



Western Australian Association
for Mental Health

eMUSE

This ISSUE:

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We hope you, your staff and your clients/ Newsletter readers get some real benefits from this information.

To view PDF attachments - you need Acrobat Reader. Download it free from: <http://www.adobe.com/acrobat>. Publication of information below does not imply WAAMH endorsement. We happily provide this information as a community service but encourage readers to satisfy themselves of the usefulness of the programs listed.

Please note: You have been added to an electronic mailing list to receive eMuse. If you do not wish to be on this mailing list, please reply to this e-mail with 'REMOVE' in the subject line.

Hello!

As promised here is your next eMuse - It is longer than normal because there is so much information but if you remember the headings above are links to each section, and each section heading is a link to a cache of related PDFs, you can make eMuse as short or long as you wish according to your interests..

Staff movements:

Welcome to Allan Huggins who joined WAAMH as Policy and Advocacy Officer in September and sadly we farewelled Gemma (who has given birth to a beautiful baby girl - 'Rose'), Joanne Pollard and Ann Elliott in October with the official end of the Partner in Respite Project. (Ann is now working one day a week for CSS.) Sara Press is now at WAAMH for two days a week.

If you haven't completed the Mental Health Week Evaluation Survey yet, here is the link. It will only take you less than ten minutes, but will help with the planning for Mental Health Week 2010!

Thank you for your support!

Anthea

Contact Us – WAAMHWORX for YOU!

Website: <http://www.waamh.org.au> Email: reception@waamh.org.au

Phone: 9420.7277 Fax: 9420.7280

Address: 2 Delhi Street, WEST PERTH, WA 6005

Funding

Perth Convention Bureau and the City of Perth Scholarship

Perth Convention Bureau and the City of Perth are offering a Scholarship worth \$10,000 to allow you to travel to an international conference of your choice, or alternatively, to further studies in your area of interest.

Please find attached a flyer about the scholarship, including details on how easy it is for you to apply. If you would like any additional information, please contact Luana MacDermott, Project Manager – Scholarships, T: 9218 2900 | F: 9218 2910 | E: luana@pcb.com.au

National Perinatal Depression Initiative (NPDI) PDF

WA Perinatal Mental Health Unit is calling for expressions of interest for special projects and community awareness activities utilising funds from the National Perinatal Depression Initiative (NPDI) through the Commonwealth Department of Health and Ageing.

Submissions close **Monday 30 November 2009 at 5.00pm**

At this stage two categories of grants are offered:

1. NPDI key activity area of "Community Awareness"
2. Special projects addressing NPDI key activity area of "Treatment, care and support" and/or State Perinatal Mental Health Reference Group key priority areas.

Generic email: wapmhu@health.wa.gov.au

Consumer website: www.wnhs.health.wa.gov.au/emotionalhealth.php

Health professional website: www.kemh.health.wa.gov.au/wapmhu.php

Community called to apply for grants to host events for youth

Communities across Western Australia are being urged to apply for funding to hold an event during National Youth Week (NYW) 2010.

"Participation is a key element in the development of young people, and National Youth Week events encourage learning, confidence building and social and community connections which help to prepare young people for success," the Youth Minister Donna Faragher said.

For more information telephone the Department for Communities Office for Youth on 6217 8400, Freecall 1800 281 116, or go online at <http://www.communities.wa.gov.au/youth>. **Applications close on November 30.**

WELL Program

Central TAFE offers employers a tailored workplace communications and development training program via Federal funding through the WELL (Workplace English Language and Literacy) Program.

For more information about delivery of this workforce development program at your workplace, please contact Central's Community Learning & Partnerships area on 9427 1558.

2010 Equity Development And Innovation Grants Program

The Equity Development and Innovation (EDI) *Pave the way* grants program in 2010 is to support the new strategy for Adult and Community Education (ACE) in WA (2009 – 2018). The focus is on learning activities that are **non-accredited and non-formal in nature**, building pathways for **adults of all ages into further education, training and/or employment**.

In 2010, Approved Projects (services) will be funded for amounts ranging from \$10 000 to a maximum of \$50 000 (GST incl.). Application forms and accompanying documentation are available at <http://vetinfontet.det.wa.edu.au/home/> **Applications close, 11.00 am WST Wednesday, 25 November 2009.** For any enquiries, please contact Jenny Holgate on 9264 5058 or email jenny.holgate@det.wa.edu.au.

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Training

Our Mob, Our Minds, Our Spirit
Indigenous Mental Health Conference 2009
23rd - 25th November 2009, The Esplanade Hotel, Fremantle.
To register: [Our Mob Our Minds Our Spirit Website](#)

Fathers after Separation

Relationships Australia, Gosnells 24 November and Perth City 1 December.
The cost is \$25. To register T: 9489 6322. E: terese.sheahan@wa.relationships.com.au

The Australasian Society for Psychiatric Research (ASPR) Conference

Australian National University
2 – 4 December, 2009.

Workshops include: Managing Trauma in Children and Adolescents Living Through Natural Disaster: Clinical Research and policy Advances; E-Health Workshop 2009: From Research to Implementation; and Neurobiology of Stress and Emotion Regulation.

Register online www.aspr.consec.com.au



Certificate IV in Business (Governance) course (nationally accredited)

There are two attendees interested in the course and, in order for the course to proceed, further attendees are needed.

please contact Lisa Reed on 03 9320 6820 or if you are interested in attending.

Further information on the course can be found at www.ourcommunity.com.au/certiv

Perth 8 - 11 December 9:30am-4:00pm. Geographe Room, The State Library of WA, 25 Francis Street, PERTH WA 6000.

The 23rd Annual Children's Mental Health Research & Policy Conference March 7-10, 2010. Registration opens November 15, 2009 –

<http://rtckids.fmhi.usf.edu/cmhconference>

Talking Peace : Getting Heard

Chris Gillett (BAppSc OT): Marg Pontin (BA, Dip Teach):

Based on Dr Marshall Rosenberg's *Nonviolent Communication*, this workshop explores ways to create the sort of relationships we long for at work and at home. This is an 1 & 1/2 Day Course; Friday 4th December: 1300 - 1700hrs & Saturday 5th December: 0930 - 1700 hrs

Cost: \$250.00 per person includes lunch

Venue: Fremantle Hospital, T Block Education Centre, Seminar Room 3 & 4

Enquiries: Jo Mabbs 9431 3333 ask for page 3504. Registration: Closes 20th November.

"Forging Partnerships: General Practice, Mental Health and the AOD Sector" Forum. (PDF)

Focusing on cross-sector communication, this forum aims to provide valuable information on how to effectively communicate with GPs and the Divisions of General Practice Network.

RSVP by 30th November 2009. Please note numbers are limited.

For further information, Darren West T: (08) 9472 2922 | F: (08) 9361 9611 |

www.wagpnetwork.com.au



5 Day Residential Healing Week Retreat

Mayumarri WA Inc., 'Survivors supporting survivors', will be holding a 5 Day Residential Healing Week Retreat in Rockingham commencing Sunday 29th November 2009 for adult survivors of childhood abuse and trauma. The cost is from \$75.

For more information and bookings www.mayumarri.com.au, or E: mayumarri_wa@iinet.net.au

Evee Knight, Coordinator, M: 0429979074.

Summer School Workshop For Researchers

Monday and Tuesday 7-8 and Thursday and Friday 10-11 December 2009 at UWA presented by Anne McKenzie and Bec Hanley (an UK consumer advocate). For further information:

www.sph.uwa.edu.au/courses/summer-school/involvement-research.

Hypothetically Speaking... Is this Misconduct?

It can sometimes be difficult, when dealing with complex issues surrounding employee behaviour, to determine whether it is a case of misconduct, a grievance, a disciplinary matter or criminal behaviour.

Event Details: Wednesday, 9 December 2009, 9.00am – 11.00am (Registration 8.30am)

Venue: Banquet Hall, The University Club of Western Australia Hackett Drive, Crawley.

This forum is free - tea and coffee available on arrival and morning tea provided. Registration is essential as places are limited.

REGISTRATION: Go to <http://www.wa.ipaa.org.au> and click on the online events search. For further information contact IPAA WA Phone: 9221 1177 | **EMAIL:** info@ipaawa.org.au

Perspectives on Children, Families and Mental Health

3 interagency training opportunities

24th Nov Inside a Family Under Pressure- The Impact of Mental Illness on the Family

1st Dec Awkward COPMI Conversations

8th Dec Collaborative Practice

Sessions will run from 9am - 5pm on each day at 'The Hive',

25 Wentworth Parade, Success WA

This three day program was designed specifically as cross sector training with the goal of building knowledge, skills and relationships across sectors to improve both individual and collaborative responses to the needs of children and to support parenting capacity in families where a parent experiences a mental illness.

Pre-reading of Overview of Mental Illness is at www.ruah.com.au/page/MentalHealth and is recommended for all participants. BYO lunch or shops are nearby.

To secure a place in the workshops please contact Renee on perspectives@ruah.com.au

Hearing Voices Awareness (2 Day) Workshop - Richmond Fellowship of Australia Working with voices for Professionals. 26 and 27 November 2009

Fee \$220. Places Are Limited. Participants MUST attend both days. Registration
Flyer: www.rfa.org.au E: Rhonda.Chapman@rfa.org.au |



Consumer-Centred Health Care: Policy Innovation and Empowerment Call For Papers

National Conference, 22-23 March 2010 Angliss Conference Centre Melbourne .

[Click Here](#) To Register. Abstracts in no more than 300 words should be forwarded by email by 31 December. Vern Hughes, Conference Convenor, vern@partnerships.org.au | 0425 722 890. [Click Here](#) to express an interest in contributing a paper or presentation.

Graduate Diploma in Mental Health Sciences (Community Mental Health).

This is a distance education graduate course in Australia that specializes in educating people working with people with a mental illness or in the community mental health field.

Applications for 2010 close on 30 November 2009.

Flyers can be downloaded from <http://www.med.monash.edu.au/spppm/pgrad/gdcmh.html>.

John Julian, Course Manager, Southern Synergy, Graduate Diploma in Mental Health Sciences (Community Mental Health). T: (03) 9554 1582 | D: (03) 9554 1590

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Events

“White Ribbon Day Soiree”

Following Nicole Kidman's impassioned [testimony to the US Congress in support of the International Violence against Women Act](#), the Perth Chapter of Young UNIFEM (The United Nations Development Fund for Women) is holding a 'White Ribbon Day Soiree' to support White Ribbon Day.



Host: Shadow Treasurer and White Ribbon Ambassador Ben Wyatt MLA.

Date: Wednesday 25 November 2009, 6.30pm - 9.00pm at the Sunken Gardens, University of Western Australia. Cost: \$25 unwaged / \$30 waged. Includes: Drinks and finger food

RSVP: <http://unifem.org.au/Content%20Pages/Events/attend-an-event>

Further Information: www.unifem.org | www.whiteribbonday.org.au

'Come N Try' events....

Coming soon are the two Come N Try events for Indoor Cricket, incorporating the State Team Trials (for players aged 14+ years with an intellectual disability) for the WA Lord's Taverner's Team. This year we will be having the usual Come N Try in Ballajura and a new location in Cockburn.

Cockburn will be hosting a new fun Indoor Cricket Program in January on Friday nights, so please come down to the 'Come N Try' event to show your interest! (registration & information form attached)

The benefits are endless so please promote active participation!

Leah Sumich, Sports Development & Recreation Officer, Recreation & Sport Network, M: 0409 116 425 | F: (08) 9443 8799 | Website: www.rec.net.au

Art from the Soul, Art Exhibition and Art and Craft Sale

The members of the Joondalup June O'Connor Centre and Day to Day Living Program would like to invite you to attend 'Art from the Soul', their Art Exhibition, Art and Craft Sale. Open to the public in the Joondalup JOC on Thursday the 3rd and Friday the 4th of December 2009. Megan Carter | focusj2@joc.com.au | T +61 8 9301 1131

International Day of People with Disability (IDPwD)

Held on 3 December each year, International Day of People with Disability is a United Nations sanctioned day that promotes inclusion and highlights the contributions people with disability make to their communities on a local, national and international level. The day aims to promote awareness of disability issues as well as the talents and achievements of people with disability. Check the IDPwD Event Calendar at www.idpwd.com.au for events near you.

The Future of Social Housing In WA.



Ian Carter will be presenting 'The Future of Social Housing In WA.'

As well as being Chief Executive of Anglicare WA, Ian is also Chair of the WA Social Housing Taskforce, whose report "[More than a Roof and Four Walls](http://www.housing.wa.gov.au/Files/SocialHousingTaskforce_FinalReport.pdf)" has outlined a strategy for WA with the aspirational target of 20,000 new social and affordable housing units by 2020, and Director of the Foyer Foundation <http://www.foyer.org.au>.

Date: Thursday 26 November 2009, 12-1.30pm

Venue: Board Room, 18 Dalgety Street, East Fremantle

RSVPs: angela.piscitelli@health.wa.gov.au

"Trauma Practitioners' Lived Experience of the Impact of Therapy on Trauma Recovery

Outcomes". Australasian Society for Traumatic Stress Studies

Festive Forum For 2009 – 6:00pm Monday 23 November 2009

Students and Committee members \$10, ASTSS members \$15, others \$20.

Hollywood Clinic, Monash Ave, Nedlands. RSVP to Jennie Connolly (ASTSS Forum Convenor) by Friday 20 November - E: connollyjennie@hotmail.com

Personality Disorders Interest Group

One of the outcomes of a PD Working Group to consider a model of care for the management of personality disorders, hosted by SMAHS, MH over the past few months has been to establish a Personality Disorders Interest Group.

The proposed aim of this group is to support and promote effective and timely treatment and management of personality disorder in WA through collaboration and advocacy.

SMAHS, MH will host this group for the first two years, which is open to government and NGO service providers across the State.

The first quarterly meeting of this group will be: Tuesday 1 December, 4pm-5pm

SMAHS MH, 18 Dalgety Street, East Fremantle. All welcome!

RSVP to Angela Piscitelli ☎ 9319 7220 or ✉ angela.piscitelli@health.wa.gov.au

(Please register your interest even if you are unable to attend this date)

Ruok?Day And Ruok?Arvo Sunday 29th November, 2009.

A 2007 Medicare Private study showed that by far the largest contributor to lost productivity in the Australian economy was caused by depression and anxiety. Since 2007, Davidson Trahaire, by far Australia's largest workplace counselling group, has seen client sessions for stress and anxiety increase 76% and 68% respectively.

www.RUOKArvo.com.au has also been created on Friday November 27 – the Friday afternoon before RUOK?Day. On this afternoon participating companies will invite all employees to reach out to one person – either a loved one or a work colleague –and ask RUOK? Visit www.RUOKDay.com.au and review the resources and put Sunday Nov 29 in your diary and promise to make contact with one person you think could be struggling.

Join In, Join Up! project

Encourages members of the Australian public to join community groups in their local, or interest area. *Join In, Join Up* is an initiative of Our Community and the Pharmacy Guild of Australia and is proudly supported by the Telstra Foundation.

Find out more about Join In, Join Up! at www.ourcommunity.com.au/joinin

Fiona Stanley Hospital - Community Information Session

Tuesday 24 November 2009, Any time between 4.00pm and 7.00pm
Bibra Lake Community Centre, Parkway Road, Bibra Lake.

Homeless Connect to be held – Perth

Check this out to discover more about Homeless Connect– Perth - to be held at the Citiplace Community Centre, Perth on Wednesday 25 November.

<http://www.cityofperth.wa.gov.au/web/Living/Community-Services-and-Facilities/Homeless-Connect-Perth/>

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New Resources:

Health consumers the key to health reform

CHF Media Release - <http://www.chf.org.au/media-releases.php>

Therapy online: In cyberspace no-one can see you cry

Online therapy sessions could deliver help to thousands of Australians including women seeking help with domestic violence and country people whose self-reliance, heavy work schedule and geographic isolation rule out seeing a therapist face-to-face.

A review of technology use in therapy, counselling and dispute resolution by the Australian Institute of Family Studies has shown counselling in cyberspace holds "a great deal of promise"....

<http://www.aifs.gov.au/institute/media/media0910020.html>

The new Reach Out Pro has been launched

The new and improved Reach Out Pro has been launched to include a Discussion feature that will allow you to share your ideas, current research, upcoming events as well as comment on others. It will also include new sections like Interviews with young people and additional resources for healthcare professionals.

The look has also been tweaked to be sleeker, cleaner and easier to navigate. Please have a browse and pass along to your colleagues. Take some time to look at the Discussion feature and have your say. If you are interested in contributing to this feature on a regular basis, please email me. Nadine Finlay Reach Out Pro Project Manager. Inspire Foundation PO Box 1790 Rozelle NSW 2039 Australia

Direct +61 2 8585 9337 Fax +61 2 8585 9349 Email nadine@inspire.org.au

Web www.inspire.org.au; www.reachoutpro.com.au

Free Music Feedback CD/DVD available

Local musicians are supporting the youth mental health project, "Music Feedback: What if we talked about music the same way we talk about mental illness?"

The project was initiated by the Department of Health, Mental Health and West Australian Music Industry Association and targets 14-25 year olds encouraging them to: participate in music and healthy activities to improve their wellbeing; express themselves and connect with others; talk openly about mental health and get help for any problems; understand and support people with a mental illness; and study and work in mental health.

Resources developed include: the [Music Feedback documentary](#) featuring interviews with Gyroscope, Birds of Tokyo, Kill Devil Hills, End of Fashion, Abbe May, Yabu Band and Roly Skender and mental health nurses; 20,000 [CD/DVDs](#) featuring songs by 25 WA musicians; and the documentary W: www.musicfeedback.com.au

Share your experiences at the [forum!](#) Distribute the [Music Feedback CD/DVDs](#) at youth and mental health events; and Download and Share the [band posters and wallpapers](#)

For free CD/DVD's visit www.musicfeedback.com.au, or contact: the Mental Health Division, Department of Health, T: +61 8 9222 4099 | F: 9222 2351 | E: mentalhealthreception.royalst@health.wa.gov.au

What is Compeer?

Compeer is an award winning volunteer program, sponsored by St Vincent de Paul Society, which helps to break down stigma associated with mental illness through friendship and social support. Compeer means companion and peer. It came to Australia in 1996. For more information visit www.vinnies.org.au/mental-health-in-compeer-act

Working for Wellness, a new UK site promoting mental health and employment.

This website, offers a range of information, help and advice on obtaining and keeping a job as well as links to healthy workplaces and the legal issues etc. <http://www.workingforwellness.org.uk/>

ASCA is a national organisation which works to improve the lives of adult survivors of child abuse throughout Australia.

Our long-term strategy is to ensure that all adult survivors of all forms of child abuse and neglect in Australia will be able to access the specific services they need, to ensure health, well-being and meaningful engagement in the communities in which they live. Studies have shown that appropriate programs and therapeutic support can significantly reduce the legacy of childhood trauma and abuse.

<http://www.asca.org.au/index.cfm>

Privileged insight into 'invisible illness'

Flying with Paper Wings is the story of one woman's struggle to survive against an invisible illness, and her continued fight for an identity, self-esteem and a future.

'*Flying with Paper Wings* offers a privileged insight into the experience of managing a severe mental illness,' says SANE Australia's Executive Director Barbara Hocking. 'Sandy's story is ... of the strength required each and every day to live a full, active life with good humour and compassion, despite the distressing and often unrelenting symptoms of her illness. Sandy is the most resilient person I know.'

Flying with Paper Wings: Reflections on Living with Madness, Sandy Jeffs, Vulgar Press, RRP \$33.00. Available to purchase from SANE Australia: www.sane.org or

The Public Trustee offers a range of PDF publications relating to its services.

<http://www.publictrustee.wa.gov.au/P/publications.aspx?uid=2445-8497-7341-0979>

Health consumers speak out about depression, anxiety and chronic health problems

'Depression and anxiety are more than health issues: they are employment, economic and social issues and result in more years of disability and lost productivity than other illnesses' according to Carol Bennett, Executive Director of the Consumers Health Forum of Australia (CHF). *Health Voices* is available at www.chf.org.au or www.beyondblue.org.au or by calling **1300 22 4636**.

[Cyberbullying - let's fight it together](#)

28 September, 2009 | The Australian Communications and Media Authority has recently launched Let's Fight It Together, a new teaching resource to combat cyberbullying that will be available free to all schools in Australia.

Have Your Say:

The article which was here only applied to Victoria. The PhD student was looking for workers in the community welfare sector to talk about their experiences of workplace stress. Rather than have her swamped by interstate calls I have withdrawn the article, but I hereby give you forward notice of a possible intersector forum on Workplace stress which will be either 31 May or 2 June 2010. Keep posted! My apologies for the formatting getting rather stressed here as a result, but it is only this section and the links still work. :) (Anthea - Editor)

10th Global Conference - IFA 2010 Abstract Submission Deadline Extended!

Melbourne May 2010.

The date for the submission of abstracts has been extended to Monday 30th November. Sue Hendy, Executive Director, Council on the Ageing Victoria 9655 2102

National Strategy for Young Australians

This is a chance for young people, the youth sector and the community to help shape the Government's National Strategy for Young Australians through online events, local and national forums and face-to-face discussions.

More information is available at the Australian Youth Forum website www.youth.gov.au/ayf

Consumer Consultation Project On The Quality Use Of Pathology

The Consumers Health Forum of Australia (CHF) is currently undertaking a consumer consultation project on the quality use of pathology to engage, inform and consult with CHF members about current pathology practice in Australia. Through consumer consultation, we aim to establish an evidence base to identify consumer issues including gaps, opportunities, facilitators and barriers to the quality use of pathology.

CHF is seeking expressions of interest from consumers who wish to attend the Perth workshop on Wednesday morning, 9 December to share their experiences about pathology services and quality use of pathology. To register your interest in attending please contact Sarah Watt, CHF Project Officer s.watt@chf.org.au | T: (02) 6273 5444.

Rethinking Mental Health Laws: An Integrated Approach

In December 2007, Professor Bernadette McSherry commenced a prestigious five year Australian Research Council Federation Fellowship which will focus on developing a research program into mental health laws.

The main aim of this research program is to explore the role the law has, and should have, in improving access to optimal mental health care and promoting and maintaining good mental health.

These model frameworks will integrate theoretical and clinical approaches for attaining the highest attainable standard of mental health care and will put Australia in the forefront of the developing international focus on reforming mental health laws.

"We're only interviewing a small group of people in each state, but we're always interested in getting feedback via phone or email." Details about our work can be found via

www.law.monash.edu.au/rmhl

Professor Bernadette McSherry, Australian Research Council Federation Fellow Rethinking Mental Health Laws Project, Faculty of Law, Monash University.

E: Bernadette.McSherry@law.monash.edu.au

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Newsletters

Lifeline's October newsletter is at: www.lifeline.org.au/newsletter.

Covered in this month's edition: Details about an important Commonwealth Senate Inquiry into Suicide Prevention - find out how to have your say; and information and tips on responding to cyber-bullying.

Third Sector e-news is the online update for Australia's not-for-profits!

A companion service to the quarterly *Third Sector* magazine, news is posted daily at thirdsectormagazine.com.au and a 'summary every fortnight .

Email your contributions to news@thirdsectormagazine.com.au.

Twitter <http://twitter.com/ThirdSectorMag>. W: www.thirdsectormagazine.com.au/newsletter/

Clinical ApplicationsUnit newsletter (PDFs).

CCRN Newsletter (PDFs).

Australasian Society for Traumatic Stress Studies - WA Chapter Newsletter (PDFs).

Global Gazette Disability & Ageing 2009

http://www.globaladvantage.org/page/global_gazette_disability_ageing.html

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Techtalk

[Illness website is mental as anything - A new e-health website](#)

PS News

A new e-health website to help people find online treatments for mental illnesses was launched during Mental Health Week.

The interactive website, *Beacon*, was developed by the ANU Centre for Mental Health Research (CMHR) and supported by the Mental Health Council of Australia.

Senator for the ACT, Kate Lundy said Beacon provided a portal for consumers, health professionals and members of the community to access to online mental and physical e-health programs.

"To date, Beacon has reviewed 100 programs across a range of categories including depression, post-traumatic stress disorder, social anxiety and eating disorders," she said.

"It's really been designed for everybody, parents of young people, doctors, health professionals who may not have at their finger tips what is available in terms of self help," Professor Christensen said.

Beacon joins a suite of e-health programs from CHMR including MoodGYM, E-couch, BluePages and BlueBoard. It is available at www.beacon.anu.edu.au

DONORTEC

- Trying to work out how you are going to upgrade from your current operating system to Windows 7?
- If you have already placed a Microsoft order this year you may still be able to place a [special order](#) for Windows 7!
- Why not take advantage of DonorTec and NewsMaker's [special offer](#) now?



Think Gov 2.0 and make some dough

Do you have an idea for using government information that you'd love to have but you can't get now? Would you like to win \$5,000 for your favourite nonprofit?

For details visit <http://blogdoug.connectingup.org/?p=198> . For all the above visit:

www.donortec.com.au/newsletter/ .

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Articles

Is there such a thing as 'rural mental health'?

First of all, what does it mean to be rural? The best definition of "rural" is one of low population density.

For residents of ... 2009 The Preston Connection Feature Service By Dr. Val Farmer, Columnist

http://www.theprairiestar.com/articles/2009/11/04/ag_news/columnists/val.txt

[West Australian govt must end border squabble over Outback ...](#)

By tony serve

"I am particularly distressed to learn that one of **Australia's** best known Aboriginal artists, Patrick Tjungurrayi, finds himself caught in the middle of this impasse," said Australian Greens **Health** spokesperson, Senator Rachel Siewert. ... A Professional Approach To **Mental Health** At Work November 4, 2009. A new website aimed at the nation's stressed out workforce is being launched today, on National Stress Awareness Day (4 November). The new resource, produced by the ...

[tony serve blogs - http://tonyserve.wordpress.com/](http://tonyserve.wordpress.com/)

Make Your Web Site Press Friendly, So Journalists Cover Your Org

(Nancy E. Schwartz) Poor site usability and missing info in online press areas can turn journalists away from covering your organization or force them to get their information from third-party sources. A shabby online press area is a lost PR opportunity.

www.gettingattention.org/my_weblog/2009/01/make-your-web-site-press-friendly.html?utm_source=Not-For-Profit+News&utm_campaign=c66bb8c500-NFP+News+May09&utm_medium=email

The road to remarkable emails

(Gayle C. Thorsen) Great emails can help build your brand, drive offline or online action, and raise funds. It pays to devote attention to their purpose, appearance, subject lines, content and frequency...

impactmax.wordpress.com/2009/05/04/the-road-to-remarkable-emails/?utm_source=Not-For-Profit+News&utm_campaign=c66bb8c500-NFP+News+May09&utm_medium=email

1 in 4 teens live with mental illness

By Bronwyn Herbert for The World Today

Posted Thu Oct 22, 2009 5:44pm AEDT

Updated Thu Oct 22, 2009 8:26pm AEDT

[Video: Study looks at the trouble with teens \(The Midday Report\)](#)

[Audio: Prime Minister tackles youth issues on the net \(The World Today\)](#)

A report into the "state of young people" shows disturbing levels of mental and physical illness among Australian teenagers. <http://www.abc.net.au/news/stories/2009/10/22/2721659.htm>

More Australians take sickies as financial crisis bites

Courier Mail

More than a third of organisations reported increased mental health issues, such as stress, anxiety, and depression in 2009 – it rates as the third biggest ...

<http://www.news.com.au/couriermail/story/0,23739,26227785-23272,00.html>

Financial contribution of Australia's not-for-profit sector revealed

Non-profit organisations contributed close to \$43 billion (or 4.1 per cent) to Australia's economy in 2006-07, according to the Australian Bureau of Statistics.

http://thirdsectormagazine.com.au/news/financial_contribution_of_australias_not-for-profit_sector_revealed/008075/

Professor Donna Cross awarded more than \$1 million for bullying research

Posted on November 5th, 2009 by Corporate COMMUNICATIONS

Professor Donna Cross

ECU's Professor Donna Cross, Director of the Child Health Promotion Research Centre, has recently received just over \$1 million in research grants for two research projects to reduce bullying and cyber bullying among young people.

<http://www.ecu.edu.au/pr/InsideECU/2009/11/professor-donna-cross-awarded-more-than-1-million-for-bullying-research/>



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A-Muse-Moments

"Courage is not limited to the battlefield. The real tests of courage are much quieter. They are the inner tests, like enduring pain when the room is empty or standing alone when you're misunderstood." Charles Swindoll.

"Leadership, however, is not about a power trip, but about giving power to the people under you. It's about giving them the tools they need to do the job." Anon.

"What do all equations have in common? An **equal sign**. In a mathematical equation the equal sign represents the balance; and in our equation of effective life/time management, **it represents balance**. Do you have an equal sign in your life? What is your balance?" Amy Jones, author