



NOVEMBER 2021 | ISSUE NO. 32

My Health My Voice

HeadtoHelp one year on

In its first year HeadtoHelp has answered more than 14,000 calls. An independent evaluation found that the service had made 'significant improvement' in the mental health of several thousand people and has the potential to make it much easier for consumers to navigate the mental health system. The HeadtoHelp model is now being used in NSW and the ACT.

During the year HeadtoHelp has been able to respond to several unique support needs in the community. Early in the pandemic we recognised a high demand for support for children, families and young people. To build capacity we partnered with mental health and paediatric specialists, general practices, and the Royal Children's Hospital.

In August, the 'Lighten the load' campaign reached out to tradies, their mates and families to seek help sooner than later. Over 3.5 thousand people viewed the campaign website for information and support.

Peer workers are now working within the HeadtoHelp hub teams at Wyndham Vale, Broadmeadows

and Brunswick East to help to ensure the client's perspective is at the centre of decision making. Peer workers are people with lived experience of mental health, who understand the challenges people face. They can link clients to a wider group of peers through the Victorian Mental Illness Awareness Council's CHECK-IN program and provide training and support for Hub staff.

HeadtoHelp is for all Victorians.

HeadtoHelp provides a central intake service, where a team of trained professionals will find the best mental health support for you or someone else. This may be to an existing service or one of the HeadtoHelp hubs.

Call 1800 595 212 to speak to a clinician, weekdays from 8.30am to 5pm or visit headtohelp.org.au



Susanna, supported by HeadtoHelp
Photo: Leigh Henningham

Susanna, having just moved to Melbourne to study found herself alone in lockdown, and became unable to function. "I didn't even watch TV. I just sat, very sad, numb to everything. There were points where I probably should have gone to emergency, because I was so unwell," she said.

"Within 24 hours of calling I had my first appointment. And it was free: as a student without a proper job, that made such a big difference... I definitely think I would have regressed if, say, I was limited to 10 sessions, or if I had to go through any kind of rigmarole." Susanna says of her experience.

"I absolutely credit HeadtoHelp with saving my life".



Art Bomb activities - Melton and Brimbank

The Art Bomb project engages local artists who have had mental health challenges to raise awareness of suicide prevention activities. By sharing their stories and art these local artists challenge our idea of mental health, trauma and recovery.

In November 'Perspectives in paper' by Manny Sison will be displayed at Sydenham Library. "The six pieces I will be making explore different ways in

Local artist Manny Sison. Photo: Leigh Henningham

which loneliness, anxiety and bottling up emotions can impact one's mental health," says Manny.

Edwina Combe's Bathroom Photo Booth is an online exhibition, featuring a collection of self-portraits all taken and developed in her bathroom during lockdown.

To follow the Art Bomb visit nwmpnh.org.au/grartbomb

Raising Healthy Minds new app

Parents and carers of children up to 12 years old can download this new, free app by the Raising Children Network to help raise confident, resilient kids. You can tailor the app to your child, family and interests. It answers your questions about child wellbeing and shares practical tips for your day-to-day family life.

Download now to start building your child's wellbeing, encouraging positive behaviour and emotions, strengthening family relationships and looking after yourself.

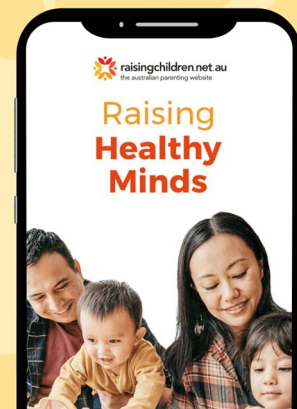
Go to Apple or Google Play stores or via raisingchildren.net.au/raisinghealthyminds



Apple



Google



Getting proof of your COVID-19 vaccination

By the end of November Victoria's vaccination rates will reach 90%, which allows more freedoms in our everyday lives. Your proof of vaccination certificate will be required for work or social settings. Services Australia have resources to support you to get proof of your COVID-19 vaccinations.

Image courtesy of Shutterstock

Step-by-step instructions for viewing your immunisation history statement and COVID-19 digital certificate are available on the Services Australia website.

Visit servicesaustralia.gov.au



Prawn and avocado rice paper rolls

Ingredients

50 g rice noodles
150 g snow pea, ends trimmed
1 large avocado, peeled and stoned
12 rice paper rounds (22cm)
18 cooked prawns, shelled, deveined, and cut in half lengthways
1/3 cup mint leaves
1/3 cup coriander leaves
1 large carrot, peeled and grated
1/3 cup sweet chilli sauce

Method

Place noodles in a heatproof bowl. Cover with boiling water and let stand for 5 minutes. Drain and set aside.

Cook snow peas in a small saucepan of boiling water for 1 minute. Refresh under cold running water and drain well.

Slice snow peas and avocado lengthways into thin strips. Divide filling ingredients evenly.

To make rolls: Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate. Put 3 prawn halves into the centre of the rice paper. Add a mint leaf, coriander leaf, snow peas, avocado, carrot and noodles. Fold over rice paper and roll up, pressing edge to seal. Repeat with remaining ingredients. Cut rolls in half and serve with sweet chilli sauce.

Recipe sourced from livelighter.com.au



Image courtesy of Livelighter



My Health My Voice is a newsletter of North Western Melbourne Primary Health Network, a non-profit organisation working to improve health care in our local communities. To subscribe or unsubscribe from this newsletter visit nwmpnh.org.au/my-health-my-voice-subscription, email myvoice@nwmpnh.org.au or call (03) 9347 1188.

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