

God's good but life's still hard

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Key references from the presentation

Who experiences mental illness? (<http://www.mindframe-media.info/>)

Risk factors for mental illness (<http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/risk-factors>)

Help seeking (<http://www.mindframe-media.info/>)

Our mental health system (<http://www.health.act.gov.au/our-services/mental-health>)

Depression (<http://au.professionals.reachout.com/depression>; <http://www.beyondblue.org.au/the-facts/depression/>)

Anxiety (<http://www.beyondblue.org.au/the-facts/anxiety/>; <http://au.professionals.reachout.com/anxiety>)

Suicidality (<http://www.sane.org/information/factsheets-podcasts/211-suicidal-behaviour>; <http://www.beyondblue.org.au/the-facts/suicide-prevention/emergency-and-crisis-situations/common-warning-signs>; <http://www.conversationsmatter.com.au/>)

[What to do/what not to do \(www.mindandsoul.info/\)](http://www.mindandsoul.info/)

Resource portals

Mind health connect - www.mindhealthconnect.org.au

Mind health connect is a government portal designed to provide information about mental health issues and to connect people with services. It's a great place to start if I've missed things in the information below.

Mental health foundation service directory - www.mhf.org.au/services-directory

A comprehensive, though not terribly easy to use, guide to services specifically in the ACT

Telephone crisis lines

Lifeline – 13 11 14; www.lifeline.org.au

Free, crisis and general mental health help both telephone and online. Trained counsellors who can refer to other services if needed.

Kids Helpline – 1800 55 1800; www.kidshelp.com.au

Free, private and confidential telephone and online counselling. Specifically for young people aged 5 and 25.

Beyondblue – 1300 22 4636; www.beyondblue.org.au

24/7 support and advice service for both those with a lived experience and those caring for others

Mensline – 1300 78 99 78; www.mensline.org.au

Free, confidential, staffed by professional counsellors experienced in men's issues. Website has links to other help services

Parentline – (02) 6287 3833 (ACT); 1300 1300 52 (NSW)

Confidential telephone counselling service providing professional counselling and support for parents and those who care for children

1800 Respect – 1800 737 732; www.1800respect.org.au/

National sexual assault, domestic family violence counselling service, both telephone and online services

Web based resources

Beyondblue - www.beyondblue.org.au

Depression and anxiety information

Guide to the mental health system and who does what

'1 minute checklist' for depression and anxiety (the K10) that can be printed out and taken to a GP. Gives a great idea of how a person is going: [http://](http://www.beyondblue.org.au/the-facts/depression/signs-and-symptoms/anxiety-and-depression-checklist-k10)

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The 'Check in app' – look up on apple app store or google play

Black Dog Institute - www.blackdoginstitute.org.au

Research organisation which mainly focuses on bipolar disorder and depression.

Website has information for a whole range of people, including carers.

Moodgym and ecouch - <https://moodgym.anu.edu.au/> ; <https://ecouch.anu.edu.au/>

Free, online, evidence based treatment resources developed by the National Institute for Mental Health Research at the ANU. Moodgym focuses on depression, e-couch has modules for depression, generalized anxiety and worry, social anxiety, relationship breakdown and loss and grief.

Reachout.com

Reachout.com is Australia's leading online youth mental health service. It provides practical information, tools and support to young people for everyday troubles to really tough times. Reachout Professionals is the sister site – provides information for health professionals

Butterfly Foundation - <http://thebutterflyfoundation.org.au/>

The butterfly foundation is dedicated to bringing about change to the culture, policy and practice in the prevention, treatment and support of those affected by eating disorders and negative body image

Royal Commission into Institutional Responses to Child Sexual Abuse - www.childabuseroyalcommission.gov.au/

Collection of resources for abuse survivors, as well as detailed information about the work of the royal commission

ACT Services

Crisis:

Crisis Assessment and Treatment Team – 1800 629 354; 6205 1065

24/7 service for the assessment and short term management for people with mental health issues presenting in acute distress or with an acute exacerbation of a longer term mental health problem

Child and Adolescent Mental Health Services - Community Teams - Intake Line 6205 1971

The CAMHS Community Teams provide assessment and treatment for children and young people under 18 years of age who are experiencing moderate to severe mental health difficulties.

Ongoing challenges – general adult population

General Practitioners – various

GP's are the first recommended go to for non-crisis mental health issues. They can provide referrals to psychologists, psychiatrists and link people in with other ACT mental health resources.

Adult Community Teams

Multidisciplinary and provide mental health assessment, treatment, clinical management, crisis management, family support and referral pathways for people with mental health issues. The teams operate during business hours and referrals are received from a range of sources, including individuals, their families, GP's or community organisations.

Belconnen - Belconnen Community Health Centre - 6205 1110

City - 1 Moore Street, level 2, Canberra City - 6205 1338

Tuggeranong - Tuggeranong Community Health Centre - 6205 1488

Woden - Phillip Health Centre - 6205 2777

Ongoing challenges – under 25s

See note re GPs

Headspace ACT – University of Canberra – 6201 5343; www.headspace.org.au/headspace-centres/headspace-canberra

Headspace ACT has a variety of workers and services that young people can see at low or no cost. Services include: Youth mental health workers, alcohol and drug workers, psychologists

The Junction Youth Health Services – Civic – 6232 2423

Free primary health care service that provides support to young people in all aspects of their health and wellbeing.

CoPMI (Children of Parents with a Mental Illness) - 6205 1110

The CoPMI initiative works in partnership with adult mental health clinicians in supporting families to better manage the affects of mental illness on their family unit. Referrals are made through the mental health clinicians

STEPS - 6205 1971

A residential facility that is an alternative to hospital for young people (aged 14 -18 years) for up to a period of 12 weeks who are experiencing moderate to severe mental health issues.

The Cottage Adolescent Day Programme

A therapeutic group program for young people between the ages of 12 and 17 in the ACT who are experiencing moderate to severe mental health issues. Referrals to the Cottage Adolescent Day Program are made by Clinical Managers in the mental health community teams.

Ongoing challenges – specific issues

Perinatal Mental Health Consultation Liaison Service - Callum Office, Woden - 6205 1469

Provides mental health assessment, treatment and other services including support, advice and referrals for women from conception to 12 months after giving birth.

Eating Disorders Program - Phillip Health Centre -6205 1519

A specialist, community-based, multi-disciplinary team providing comprehensive assessment and treatment programs to people with a primary diagnosis of an Eating Disorder.

Early Intervention Team - Callum Offices, Woden - 6205 1971

This service provides care for people and their families experiencing a severe initial episode of mental illness including psychosis. The unit operates 7 days per week and referrals are made after assessment by Mental Health Community Team clinicians

Christianity specific resources and pieces of interest

Mind and Soul – Christianity and Mental Health - www.mindandsoul.info/

Mind and Soul is a UK based foundation who has put together a formidable set of resources. It's a big website, but one that has me really excited.

1 in 4 – Mental Health and your church, a resource for communities - [http://](http://www.mentalhealthmatters-cofe.org/upload/Chester%20Pack%201%20in%204.pdf)

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A 30 page resource pack developed by the Church of England's Diocese of Chester. Provides concrete ideas and examples for how to promote mental health in your churches

Rick Warren: Churches must do more to address mental illness – Time Magazine: <http://time.com/40071/rick-warren-churches-must-do-more-to-address-mental-illness/>

Rick Warren lost his son to suicide, and this article was written in light of that event. He says: "What do churches have to offer to the mentally ill and their families in light of the multi-layered, complex set of issues that surround mental illness? The answer is – a lot! There are biblical, historical, and practical reasons that churches must be at the table with this issue."