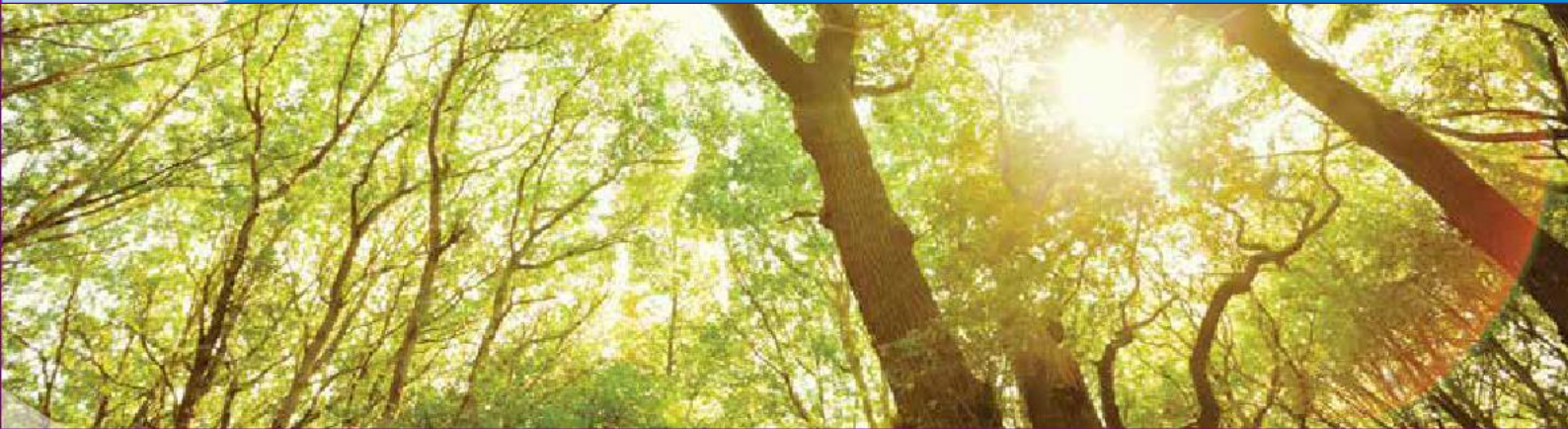


# Mental Health Consumer Carer Participation Newsletter



Welcome to the first issue of the Country Health SA Mental Health Services Newsletter, developed for mental health consumers, carers and rural communities.

This newsletter has been produced by the Country Health SA Mental Health Consumer and Carer Participation Program (CCPP) team.

This publication aims to share information with consumers and carers that have accessed or are familiar with Country Health SA Mental Health Services. It will also provide information to people in the community who have an interest in rural mental health matters.

This newsletter provides a two-way platform, and we encourage people to voice their mental health experiences, ideas and activities in their community.

We are committed to providing you with interesting, informative, and accurate information. Please send any newsletter contributions, feedback and ideas to Jessica Giles.

**Jessica Giles**

**Expert by Experience**

**Service Development Officer – Carer**

**Phone:** (08) 7425 6111 (working days: Wed to Fri)

**Email:**

[HealthExpertsbyExperience@sa.gov.au](mailto:HealthExpertsbyExperience@sa.gov.au)

## Name your newsletter

We'd love to hear your ideas regarding a name for this newsletter. Our current suggestions are:

- > Thrive
- > Breakthrough
- > Recover
- > Connect Consciousness

Please contact Jessica Giles with any ideas or suggestions.

Your  
Opinion  
matters

## How to feedback to the service

Do you have feedback regarding the Country Mental Health Service? To voice these matters you can:

- > Complete a compliments, complaints and comments form and provide to any staff member
- > Speak with any member of staff, of the Community or Inpatient Services.
- > Speak with a Community Visitor within the Inpatient Service. You can ask a staff member for more information or contact

the scheme direct on 1800 606 302 or (08) 8226 0315

- > Contact the Manager and send feedback to:  
Consumer Engagement and Feedback for Country Health SA  
PO Box 287  
Rundle Mall  
ADELAIDE SA 5000  
Telephone: (08) 8226 6153  
Email: [healthCHSA@sa.gov.au](mailto:healthCHSA@sa.gov.au)

### The Friends of Mental Health (Consumer and Carer Advisory Group)

The Friends of Mental Health (FMH) Consumer Advisory group consists of a diverse group of dedicated and enthusiastic members who work collaboratively with Country Health SA.

The FMH group was established in May 2016 to ensure the voice of consumers and carers is heard and taken forward to local, regional or state-wide level. Members continue to provide invaluable ongoing feedback and consumer and carer perspectives. The group has provided feedback on service development proposals, which have been formally incorporated into policy documents. In recent months they have provided input to the Community Mental Health Model of Care and ongoing developments for the Individual Placement Support employment program. Their input has had an impact both locally and across Country Mental Health Services

The FMH also work to raise the profile of the importance of paying attention to mental health and wellbeing through a broad range of activities, including an annual Mental Health Week mini expo. The FMH have also attended

Consumer Advisory training and education sessions and review, develop and provide feedback of consumer specific written materials.

Mental Health Services would like to acknowledge and thank all members of the FMH Consumer Advisory Group. Their contributions have been essential in the decision making at all levels improving the way mental health services are provided to our country consumers.

### Do you want to get involved in Consumer and Carer Advisory Activities?

There are a number of ways that consumers and carers can be involved in Mental Health and General Health Services, and we would like to start speaking with individuals about future projects.

Please contact Jessica Giles if you would like to discuss Consumer and Carer activities, and how you could get involved. You can also engage with any of the organisations listed below:

#### **Riverland Mallee Coorong (RMC) Community Health Network**

**Email:**

[Health.CHSARMCConsumers@sa.gov.au](mailto:Health.CHSARMCConsumers@sa.gov.au)

Post: Community Network Register, Riverland General Hospital  
10 Maddern Street  
Berri SA 5343  
Phone: (08) 8580 2400

#### **Barossa Hills Fleurieu Community Health Network**

**Go to:**

<https://www.surveymonkey.com/s/mycommunitypanel>

Phone: (08) 8563 8503

#### **Aboriginal Health Experts By Experience Register**

Phone: (08) 8226 8409

Email: [Health.AHDAdmin@health.sa.gov.au](mailto:Health.AHDAdmin@health.sa.gov.au)

#### **Statewide Lived Experience Mental Health Register**

Website: [sahealth.sa.gov.au/livedexperience](http://sahealth.sa.gov.au/livedexperience)

Phone: (08) 8226 1091

Email: [Health.StatewideLivedExperienceRegister@health.sa.gov.au](mailto:Health.StatewideLivedExperienceRegister@health.sa.gov.au)



Image (Left): Friends of Mental Health meeting with Julie, Project Officer for Model of Care and Jessica Giles, newly appointed Expert by Experience Development Officer from CHSA.