had been broken into. So my first day was an adventurous one!**

Luckily the damage was minimal, but increasing security was at the top of my to-do list. We now have new doors and new improved locks with increased security, as well as a brand new (and gorgeous) oiled wooden verandah for you to sit with a cuppa and watch the birds in the garden below. Last time I was there I was privileged to see some wrens building their nest. I could have sat and watched them for hours!

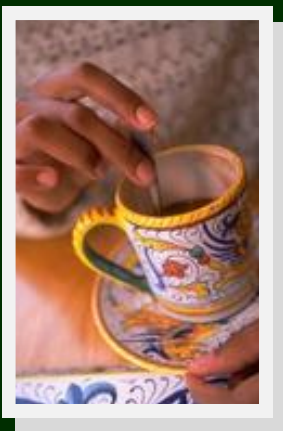
The garden has been tamed after it turned semi-jungle during the wet. We will be starting the Happy Garden group on the 7th August, we can all put on our jeans and work boots and get dirty while planting, weeding and thriving in the wonder of our natural outside environment followed by a BBQ lunch. No doubt there will be all sorts of chatting and laughter along the way and plenty for people of all ages to get involved in. So

bring the kids, bring Grandma, and bring anyone else who would feel better for a bit of outdoors social respite.

The Happy Garden Group will be held on the first Saturday of each month, at our respite house in Karama. Give me a call at the office (8948 1051) if you're interested and I'll see you there! Regards Ana.



*“Support groups are safe places to talk things through and take some time out for you.”*



# Support Groups

**Having a safe place to ask questions, listen and talk through problems can help turn crisis into opportunity. At the very least, you know that you're not alone.**

Support groups provide enjoyable respite from the day-to-day things and build our personal resilience through education and support in a friendly, non-judgmental community. The awful s-word (stigma) often stops us from reaching out and seeking support from the people and networks that normally help us stay strong. Sharing stories, tips, tears and laughter with people that understand can make the world of difference.

If you don't see a group below that you can attend, please phone Ana, 8948 1051. We've got more starting soon.

**Coolalinga Crew** – Wednesdays,

2-4pm, Kezia Purick's office, Coolalinga

**Time Out** - Wednesdays 7-9pm, MHCNT office, Nightcliff

**Happy Garden Group** will meet the first Saturday each month 10am-2pm, Karama House, Karama (starting 7th August)

# Centrelink

## Personal/Family Counselling Service

Centrelink customers who are having personal or family difficulties can gain access to counseling services via Centrelink's Social Worker Network. How do you contact a Social Worker? Phone Centrelink on 13 1794 to speak directly to a Social Worker, or make an appointment to see a Social Worker at your local Customer Service Centre.

If you are a Centrelink customer and also a carer of a person with a mental illness or a person living with a mental illness and are having difficulties accessing this service please contact MHCNT as we can provide advocacy and support.



# What's Happening in Alice

**In Alice Springs we have a rather large tree painted on the kitchen wall, the leaves are chalkboard paint. We write ideas sharing the different things that bring balance and happiness into our lives. So far our tree has yoga, walking, holidays, Elvis Presley, and meditation.**

Our morning teas on Tuesday mornings are also a place for sharing, we are very grateful for the healthy home cooked food that Shelly has been providing.

Our guest speakers this year have shared their knowledge about different things that may bring harmony to our lives especially in times of stress. We learnt deep breathing from Jo our yoga teacher, healthy food choices from Lois a natural therapist and some personal techniques from Jucianna our local massage therapist.

Changes to some of the programmes; Yoga times will be changing to 11-1230 on a

Wednesday, this time should suit carers with school children and its before lunch so we may feel a bit more energetic. One of our Carers Julie, has been coming to yoga every week for three years, Julie said she loves yoga and it has made a huge difference in her life. The yoga we do is called classical yoga, it is very gentle and relaxing, you are welcome to just lay down and listen to the music and instructions without moving, I'm sure you will still come away with a sense of inner peace.

I have been approached by several carers who work during the week and cannot access the centre, consequently I have decided to

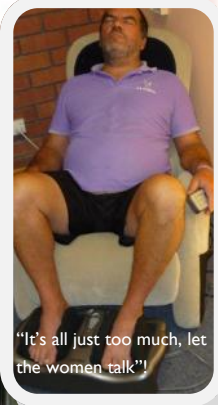
open for morning tea on Saturday mornings from 9-12 followed by art until 2pm. Please remember the Well Being Centre is here for you to use, it is open from 9-4 every day and on Saturdays from 9-12. I encourage you to use the centre anytime during these hours and I hope you feel comfortable to make yourself at home, there is a computer available to research the internet, a growing resource of books and the massage chairs .

Hope to see you soon

Tracey



Thank you Shelly for helping with the morning teas-we love your cooking!



"It's all just too much, let the women talk!"



In theme with our physical focus we were fortunate to have Lois share her knowledge about food additives and alternate sources of minerals



Care for a Cuppa-joined by Carers NT each month we meet to discover a new restaurant



Queens Birthday morning tea-we discovered our own unique qualities and celebrated our beauty



Elizabeth inspects the drain as the flood comes closer to our front entrance



Easter morning tea-we attached our dreams and the things we wanted to change in our lives to balloons—we watched them disappear into the sky!





“We will be offering Wellways Building a Future program in September”

# Training programs

**Mental Health Carers NT is committed to educating carers, consumers and workers in mental health and in 2011 will be offering workshops and training free of charge to carers and consumers.**

We will be offering Wellways Building a Future program in September. It is designed to increase the capacity of carers, families and friends to care effectively for themselves, other family members and their relatives living with a mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives. The eight week informal workshop includes up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorder, borderline personality disorder, schizoaffective disorder and dual diagnosis (drug and alcohol and mental illness). Information about mental health services, practical insight into behaviors associated with mental illness with strategies to respond effectively to these behaviors, practical frameworks to im-

prove communication and problem solving skills and an opportunity to explore the dilemmas and complexities of the caring role. We are hoping to offer MI Recovery later in the year, this is part of the Wellways suite of programs and is aimed at individuals who live with a mental illness.

Mental Health Carers NT (MHCNT) in partnership with Mental Illness Fellowship South Australia is now delivering Tobacco Free workshops to individuals with a mental illness. The course runs for ten weeks and is aimed at those individuals that would like to cut down their smoking, are keen to quit, or for those that would like to start thinking about quitting. We are also delivering ‘Talking about Tobacco’ thirty minute group awareness raising sessions for people who live with a mental illness. A person can be referred by an inpatient unit,

rehabilitation centre, drop in centre, health centre or by self referral. It is not designed to be a quit tobacco session or a lecture about the dangers of smoking and the benefits of quitting, it aims for smokers to think about their tobacco use & to make their own decision about what they would like to do about it.

For workers within mental health we will be offering the SANE Mental Illness and Bereavement Workshop. It is a sobering fact that suicide is the main cause of premature death among people with mental illness, (see page 14). Research carried out by SANE indicates that families and friends who lose a loved one with mental illness to suicide or as a missing person often do not receive adequate support or acknowledgement. Services recognize that this difficult issue is not always addressed as well as it could be. The half day workshop aims to provide information to help improve the situation.



well ways helping families & friends find better ways

## Important Dates — 2011

- August - Northern Territory Seniors Month
- 5-9 September - Disability Awareness Week
- 16-26 September - Dementia Awareness Week
- 1 October - International Day of Older Persons
- 9-15 October - Mental Health Week
- 10 October - World Mental Health Day
- 16-22 October - Carers Week



# Biggest Morning Tea



Australia's **BIGGEST MORNING TEA** Page 7

**Pete's Place** held a **Biggest Morning Tea** on **Friday 27th May** for **carers, consumers and community members**. It was a fantastic morning of fine food & great company. A special thank you to the members of Pete's Place that came in early to assist with the set up and morning tea preparation.



Members of Pete's Place, guests & MHCNT staff enjoying morning tea

## Mental Health Peer Workforce Competency Development Project

**Community Services and Health Industry Skills Council (CS&HISC) is undertaking a project to develop competency standards for the mental health peer workforce (consumers and carers).**

A draft qualification for the Mental Health peer workforce has been developed for inclusion in the CHC08 Community Services Training Package. In addition, draft skill sets have been developed for managers and supervisors of this workforce and for consumer and carer peer companions. There has been considerable change to the materials as a result of the extensive feedback received during draft one consultation. Feedback on the draft one units has informed the development of the draft two units, qualifications framework and skill sets.

CS&HISC recently conducted national consultation on draft two of the proposed materials. The draft two consultation feedback period has now closed. CS&HISC

thanks all who provided input contributing to the development of the final version of the units of competency. All feedback is currently being analysed and next steps will be advised shortly.

The project aims to develop components to describe work functions in Mental Health peer roles as part of the continuous improvement

Specific outcomes of this project include;

- Identifying the scope of workers in the carer workforce and consumer workforce. This includes identifying aspects of the roles already covered by existing competencies in the CHC08 Community Services Training Package and against existing state-based qualifications.
- Further research and scoping of specific competency unit(s), skill set(s) and/or

qualification(s) for workers in the peer workforce.

- Development of new competency standards as informed by the scoping and research phase with required national stakeholder consultation for addition to the CHC08 Community Services Training Package.

**ISC** INDUSTRY SKILLS COUNCILS  
Creating Australia's Future



*"you will be able to keep up to date with all the news, photos and calendars we put up online"*

## 'Like Us' on Facebook

**The mumbo jumbo...**  
To comply with facebook rules and regulations, we have registered as a community organisation 'page', rather than a 'profile', so although we don't have 'friends', if you 'like' the 'page', then you will still receive our 'status updates' in your 'newsfeed', you can access our news

and calendars online and are welcome to comment and contribute on our 'page'.



**Which means...** Once you have logged onto your facebook, search for Mental Health Carers NT in the Facebook search bar

and when the page loads, click on the icon to 'Like' the page.

This will effectively make you a member of our page and you will be able to keep up to date with all the news, photos and calendars we put up online, as well as the day to day comments.

## Just for fun

There was an Englishman an Irishman and a Scotsman...

One day they came across a ladder and climbed up it... as one does... At the top of the ladder there was a genie and she said: "As you go down this slide, shout out whatever you want to land in..."

So the Englishman shouted "Beeeeeeer"

The Scotsman shouts "Whisssskey"

And the poor old Irishman shouted "weeeeeeeee!"

A warthog hits this lady and the husband calls 911.

The operator asks, "Where are you at?"

The husband replies, "I'm on Eucolipstic Road."

The operator asks, "Can you spell that for me?"

"Well... I'll just drag her over to Oak so you can you pick her up there?"

## Do you know these Aussie sayings.....

**We would like to hear from you—do you know any 'clean' Aussie sayings that we could publish in our next edition? Please let us know before September.**

'Flat out like a lizard drinking'

'He could talk under wet cement with a mouthful of marbles'

'Mow the brigalo' (shave your beard)

'Knock into a cocked hat' (to destroy or overcome something completely)

'He's off like a bucket of prawns in the hot sun'

'I need that like a submarine needs a screen door'

'May your chooks turn into emus and kick your dunny down'

'Fair suck of the sav'

'Better than a poke in the eye with a burnt stick' (be thankful for what you've got)

'Fair crack of the whip' (I appeal for ethical behaviour)



# Cool Program (Consumer Opportunities for Outings & Leisure)

**I admit it... I do have a great job! The Cool Program members (Coolers) and I have had a full and busy program for the past few months.**

We have explored all the bushwalks around East Point, visited the Waterfront, Wharf and Cullen Bay, Casuarina Beach, Nightcliff Pool and Howard Springs. We have sought out some bargains in the local op-shops and the tip shop...been inspired and stimulated by some fantastic local art exhibitions...and had some

great social gatherings and lunches at the Tavern. In June we headed out to the Adelaide River Show, and we have organised an overnight camping trip for the end of July.

What I love seeing in our members is their increased confidence, positive attitudes, assertiveness, humour and the

ongoing peer support that members have for each other.

COOL program activities are generally low cost and accessible for all. If you are wanting to venture out and be social, call Lisa on 0422 618403 or drop-in to Pete's Place on a Tuesday or Thursday for a chat.

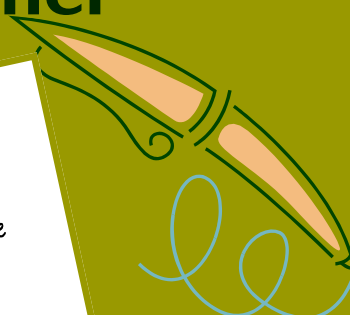
*"COOL program activities are generally low cost and accessible for all."*



# Poets Corner

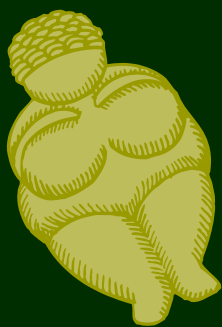
## Pete's

It's just great at Pete's Place  
 Where daily life is so good its ace  
 Nature abounds everywhere  
 Where you can relax and breathe  
 the outdoor air  
 The people are friendly and cool  
 And the conversation is nice  
 when we're at the pool  
 The best is the lunch which is superb  
 And really tasty with that extra herb  
 The setting is serene  
 with an all-round view  
 It's a beautiful place for me and you  
 All in all it's a social scene  
 Where you should say you have been  
 Written by Bruce



## Murder Town

Tubby played the trombone, while Lucia  
 sang a tune and Suzie took all the cues  
 We were having a party on the patio  
 David and the boys in the band rocked up  
 while King Norm was sitting on the throne,  
 Betty cooked a stew for the crew, Lisa or-  
 dered a pizza for two  
 Pauleen watched the footy on the big screen,  
 the Sicilians were working on their Valiant  
 Charger next door, revving it up, making a  
 lot of noise  
 This was normal life  
 until a murder came to town  
 A woman stabbed her husband in the chest  
 he died the woman got a year in the slammer  
 because she had suffered lifelong abuse  
 This was life in Murder Town, the town  
 was changed forever  
 Adios Amigos  
 David Nicholls.



"I have never given up hope"

## A Mothers Story

**I don't know if I have coped very well, there have been many times when I just didn't...**

After about 13 years into my daughter's illness, and with other health issues and business worries, I saw a 'Carer's Group' advertised. I went along and now don't know how I managed without the warmth, friendship, understanding and total support of this group which

has been invaluable. I believe this has helped immensely and has made a big difference not only to me, but the rest of the family. Personal counselling through Carer's QLD provided a confidential means of talking freely of my concerns and at the time helping me with strategies to deal with issues and challenges.

Two other things have helped over the years – I

never hid my daughter's illness and speak openly on this and I have never given up hope that one day, a much better quality of life will be hers... (Mum)

The only journey is the journey within—  
 Rainer Maria Rilke

**Let me take you into another world for a minute, imagine being able to experience - living on the streets; caring for someone with schizophrenia; living with domestic violence and sexual abuse; overcoming adversity; caring for a child with autism; living with depression and anxiety; making teddy bears; lessons in hope; travels to New Zealand and the Himalayas.**

These are just a small selection of the experiences shared within a group of eleven courageous people. All are experiencing life in the role of a carer, or living with a mental illness. All are doing a six week public speaking workshop. However, the course is much, much more than just learning to speak in public. It's about coming to terms with their own personal story, and sharing it.

This is the third Public Speaking workshop the Mental Health Partnership initiated, under the guidance of Heather Traeger of Crossroads Communication. For many

people, it's the first time they've had the chance to tell their story in detail. Very often we, and even health workers, get wrapped up in the current situation and how to respond to symptoms of illness. It's easy to forget that what we experience today is connected to our personal history.

For many, pulling up memories from the past has been painful. Working together in a group has meant the journey has been one of laughs, of tears, of pain and of healing, and of sharing support and encouragement: very powerful for all involved. Each personal story is a testament to survival and strength

in the face of the challenges that life sometimes throws in the way.

Do you want to hear these personal stories of courage and survival? Invite one of our speakers to your next meeting or conference.

Please get in touch with us to book your speaker now. Contact Hiltrud or Robynann at Carers NT on 8944 4888

**I've decided that the stuff falling through the cracks is confetti and I'm having a party—**

Betsy Canas Garmon

## Pete's Place

**Another successful year at Pete's Place has seen the creation of new friends and the sadness of those moving away or obtaining paid or volunteer work. One regular consumer has acquired a full time job and has been successful in staying well and gainfully employed.**

The art program continues on Fridays and we always have budding artists working hard on their work. Consumers have the opportunity to explore and enjoy creativity, it has the ability to help relax and de-stress people. Crochet and knitting has been held on Tuesdays and Wednesdays with a few women keen to work and chat. A lot of genuine relationships have been forged by consumers who make the drop-in a regular activity.

The lunch program remains very popular and we continue to have consumers help with cooking and cleaning up. Consumers are eating more fruit and have cut out deserts on a regular basis. After ten years service one consumer has retired from working on providing lunch

each Monday, she was given a farewell morning tea which was well attended. We will greatly miss her generosity and hard work.

Each Thursday for the past few weeks Liz and Neil have been facilitating the Tobacco Free Program, it has put the spotlight on consumer smoking and has been successful in educating consumers to reduce their smoking with the ideal to eventually quit. The Asthma Foundation have visited the group to discuss respiratory illness, smoking & measured each person's lung age – some interesting results!

Last October during Mental Health Week we held an Art Exhibition at the Darwin City Council Chambers which was a complete success. The

ratio of sold paintings was the best we have ever experienced.

Our Annual Consumer and Carers Dinner has remained a highlight of Mental Health Week for all concerned.

For many consumers Pete's is the one of the few places where they can relax and be themselves.

While recreation and social activity is the main focus, staff at Pete's Place stay in constant contact with Case Managers from Top End Mental Health Service, TEAM Health, and other Care Workers.

Cheers to another successful year ahead.

Pauleen Montgomery Social and Recreational Coordinator.

# Family Focus

**Mental illness affects us all in different ways. Families, kids and teenagers have different needs when they are affected by mental illness.**

New programs such as SMILES and i-help are designed for primary school aged children and their families to provide a safe space for age appropriate education on mental health issues, expressing feelings, the chance to ask questions, share sto-

ries, learn valuable skills to stay strong and safe and care for their own mental health.

While SMILES is a three full day workshop run in the school holidays, i-help will follow on as weekly meetings, with separate but simultane-

ous groups for children, and their parents/caregivers.

For more information or to get your family involved, call Ana in the Darwin Office on 08 8948 1051

'A safe space for age appropriate education on mental health issues'



## SMILES is coming to Darwin!!!

SMILES program was developed by Australian Erica Pitman and is internationally recognised as best practice for young people who have a mother, father, brother or sister experiencing a mental health problem. (Specifically schizophrenia, bipolar disorder, depression or anxiety). Our own Respite Coordinator, Ana Benn, has been trained by Erica Pittman to facilitate this wonderful course for residents of the NT.

**The SMILES program is designed to achieve :**

- ♥ Increased ability to cope effectively
- ♥ A new freedom for self expression
- ♥ Development of creativity
- ♥ Reduction in feelings of isolation
- ♥ Increase in self-esteem
- ♥ And much more!

**This is achieved through:**

- ♥ Education about mental illness
- ♥ Artwork & music
- ♥ Peer support
- ♥ Interactive exercises
- ♥ Relaxation exercises
- ♥ Problem solving

**And it all takes place in a fun, supportive and caring atmosphere!**

## TEMHCO News

Monday — is the day of creativity; this is the day that we have our art and craft classes with Karen Roberts offering her expertise to teach those that wish to participate. Karen has a wealth of knowledge to share and she works on painting, drawing and clay work, all the guys enjoy the opportunity to create something, you may even wish to enter a piece into a competition or offer it for sale, we enter our pieces into various exhibitions during the year and have a few opportunities for people

to offer pieces for sale if they wish to do so. The classes run from 9:30 am to 12:30 pm on Mondays each week.

Tuesday — we are offering free computing classes for 2011. The first 6 week course is on computer basics, then we will move on to internet and email and the next 6 weeks we will do some desktop publishing, teaching people to produce flyers, newsletters, cards and other interesting projects

TEMHCO is venturing into a partnership with TEAMhealth this year and

offering some activities on a monthly basis, these will be things like rock climbing, movies, and camping trips. These will happen once a month on a Wednesday and the costs associated with these activities will be given to our members so they have plenty of notice, we will be endeavouring to keep the costs as minimal as possible. Please keep in contact for our plans by joining our organisation or coming along to our other activities. Phone Phil on 8932 6686.



# Easy Recipe — Wrappa Delight

This tuna, cheese and veggie wrap is healthy, quick and convenient to have when pressed for time. Suitable for lunch or dinner served with side salad, or ideal also as a snack :

## Ingredients

2 tortilla wraps

185g can of tuna in oil

3 tablespoons sweet chilli sauce

2 cups frozen veges

1 1/2 cups grated cheddar cheese

## Preparation method

Microwave the frozen veges until cooked.

Drain the oil from tuna and mix it into the veges in a large bowl. Stir in the sweet chilli sauce.

Using 2 wraps, put the mixture in the centre of each wrap, and sprinkle the grated cheese on top. Fold the wraps and make them into parcels.

Sprinkle more cheese on top of wraps before putting them into the oven. Fan grill/bake for 10mins or until wrap becomes crispy - remove from oven, eat & enjoy!!



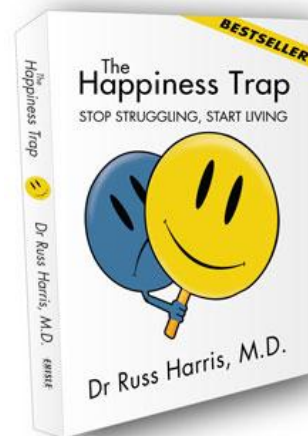
## Book Review

Here's what people said about Dr Russ Harris, M.D. bestselling book

### The Happiness Trap:

"This was a pleasure to read. ACT (Acceptance and Commitment Therapy) can be an intimidating therapy because there are so many new terms and concepts. Russ has a way of making complex ideas simple and making abstract ideas come to life. I could read this book under a palm tree on a Sunday and enjoy myself. I found myself underlining and highlighting the pages to death because there were so many phrases that I wanted to hold onto. So many books on mindfulness and acceptance yet everything felt fresh and exciting. Of course, there can never be enough writings on this topic because its so easy to forget to be attentive. Its so easy to forget that anxiety is not something to be fought and eliminated. Can't wait to read his next book."

"This is a great book that even people who don't like self help books can enjoy (as well as those who do). The Happiness Trap is based on the latest scientific research. It can be used by anyone to help improve their life - whether they are facing everyday problems, or more complex issues such as anxiety and depression. It offers a sensible and practical approach to dealing with the stressors of modern life. In summary this is an easy to read book, that can be easily applied by anyone who is interested in improving their life. I highly recommend it."



We would love to hear your reviews on books that you have read recently, drop us an email and we can add them to our next newsletter

# SANE Steps: How to help when someone is suicidal

If you believe someone is thinking about ending their life, it's natural to feel panic or even want to avoid thinking about it. However, there are a number of practical things you can do to help . . .

## 1. Let them know you are concerned

- Tell them that you are concerned, and that you are there to help

## 2. Ask if they are thinking about suicide and if they have made any plans

- Talking about suicide will not make them take action
- Asking shows that you care
- Asking will help them talk about their feelings and plans – the first step to getting help.

## 3. Take action to get help now

- Tell them that there are other options to suicide
- Don't agree to keep their suicidal thoughts or plans a secret
- Don't assume they will get better without help or that they will seek help on their own.
- If the person is thinking about suicide, encourage them to; make an appointment with a GP - offer for someone to go along with them; contact a counsellor or employee assistance program, family member or friend; contact a specialist Helpline for information and advice.

## 4. If they have made a plan to end their life

- Check if they are able to carry out this plan. Do they have a time, place or method?
- Contact the Psychiatric Emergency Team at the local hospital and the police on 000 to report that the person is suicidal, has made a plan, and you fear for their safety.

## 5. Take care of yourself too

- Look after yourself. It is emotionally demanding to support someone who is suicidal
- Find someone to talk things over with: family, friends, others or a Helpline.

## Factors associated with higher risk of suicide include:

Talking about feeling hopeless and helpless

Being socially isolated

Having a recent loss – relationship, death, job

Making a previous suicide attempt

Having a friend, family member or work colleague who has died by suicide

Having a mental illness

Behaving in a risky manner – drugs, alcohol abuse, driving recklessly

## Where to call for help

### Immediate assistance

Police: 000

Local hospital Psychiatric Emergency Team Telephone counselling

Lifeline 13 11 14

Suicide Callback Service 1300 659 467

Kids Helpline 1800 55 1800

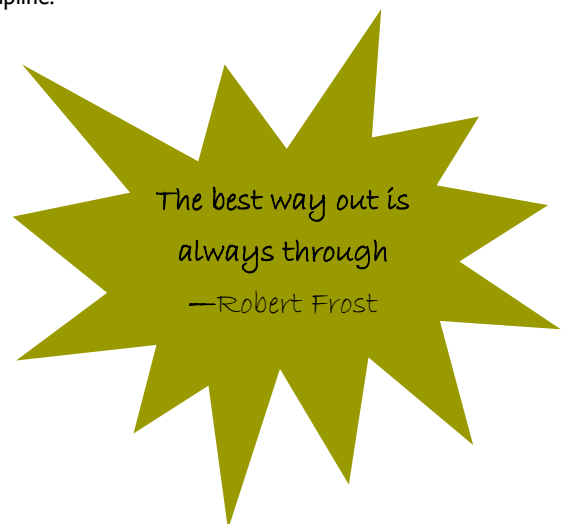
Information and advice 1800 18 SANE (7263), 9-5 weekdays EST. Request free Info Pack 24 hours.

## How do I find out more?

SANE Australia also produces a range of easy-to-read publications and multimedia resources on mental illness.

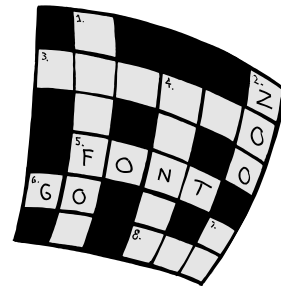
For more information see other SANE Factsheets:

SANE Guide to Staying Alive - Provides practical step-by-step hints and advice for dealing with suicidal thoughts and behaviour when there is mental illness; SANE Guide to Depression - Helps people diagnosed with depression and their family and friends by explaining what it means to have depression, the treatments available and what a person can do to help themselves; SANE Guide for Families - Explains how to handle common issues associated with being a carer such as developing a positive attitude, looking after yourself and getting help. To order visit the SANE Bookshop at [www.sane.org](http://www.sane.org) or call 1800 18 SANE (7263).



# Time Out

Find the words in the puzzle from the list below. Words may appear straight across, backwards, up & down or diagonally.



C P P Y E S T E R D A Y R  
 K R E T I O L D E S U A C  
 B C T E G N I H X V T H P  
 H M A T E M P T D E R T R  
 F E L T I H K R S N T E I  
 R N L T S C A O E N E E N  
 E O U D O W L T I I G T C  
 Q R O L O C F A C I D C E  
 U T B C S O P T U H A E M  
 E H V A L I D N A G G F Y  
 N T S R I F W I Q G H F R  
 C H U N K T N A V E L E R  
 Y P R O P E R T Y P P A H

bait	happy	property
block	hatch	relevant
cause	hinge	sash
chunk	laugh	stack
closet	loiter	taint
color	myrrh	teeth
coward	nerve	tempt
doodle	north	tend
effect	often	timid
felt	paint	trot
first	petal	valid
frequency	prince	yesterday
gadget		

				3	1
2		3			8
5				8	
4	1	6			5
		2	4	5	6
8				9	7
		9			5
	7			1	4
6	8				

© Daily Sudoku Ltd 2011. All rights reserved.

Daily SuDoku: Sun 29-May-2011 medium

		3	6	1	4	5	9
			7			1	6
2	1		5	9	8	3	7
	5			2		9	
9	2						1
		1		5			6
	4	5	9	6	1		2
8		9			3		
	7	2	4	8	5	6	

© Daily Sudoku Ltd 2011. All rights reserved.

Daily SuDoku: Wed 1-Jun-2011 easy

## Name your newsletter competition

**We want you to name your newsletter.** It would be great if you could come up with a title for the newsletter—something fun, funky or meaningful—over to you!

Competition closes 19th August so get your thinking caps on. The winner will get to name the newsletter, we will also let you know what some of the other titles were.

Please let us know your ideas by phoning, emailing or dropping into see us, contact details on the back page.



# Membership Information

## Mental Health Carers

Northern Territory

Membership Fee: \$10.00 for carers/families/individuals, \$20.00 for organisations. No cost for people living with a mental illness

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone \_\_\_\_\_

Email: \_\_\_\_\_

Carer  Consumer  Service Provider  Other interest

Membership fee: \_\_\_\_\_

Donation: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ Cash/Cheque

Signature \_\_\_\_\_

Please return this form with your payment to: Mental Health Carers NT, PO Box 40556, Casuarina NT 0811

**Thank you for your support!**

## Contacts

### Mental Health Carers NT

#### Darwin

**Open 830am to 430pm Mon-Fri**

1/18 Bauhinia St, Nightcliff, NT 0810

PO Box 40556, Casuarina, NT 0811

Ph 8948 1051 Fax 8948 2473

Email: [mentalhealthcarersnt@iinet.net.au](mailto:mentalhealthcarersnt@iinet.net.au)

### Mental Health Carers NT

#### Alice Springs

##### Open

Helm House, Suite 2A, 40 Bath St, Alice Springs, NT 0870

PO Box 1009, Alice Springs, NT 0871

Ph/fax 8953 1467

Email: [mentalhealthcarersntasp@iinet.net.au](mailto:mentalhealthcarersntasp@iinet.net.au)

### Pete's Place

#### Darwin

##### Open 930am-1pm

Corner Trower & Sabine Rds, Millner, NT 0810

### 24 Hour Emergency Service

In case of an emergency call **000** and ask for ambulance, fire or police

### Useful numbers

**Amity Community Services 1800 68 4372**

**Centrelink 132717**

**Commonwealth Carelink Centre 1800 05 2222**

**Community Visitor Program 1800 021 919**

**Grow 1800 55 8268**

**Kids Helpline 24 hr 1800 55 1800**

**Lifeline 24hr crisis counseling 131114**

**Mensline Australia 24 hr 1300 78 9978**

**Mental Illness Fellowship 08 8272 1018**

**National Missing Persons Coordination Centre**

**1800 00 0634**

**SANE Mental Illness Helpline 1800 18 7263**

**Top End Assoc for Mental Health 08 8943 9600**

**Top End Mental Health Service (emergency assessment 24 hr) 08 8999 4988**

