

South Western Sydney  
**Online Mental Health Summit**  
..... October 2020 .....

# Timetable

#MentalHealthMatters



Principal Supporters



## Creative Wellbeing – Your Stories

Share your mental health lived experiences by getting creative during Mental Health Awareness Month (October) & go in a draw to **win a \$50 eftpos voucher!**

*Being creative allows us to disconnect from life's challenges and express our inner thoughts and feelings. It encourages us to be in the moment and provides creative pathways to mental health recovery.*

*We invite you to create something that conveys your personal experience with mental illness or your recovery. You may want to focus on something specific e.g. the feelings you have experienced, your self-care strategies or tackling stigma.*

*Your creations can be anything! Poetry, songs, drawings, collages, dances, photography and/or baking. There is no right or wrong. You may wish to share a paragraph explaining your creative piece but it is not essential.*

### To Enter:

Post your creative expressions on Facebook between 1<sup>st</sup> – 30<sup>th</sup> October 2020.

Ensure your post is set to public and use **#SWSMHSummit2020**.

All entries will be placed in a draw and a winner will be randomly selected on Monday 2<sup>nd</sup> November 2020.

Winner will be announced on the SWSRC Facebook page on Monday 2<sup>nd</sup> November and the winning creative piece will be shared.

SWSRC will post on their Facebook page (2<sup>nd</sup> November 2020) who the winner is. SWSRC will also privately message the winner.

This promotion is in no way sponsored, endorsed, administered by or associated with Facebook.

### Moving Beyond Trauma

**Date:** Wednesday 7<sup>th</sup> October

**Time:** 10:00am – 11:30am

#### Presented by:

Petrea King, Founder & CEO, the Quest for Life Foundation



#### Registration link:

<https://bit.ly/3mLufdt>

or **CLICK HERE**



*In this session you'll learn about the latest understanding of how the brain heals from past traumatic experiences, and you'll have a clear perspective on the four keys to resilience and peace of mind. You'll take away simple, practical skills to utilise in daily life and which help to interrupt the impact of triggers. When we create an environment for our body and brain to heal from past trauma, our quality of life improves dramatically and life takes on new meaning.*

### Outcomes:

Increased understanding of the physical impact of trauma on the brain/body.

Explore the power of group dynamics and motivation for positive change.

Develop skills to reduce the impact of triggers.



### Roads to Recovery #1

**Date:** Thursday 8<sup>th</sup> October

**Time:** 4:30pm – 6:30pm

#### Presented by:

Lived Experience Workforce from One Door Mental Health



#### Registration link:

<https://bit.ly/2FSx9wr>

or **CLICK HERE**

*Everyone has travelled a unique road on their mental health recovery journey. In this panel discussion, you will experience three different perspectives of mental health recovery. We will discuss the symptoms experienced and how the recovery model and recovery principles can be used to support people with mental health challenges. We will also discuss the importance of choice in recovery journeys.*

### Outcomes:

Increased understanding of mental health recovery principles

Increased understanding of the importance of different experiences and perspectives

Develop practical strategies to support recovery (using recovery model)

## My Recovery Journey from Psychosis

Date: Friday 9<sup>th</sup> October

Time: 1:00pm – 2:00pm

### Presented by:

Peter Schaecken, Peer Worker, New Horizons



### Registration link:

<https://bit.ly/2EsBrtW>

or **CLICK HERE**



*Psychosis can be hard work particularly in the early stages. Join Peter, a peer worker of 25 years, as he shares his recovery journey. He will provide insight into how he rebuilt his life, moving from surviving to thriving. Peter will share his tips for staying motivated including developing a relapse prevention plan.*

### Outcomes:

- Finding hope and motivation for mental health recovery
- Explore strategies to support mental health recovery
- Increased understanding of the benefits of a relapse prevention plan



## When to See a Psychiatrist

Date: Tuesday 13<sup>th</sup> October

Time: 2:00pm – 3:00pm

### Presented by:

Dokotela - Making specialist care more accessible



### Registration link:

<https://bit.ly/3iUpLiz>

or **CLICK HERE**

*Psychiatrists can be a support for mental health recovery but how does a person know when it is a good time to see one? It may be daunting for a person to think about seeing a psychiatrist however this session will assist you in understanding what to expect. It will unpack the role of a psychiatrist, when to see a psychiatrist and conditions they treat.*

### Outcomes:

- Ability to recognise when to ask a GP for a referral
- Increased understanding of what to expect when a person sees a psychiatrist
- Increased understanding of psychiatry treatments

## The Catch Up for Men

Date: Thursday 15<sup>th</sup> October

Time: 10:00am – 11:00am

### Presented by:

Flourish Australia



### Registration link:

<https://bit.ly/2HpN6uH>

or **CLICK HERE**



*This casual online chat is an opportunity for men to connect with other men and share thoughts about mental health and draw upon individual experiences to discuss how men with mental health challenges can best be supported. If you have a passion for and ideas to improve men's mental health across SWS, why not join us?*

### Outcomes:

- Increased understanding of men's mental health
- Explore ideas for connecting with other men
- Unpack strategies to support men's mental health recovery



### **Keeping Mentally Healthy with Chronic Illness: Our Stories**

**Date:** Friday 16<sup>th</sup> October

**Time:** 6:00pm – 7:30pm

**Presented by:**

Peer Trainers, South Western Sydney Recovery College



**Registration link:**

<https://bit.ly/3cpjUPD>

**or CLICK HERE**

*Being mentally healthy can be a challenge for everyone at some point in our lives, however for those suffering with daily pain or the adverse effects of chronic illness this can be even more problematic.*

*This 1.5hr session will explore from a lived experience perspective, the correlation between chronic illness and mental health along with practical ways of balancing these challenges.*

#### **Outcomes:**

- Increased understanding of the link between mental and chronic illness
- Explore strategies to balance our mental health and chronic illness including diagnosis

### **Connector Hub – What is it?**

**Date:** Wednesday 21<sup>st</sup> October

**Time:** 10:00am – 11:00am

**Presented by:**

Connector Hub



**Registration link:**

<https://bit.ly/3617Vaa>

**or CLICK HERE**



*Where do you go if you don't have NDIS funding to support your mental health recovery? How can you connect with your community whilst managing your mental health? This session will introduce Connector Hub and how this group based social program can support you to live the life you want.*

#### **Outcomes:**

- Explore Connector Hub groups and activities that are available
- Explore and develop connections to mental health services



### **Cuppa and Catch Up for Vietnamese Community**

**Date:** Tuesday 20<sup>th</sup> October

**Time:** 10:00am – 11:00am

**Presented by:**

Flourish Australia



**Registration link:**

<https://bit.ly/3613JHo>

**or CLICK HERE**

*Are you Vietnamese and would like to know more about mental health? Come and join us in an online Cuppa and Catch-up information session for the Vietnamese community. You will chat about mental illness and mental health and hear from a Vietnamese peer worker about his personal mental health recovery. A great opportunity to ask questions and find out how you can get support.*

#### **Outcomes:**

- Explore what mental health recovery means
- Increased knowledge of mental health services available for the Vietnamese community

## Re-Frame Your Mind!

Date: Thursday 22<sup>nd</sup> October

Time: 4:00pm – 4:30pm

### Presented by:

Community Links Wellbeing



### Registration link:

<https://bit.ly/2S3mMIZ>

or **CLICK HERE**



Are you 12-25, having a tough time or know someone that is? We all have good days and bad days. You're not alone. Explore mental health wellbeing, holistic health, cool doctors, and the power of connection and walk-in mental health services. We'll chat about knocking down barriers so that you can reach out for support and connect to services when you need it.

### Outcomes:

- Explore what good mental health wellbeing is
- Explore the importance of holistic mental and physical health
- Explore and develop connections to mental health services



## Understanding Mental Illness & Recovery (Arabic)

فهم الأمراض النفسية والتعافي (العربية)

Date: Friday 23<sup>rd</sup> October

Time: 10:00am – 12:00pm

التاريخ: الجمعة 23 أكتوبر October  
الوقت: 10:00 صباحاً – 12:00 ظهراً

### Presented by:

South Western Sydney Recovery College

مقدمة من:

كلية جنوب غرب سيدني للإنعاش

### Registration link:

<https://bit.ly/2RMcLQ5>

or **CLICK HERE**

رابط التسجيل:



<https://bit.ly/2RMcLQ5>

or **CLICK HERE**

Expand your knowledge of mental illness and mental health recovery in a safe and judgment free webinar.

توسيع معرفتك بالأمراض العقلية والصحة العقلية في ندوة الويب المجانية الآمنة والحكيمة.

Explore whether mental health recovery is possible and the strategies and principles for learning new information and skills and where to go to for supports.

استكشاف ما إذا كان الشفاء من الصحة العقلية ممكناً، والاستراتيجيات والمبادئ اللازمة لتعلم معلومات ومهارات جديدة، وإلى أين يمكن التوجه للحصول على الدعم.

### Outcomes:

- Increased understanding of what mental illness is
- Understanding of the principles of mental health recovery
- Develop skills to support mental health recovery

نتائج:

- زيادة فهم ما هو المرض العقلي
- فهم مبادئ التعافي من الصحة النفسية
- تطوير المهارات لدعم التعافي من الأمراض العقلية



### **Planning Together for Mental Health Recovery (First Nations)**

**Date:** Monday 26<sup>th</sup> October

**Time:** 10:00am – 12:00pm

**Presented by:**

South Western Sydney Recovery College



**Registration link:**

<https://bit.ly/2FWnLaW>

**or CLICK HERE**

*A planning meeting for First Nations service providers in South Western Sydney to explore practical strategies to increase awareness of and supports for mental health recovery.*

#### **Outcomes:**

- Increased understanding of recovery oriented principles
- Identifying needs and gaps in local mental health recovery supports
- Plan together supports to increase mental health recovery awareness

### **What is Occupational Therapy and How Can It Help Recovery?**

**Date:** Monday 26<sup>th</sup> October

**Time:** 2:00pm – 3:00pm

**Presented by:**

Dr. Nicole Sharp (Lecturer WSU & SWSRC Expert Panel)



**Registration link:**

<https://bit.ly/35Zq48f>

**or CLICK HERE**



*This session will provide an overview of occupational therapy as a health profession which can support mental health recovery. It will explore what occupational therapy is, how it can help with mental health recovery, when it would be appropriate to seek help from an occupational therapist, and where to find one. It will also briefly cover how occupational therapy is different from other health professions.*

#### **Outcomes:**

- Increased understanding of what occupational therapists do
- Increased understanding of the role occupational therapists can play in supporting mental health recovery
- Increased understanding of when to seek support from an occupational therapist and how to find one



### **What is Hoarding?**

**Date:** Tuesday 27<sup>th</sup> October

**Time:** 10:00am – 12:00pm

**Presented by:**

Peer Trainers with a lived experience, SWSRC



**Registration link:**

<https://bit.ly/32TAxzZ>

**or CLICK HERE**

*Usually when our homes are starting to feel cluttered, we de-clutter. Why then do some people find it hard to manage their possessions? Why is there an urge to excessively acquire and extreme difficulty in discarding possessions that people no longer need or use?*

*This 2 hour webinar will explore what is hoarding, why people hoard and how to support someone who displays hoarding behaviours.*

#### **Outcomes:**

- Increased understanding of hoarding disorder and its related behaviours
- Increased understanding of how to support someone with hoarding behaviours
- Explore self-care tips and strategies to begin addressing hoarding behaviours

## What is Problem Gambling and How to Get Support?

Date: Wednesday 28<sup>th</sup> October

Time: 10:00am – 12:00pm

### Presented by:

Gambling Help Service, SWS Local Health District

### Registration link:

<https://bit.ly/3j195WQ>

or **CLICK HERE**



*Gambling is embedded within our society, throughout many industries, however it can cause harm. This session will explore what problem gambling is and its signs and symptoms from a clinical and gambling lived experience perspective of someone that is now in recovery. Psychological aspects of gambling behaviour and how to get support including current treatment and recovery options will be discussed.*

### Outcomes:

Increased understanding of what problem gambling is and its signs and symptoms

Increased understanding of how to get support including treatment options

*(Please note: this is delivered in webinar format without video).*



## Self-Care & Nutrition

Date: Thursday 29<sup>th</sup> October

Time: 10:30am – 10:45am

### Presented by:

Anna, Peer Trainer, SWSRC

### Registration link:

[www.facebook.com/swsrecoverycollege](http://www.facebook.com/swsrecoverycollege)

or **CLICK HERE**



*Nutrition plays a vital role within our wellbeing journey. Join us in the kitchen for a Facebook live session, exploring a range of self-care tips and tricks to support your mental health whilst making a delicious snack.*

### Outcomes:

Explore the connection between mental health and nutrition

Explore self-care tips and tricks with nutrition

## Roads to Recovery #2

Date: Friday 30<sup>th</sup> October

Time: 10:30am – 11:30am

### Presented by:

South Western Sydney Recovery College

### Registration link:

<https://bit.ly/33MgQt8>

or **CLICK HERE**



*Everyone has travelled a unique road on their mental health recovery journey. In this panel discussion, you will experience three different perspectives of mental health recovery. We will discuss the symptoms experienced and how the recovery model and recovery principles can be used to support people with mental health challenges. We will also discuss the importance of choice in recovery journeys.*

### Outcomes:

Increased understanding of mental health recovery principles

Increased understanding of the importance of different experiences and perspectives

Develop practical strategies to support recovery (using recovery model)



## Understanding Primary Mental Health in South Western Sydney

**Date:** Saturday 31<sup>st</sup> October

**Time:** 10:00am – 11:30am

**Presented by:**

South Western Sydney Primary Health Network (PHN)



**Registration link:**

<https://bit.ly/3hQhKtv>

or **CLICK HERE**

*Navigating the mental health system can be tough, especially when you are feeling mentally unwell. Understanding what support is right for you and how to access it can empower you to take the right steps in your recovery journey. In this webinar, you will learn about the mental health system in South Western Sydney, how to access free mental health services in the community and keeping yourself mentally well day to day.*

### Outcomes:

Increased understanding of 'primary mental health care' and types of mental health professionals.

Increased understanding of how to access free mental health services based on your needs.

Ability to apply self-care strategies and access tools and resources, in particular e-mental health, to maintain your mental wellbeing.



# #MentalHealthMatters

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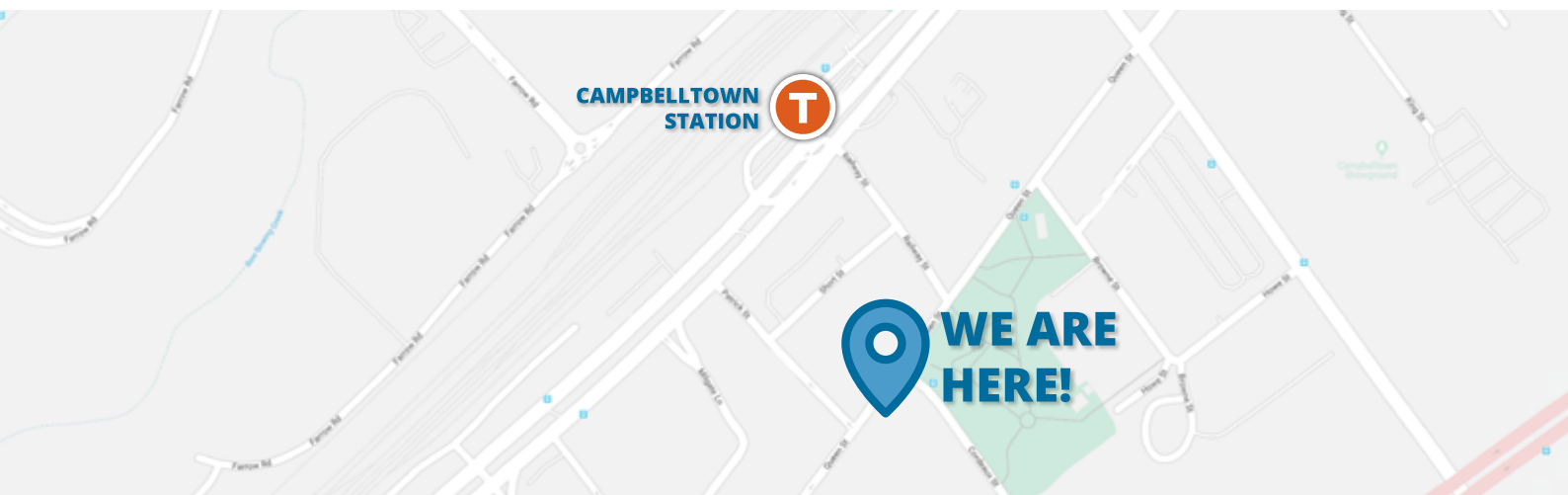
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**Facebook:** [www.facebook.com/swsrecoverycollege](http://www.facebook.com/swsrecoverycollege)

**ABN:** 98 003 008 928



Lifeline Crisis Support – 13 11 14

Beyond Blue – 1300 22 4636

We would like to acknowledge the Dharawal people, the traditional custodians of the land on which we work.

We recognise the strengths, resilience and capacity of Aboriginal people and we pay our respect to Elders past, present and future.