

NORTH WEST

Make A Difference

6 October at the Ulverstone Civic Centre

Join staff in the mental health sector for a presentation by Dr David Buchanan over a light lunch from 12 to 1pm. Then, from 1.30 to 4.30 visit over 30 interactive stalls from organisations in the Mental Health Sector and join us for a free sausage sizzle and loads of entertainment and activities. Entry is FREE. Contact: amanda-jane.pearce@dhhs.tas.gov.au or by calling 6336 4382

USA Game Day Event

7 October at the Latrobe Recreation Centre

Join us between 11am and 2pm for a day of fun and learning. The USA (Understand, Support & Act) Games Day event for children and youth will feature old style team games such as donut eating and the three legged race. For more information contact Adelle Rist on 0409 953 495

Fun in the Sun Park Day

10 October at Anzac Memorial Park Somerset

Join Child & Adolescent Mental Health Services between 11am and 2pm for a sausage, games and entertainment, activities and information. Contact: amanda-jane.pearce@dhhs.tas.gov.au or phone: 6336 4382

Pictures in the Mind's Eye

7 October at King Island High School

Visit the school to view the photographic talents of Year 8 and 9 students. For more information contact: amanda-jane.pearce@dhhs.tas.gov.au

Consumer Art Calendar, Club Haven

Club Haven in Devonport has produced a 2010 calendar comprised of the artwork and poems of Club Haven members. The calendar will be given away free at the Make a Difference Event in Ulverstone on the 6 October. Copies of the calendar are also available by calling 6230 7809.

NORTH

Mental Health Week Bike Ride

9 October, Launceston to Longford

This year, Northside Mental Health Clinic is organising a "gentle" bike ride from Launceston to Longford (round trip 40kms). Starting at the Italian Club in Prospect at 10.30am. Lunch will be in Longford at 12 noon. Please notify us if you are interested in joining the ride. Email: mandy.beveridge@dhhs.tas.gov.au or phone: 6348 7765

HOBART MEDIA CENTRE



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mental health week 09
EVENT CALENDAR
4-11 October



If you have five friends, then the chances are that at any point in time, one of them will be experiencing a mental illness, and often, they won't seek help.

There are three things we can do to **make a difference**:

1. We can develop our **understanding** of mental illness,
2. We can **support** our friends
3. And we can **act** when they need help.

This week is Mental Health Week. Get involved in an event near you and learn more about how you can **make a difference**.

NORTH cont...

Myths, Mayhem and Mocktails
8 October at St Helens Football Club Rooms, St Helens

Join us at the St Helens Football Club Rooms from 6.30 to 9.00pm. Guests will be provided with hors'doeuvres and mocktails whilst being entertained by Phil Nunn, a psychologist with 20 years experience in community education. For more information phone: 63765242 or email: abbie.ford@healthyhouse.com.au

Pathways Open Day
6 & 7 October, Launceston

Parish Hall, 34 Cameron St, Launceston. Pathways is open to the public from 10-3pm. Come along for a free tea or coffee and a look through. There is a free sausage sizzle between 12 and 1pm and a music/graffiti workshop from 1-3pm.

Mind Your Mind Art Exhibition
5 to 9 October at the Design Centre, Launceston

The Mind Your Mind Art Exhibition will be on at the Design Centre Tasmania, Launceston from 5 to 9 October 2009. The exhibition features over 20 works by people who have experienced mental illness. Works will feature on post cards and in the 2010 Mind Your Mind calendar. Entry is FREE. For more information contact Sara France at: sfrance@aspire.org.au

Families at the Cutting Edge of Research
5 October at the Tramsheds, Launceston

Clinicians, case managers, local government and interested consumers and carers are invited to attend a FREE, one day symposium. Tasmanian and interstate speakers will present and run workshops. All costs are covered by the Mental Health Council of Tasmania: Building Capacity in Community Mental Health Family Support & Respite Project. For more information contact: abevan@mhct.org

SOUTH

Let's Make A Difference
9 October at the Botanical Gardens, Hobart

Join us for a day of music, fun and entertainment in the Botanical Gardens on Friday 9 October. Over 30 stallholders will be in attendance with interactive displays, activities and entertainment relating to mental health and wellbeing.

- 10am Event opens
- 10.30am Richmond Fellowship Band
- 11-12pm Battle of the Bands
- 12pm Launch of Consumer, Family & Carer Support Guide by Minister for Health, Lara Giddings

- 12-2pm Free sausage sizzle
- 12.30pm Panel Discussion on youth mental health issues
- 1.15pm Presentation of prizes by Minister for Health

Entry is FREE. For more information contact: aquealy@thehobartclinic.com.au

Centacare Family Fun Ute
3 and 4 October

The Centacare Family Fun Ute will be visiting parks in Hobart with loads of mental health giveaways for families and children.

Saturday 3 October

- 11.30am Montrose Foreshore Community Park
- 12.15pm Tolosa Park Playground Glenorchy
- 1.00pm Caldew Train Park, West Hobart
- 1.45pm Cornelian Bay
- 2.45pm Memorial Park, Tyndall Rd, Kingston

Sunday 4 October

- 11.30am Geilston Bay Picnic Area
- 12.15pm The Esplanade, Lindisfarne
- 1.00pm Derwent Street, Bellerive Beach
- 1.45pm Wentworth Park, Howrah
- 2.45pm Stokell Street, Rokeby

Contact: wayne.wright@ahtas.org.au

Lars & The Real Girl
8 October at the State Cinema, North Hobart

ARAFMI Tas Inc in partnership with Northside Mental Health Clinic are hosting a special screening of Lars & the Real Girl at the State Cinema on Thursday 8 October at 8pm. Tickets are \$10 and the screening also includes a panel discussion at the end of the movie. If you missed this "must see" movie in 2008, then book your ticket at the State Cinema on 6234 6318 before all seats go.

The Eureka Clubhouse Breakfast
6 October at the Eureka Clubhouse, Moonah

Join us at the Eureka Clubhouse for a breakfast to celebrate Mental Health Week - 6 Florence Street Moonah. All food will be supplied. Time: 7.30-9.30am on Tuesday 6 October 2009. To RSVP or for more information contact: LisaB@colony47.com.au or phone 6278 9179

Cushioning your Mental Health
9 October at the Botanical Gardens, Hobart

This event, initiated by a group of Tasmanian mental health consumers is based on the idea of "cushioning" your mental health. We can all 'cushion' our mental health in many ways. Everyone can participate by purchasing, designing or making a cushion in the lead up to Mental Health Week. Visit our stand at the Botanical Gardens on the 9 October to make a cushion or view the entries. For more information on entering, contact: js47@bigpond.com



For more information about Mental Health Week please call 6230 7809.

SOUTH cont...

Climbing Fences Book Launch
9 October at the Royal Botanical Gardens, Hobart

The Mental Health Council of Tasmania's project 'Climbing Fences' will be launching their book at 10am at the "Make a Difference" Expo at the Royal Botanical Gardens. We will be giving away 1000 copies of the book which includes stories written by, and for, young people who have parents with a mental illness. You can also watch our circus performer with her amazing repertoire of tricks. Come and find us at our stand. For more information contact: climbingfences@live.com.au

It's Cool to be Kind / Turn your back on bullying

Help us top up Tasmania's kindness tank, at the Clare House Child and Adolescent Mental Health Service stall on the 9 October in the Royal Botanical Gardens. We are promoting our updated web site and recruiting suggestions for "Random Acts of Kindness" experienced by participants across the State.

Self Care and Hope for Health Afternoon Tea
7 October at Salvation Army Bridge Program, Creek Road Newtown, Hobart

The afternoon tea will focus on the theme of 'Self Care and Hope for Health', as these issues represent common ground for consumers and workers from the mental health and alcohol and other drugs sectors. Guests will be asked 'how many ways do you know to look after yourself?' and 'What are you looking forward to?'. Highlights include guest speakers, creative contributions, afternoon tea and the opportunity to network with other workers, carers and consumers. RSVP's are essential. Please contact Hannah on 6226 2339 or email: hannah.graham@utas.edu.au

Day Programs to support Mental Health
8 October, Boardroom, St Helens Private Hospital, Hobart

The Day Programs at St Helens Private Hospital provide education, support and skills development to clients experiencing mental health problems. As part of Mental Health Week, we are inviting members of the community to come along and learn how our group programs help clients to gain optimum mental health outcomes.

Please come along and bring your sense of adventure, curiosity and questions. For more information call 6221 6424 or email: chantelgogia@healthscope.com.au

Depression in our Community Today
9 October in the Boardroom at St Helens Private Hospital

Why is depression more common in western society than developing countries? Join Dr Geoff Powell for a look at what external influences are increasing the number of people with depression. For more information call 6221 6424 or email: chantelgogia@healthscope.com.au

High Watermark 8 Art Exhibition
All week long at the Glenorchy Library

The Clozapine Clinic Art Group from the Royal Hobart Hospital will be exhibiting art works at the Glenorchy City Library. The exhibit consists of 17 mixed media framed art works and will be on display in the online access centre. The library is open from 9.30am to 6pm weekdays and 9.30am to 12.30pm on Saturday.



Mental Health Week

4-11 October, 2009

Make A Difference

Understand, Support & Act

For more information visit

www.dhhs.tas.gov.au/mentalhealth

