

The Consumer's Voice

What's New at TEMHCO



We have now moved to The Salvation Army site at the Corner of Temple Terrace and Woodroffe Avenue in Woodroffe. I would like to personally thank The Little Green Truck who gave us a special rate for our move, Cheryl and Greg who packed up all the boxes for the move and a big thank you to Claud, Jimmy, Maggie, Greg,

Cheryl, Jay K, Donald, Noleen and Graham who helped us unpack so quickly so that we can be operational without delays. The demountable is much larger than our old office and we will soon have access to hold our activities in the main hall. We are now having a BBQ lunch every Tuesday at the new centre and on Wednesday mornings our consumers have a choice of either Sewing and Craft classes at the centre or go fishing with Jimmy. Coming soon we will be setting up a community garden and will be holding information sessions on our BBQ Tuesdays. We had our first NDIS Information Session on Tuesday, 25th of June and will be holding another one on Tuesday, 23rd July 2019. TEMHCO was successful at obtaining a further 5-year funding from the NTG Department of Health and we have also received further AoD funding to assist our dual diagnosis clients with our remedial Therapeutic Activities. We were also successful with receiving a vehicle gift grant that will be used to assisting any consumers who may have difficulties getting to our new centre and to attend our outdoor activities that are held on Wednesday morning and all day on Thursday. Remember to please call the centre if you wish to attend our outdoor activities. I hope you enjoy this 2nd quarter edition of the Consumer's Voice and I look forward to seeing you around at TEMHCO!

TEMHCO



Top End Mental Health
Consumers Organisation

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TEMHCO


Top End Mental Health
Consumers Organisation











What's on @ TEMHCO

c/- The Salvation Army Woodroffe
cnr Temple Tce & Woodroffe Ave

Web: <https://www.temhco.com.au>
Email: temhco.exec@temhco.com.au

Phone: 0429 082 781
9:00 am to 2:30 pm

JULY 2019

M	T	W	T	F
 Art Therapy with Claudia 9:30 am to 11:30 pm	 BBQ lunch 12:00 pm Information Sessions NDIS Presentation For NDIS recipients or anyone wishing to apply for funding. 23 July 2019 10:00am to 12:00pm Please RSVP for Catering purposes	 Sewing & Craft Classes 9:30 am to 11:30 am Or  Go fishing! (be at centre by 9:00am)	Outdoor Activities  Grow Somerville Centre, Gray 10:00 am to 12:00 pm Lunch and Shopping Venue TBA each week Or Visit other Drop-in Centres, Shopping, etc. - can vary each week 09:00 am to 2:30 pm (please call day before if you require a lift)	 Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Mondays and Thursdays) Coming Soon... Community Gardening!
 Massage with Betty 9:30 am to 11:30 am	 Men's Grooming Session with Rose 9:30 am to 11:30 am 9 July 2019	 9:30 am to 11:30 am 3 July 2019 Ladies Pamper Session with Rose	TEMHCO DROP-IN CENTRE CLOSED ON THURSDAYS FOR OUTDOOR ACTIVITIES	
 Meditation Classes with Tammy 1:00 pm to 2:00 pm				

What's on @ TEMHCO

TEMHCO has managed to secure further funding over the next 12 months to assist our dual diagnosis consumers with their recovery treatment with our therapeutic activities. We wish to thank the NT Government for their additional support with this AoD funding grant.

In the next coming months we will continue with our regular therapeutic activities of art, massage, women's pamper and men's grooming; meditation, music therapy, sewing and craft, and our outdoor activities. We have now commenced with an additional fishing outdoor activity on Wednesday mornings for those consumers who don't want to do sewing and craft. We will be having another NDIS Information Session on Tuesday, 23 July and I plan on contacting a number of resource services that can assist or provide benefits to our consumers. In coming months the activities will increase now that we have the additional space at The Salvation Army site in Woodroffe and will include community gardening and Microsoft Suite Computer Training to help our consumers build their skills for future job prospects.

WHAT'S GOING ON?



We have moved!

As TEMHCO continues to grow we found it was impossible to stay at our Rolyat St office. We have now moved our office to The Salvation Army Woodroffe site at corner of Temple Terrace and Woodroffe Avenue, Woodroffe. Bus 71 stops right outside our new office so it is easy access for most, but if you have any difficulties getting to our new office, please call the office for a lift. A big thank you to all that helped with the move and unpacking and to The Little Green Truck for providing us with a special rate.





We want to hear from you!

Our newsletter focuses not just what is happening at TEMHCO but we also like to focus individual success stories or articles from you! The title says it all: “The Consumer’s Voice” and not the “Helen Day Voice”! I really encourage you all to share your stories because they are real and can help motivate others who are losing hope. Articles of interest can include fun word puzzles, recipes poems, short stories, pictures or anything that you feel that might interest other consumers. If you would like to contribute something towards our next newsletter please [email: temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au).

We Want To Hear From You



Did you know?

People of all walks of life have mental illness. You probably know someone who has a relative with a depression, Alzheimer’s disease, autism, bipolar, or any number of mental illnesses. There are famous and successful people as well. Some are just celebrities, some made important contributions to our society, some are artists, singers, actors. Some of these celebrities include:

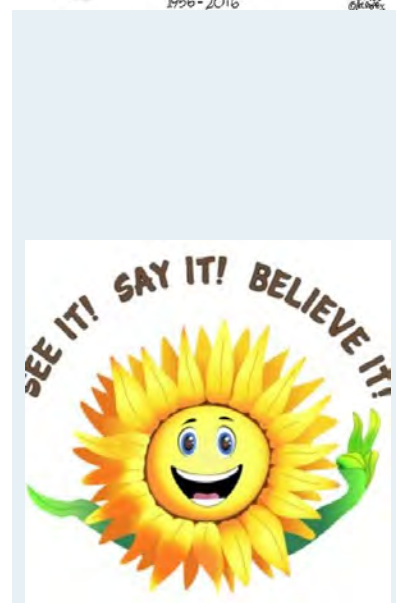
- Abraham Lincoln, the 16th president of the U.S., depression;
- Mark Twain, perhaps one of our greatest American writers, from depression;
- Vincent Van Gogh, one of the great artists, bipolar disorder;



- Winston Churchill, prime minister of England during WWII, bipolar disorder;
- John Nash, Nobel Prize winner for Economics, subject of the movie "A Beautiful Mind" - schizophrenia;
- Buzz Aldrin, American astronaut - bipolar disorder;
- Carrie Fisher, actress (Princess Leia in Star Wars) and writer - bipolar disorder;
- Catherine Zeta Jones, actress - bipolar disorder;
- World Peace (aka Ron Artest), professional basketball player - depression;
- Pete Wentz, singer for Fall Out Boy - depression;
- Adam Levine, lead singer Maroon Five - ADHD;
- J.K. Rowling, author of the Harry Potter series - depression; and
- Michael Phelps, Olympic Gold Medal swimmer - ADHD

You can watch Vinny Guadagnino, Ron Artest, and *Pete Wentz, talk about their mental illness at this link: <http://www.halfofus.com/video/?videoID=68&chapterID=1>

This is just a small number of celebrities who have overcome self-doubt and have achieved great things despite living with a mental illness. If we set our mind to it, we can achieve almost anything in life. You are never expected to get there on your own and if you are determined to let it happen then you can do it with help from family, friends and mental health support services such as TEMHCO who provide therapeutic activities that will help you build your skills and gain confidence. There will be times when you feel like you are taking one step forward and two steps back, but don't give up! Rome wasn't built in a day! It can sometimes take years to achieve your ultimate goal, but in the meantime set small goals that will lead you there. You can also call TEMHCO to book in a time with me to discuss your goals and I can help you through a workplan to help you get there.



Be yourself

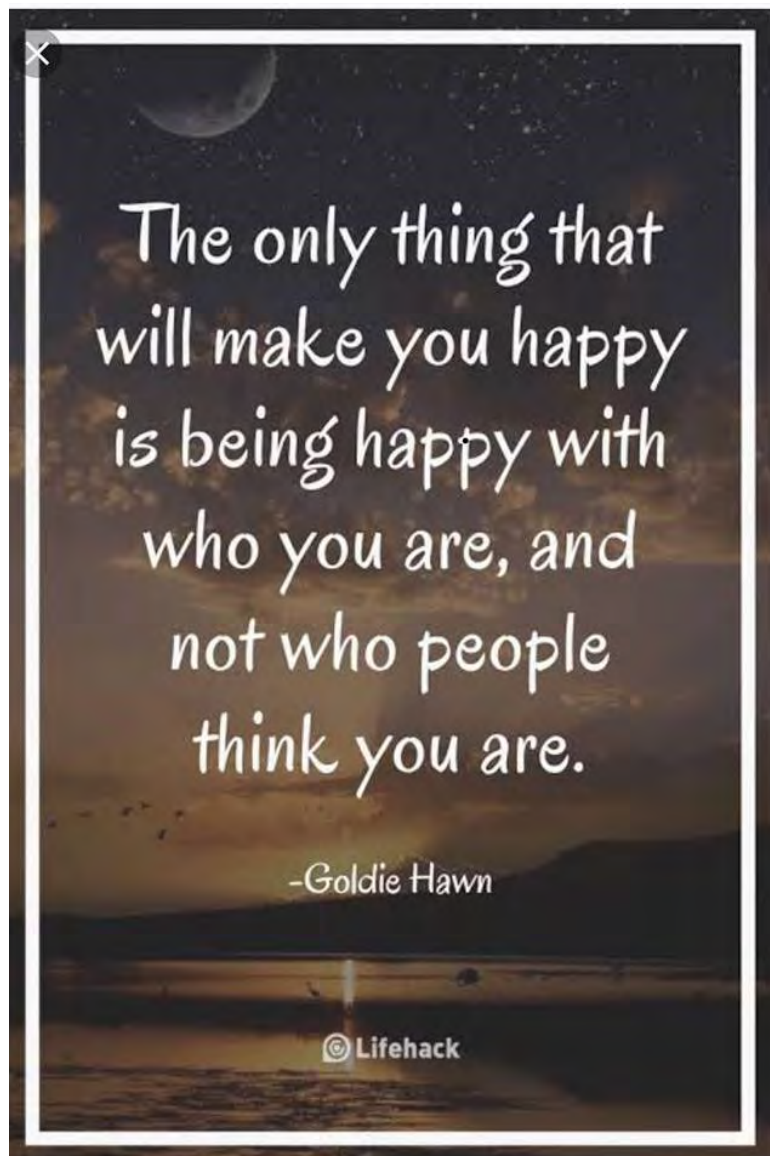
Never try to conform to something you are not comfortable with. It is easy for others to judge you and try to tell you how you should live your life but they are not you! Only you know your true self and what you like, love, dislike or even hate (although I don't believe it is good for you to harbor the feelings of hate as it is like a cancer that poisons your soul). No one knows you as well as you do so don't let people control you and stop you from being your true self. Praise yourself for your achievements no matter how small and hang around positive people who also encourage you! Often the people who are most negative in your life are the ones who have their own personal issues to deal with and are either jealous or want to control you or destroy your inner being. Let go of people like this in your life as they will only ever bring you down and make you miserable! You are a unique being who deserves to be happy!

Be who you are
And say what you feel
Because those
who mind don't
Matter
And those who
Matter
Don't Mind.
Dr. Seuss



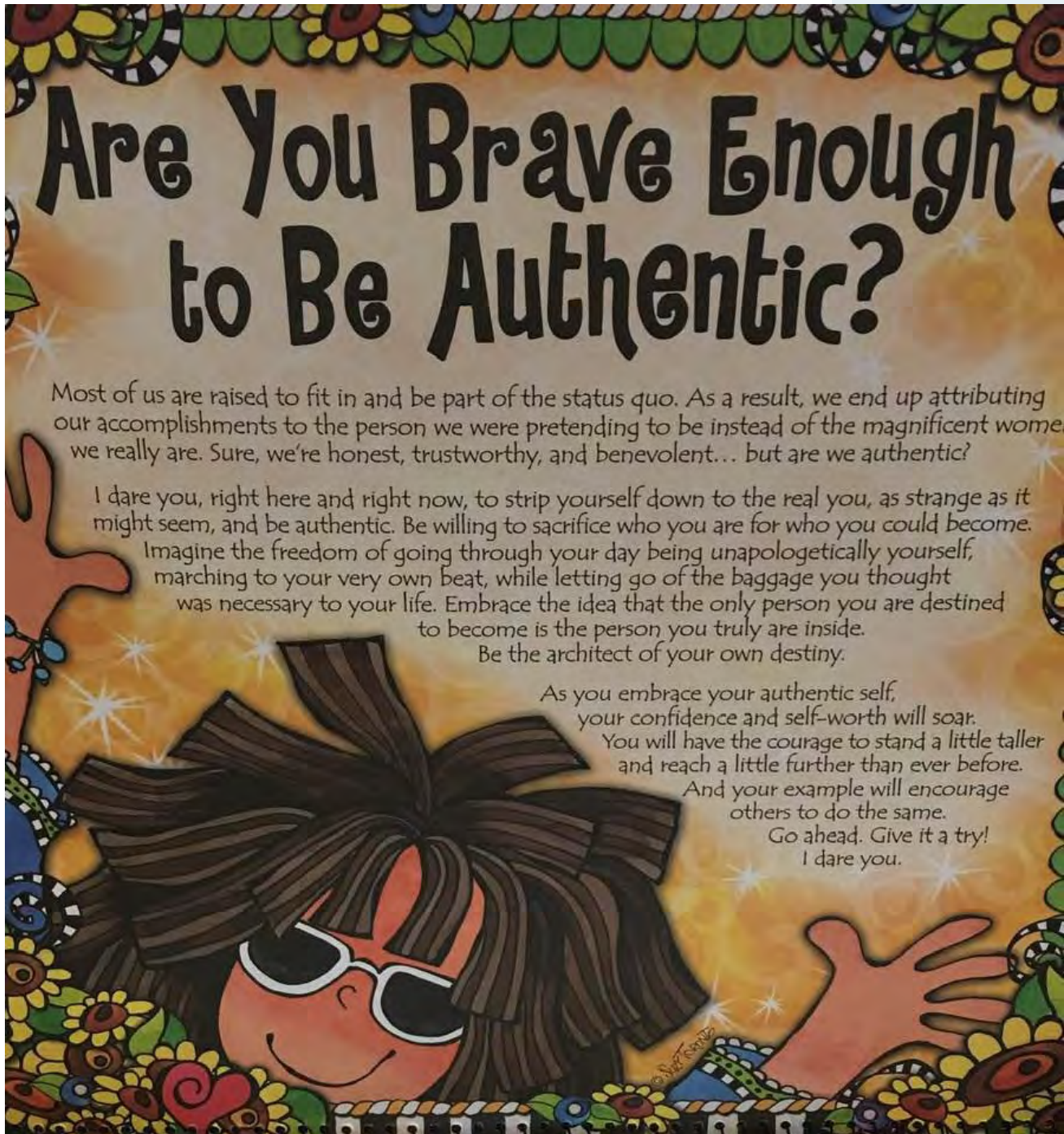
DO
WHAT
-you-
LOVE

POSITIVELIFETIPS.COM



Are you authentic?

Be true to yourself and truly authentic about your good deed! If you are not authentic and do it for attention then karma will bite you. I once made this mistake myself when I couldn't understand why people I had helped in the past wouldn't help me with a charity fundraiser! That was my mistake as it brought me bad karma. When you give expecting nothing in return, you will be happy with what you have achieved and good karma will reward you for your good deeds!



Benefits of Massage Therapy

Massage therapy is fast becoming recognised as a means for treating mental health conditions. More specifically, certain types of massage therapy can complement traditional treatment for mental health conditions like depression or anxiety, and have proven to have a profoundly positive effect on a person's overall mood and mental state.

In recent years, people have become more mindful of the benefits of alternative medicine and holistic treatment, with massage proving to be a safe and relaxing way of achieving a positive mind and body balance. It has also been found that massage therapy can be a great companion to psychotherapy in treating mental health conditions. The following are some conditions that massage therapy has a proven positive impact on:

Stress

Physical symptoms of stress can culminate into frequent headaches, muscle spasms, stomach cramps, joint pain, fatigue, and high blood pressure. The body's "stress hormone" cortisol is elevated during testing times and this leads to a reduction of the body's "happy hormone", dopamine. Massage can help to relax the body and mind, which increases dopamine levels and improves the mind's ability to be calm and focused.

Anxiety

Massage therapy can assist in relieving symptoms of anxiety and panic disorder by helping the body to relax, making it easier to let go of fearful or negative thoughts. This is because massage therapy is a relaxation technique that can help to manage the body's fight-or-flight response by inducing a relaxing response that calms down the nervous system, lowers the heart rate, and eases the physical symptoms of worry.

Depression

Depression is one of the most common mental health conditions, and it negatively impacts people's lives and makes day-to-day tasks difficult and sometimes impossible to manage. Massage therapy has been shown to alleviate symptoms of depression by activating the



sympathetic nervous system, resulting in an increase of 'feel-good' hormones and a calmer, focused state of mind. Massage therapy also activates neurotransmitters like serotonin, which is responsible for stabilising mood and promoting sleep.

Join us for a relaxing massage with Betty every Monday 9:30-11:30am or with Rose for Women's pamper first Wednesday every month from 9:30-11:30am and Men's grooming second Tuesday every month from 9:30-11:30am.

Art Therapy

I recently paid to go to an event where you were taught how to paint famous pictures. I had never painted before so I thought I would give it a go. The picture is below. It is more abstract than impressionist. I brought it into the centre and Claud is teaching me how to fix it so that I am happy with it. Claud helps people to who are beginners to highly experienced. She is now teaching our consumers how to draw during the first hour **every Monday between 9:30am to 11:30 am**. We may not all be great artists, writers or poets. What's important is that we try our very best and by just trying makes us unique in our own special way!





Benefits of Art Therapy

Art therapy is a form of psychotherapy that uses art media as its primary mode of communication. Most commonly, art therapy involves drawing or painting, but the artistic expression can also take place through photography, sculpture or ceramics. All forms of art can embody ideas so the list of arts therapies available includes music therapy, dance movement therapy, poetry therapy and many more. Professionals, trained in art and psychotherapy, develop interactive scenarios that connect with various aspects of the client's whole person (mind, body, spirit) and using the creative process of art-making, work to improve and enhance the physical, mental and emotional well-being of individuals of all ages.

Clients may have a wide range of difficulties, disabilities or diagnoses including emotional, behavioral or mental health problems, learning or physical disabilities, life-limiting conditions, brain-injury or neurological conditions and physical illness. Equally, clients may be on a journey of self-discovery and personal growth, wanting to reveal and revel in the unconscious realms of their being. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences, enhance cognitive abilities, and enjoy the life-affirming pleasures of making art (excerpt Written by Miriam Potter 2012).

We can administer to our own individual healing through art therapy. I know from my own experience how much better I feel when I can write a poem expressing my inner feelings, play my keyboard or even sing a song. I can see that same joy on our consumers faces when they finish an art piece they designed, sewing or craft they created and when they sing together or play a musical instrument in music therapy. To watch these happy faces is so rewarding that it is priceless. It is even better because I understand how they are feeling through my own personal journey when I administer my own healing through Art Therapy.

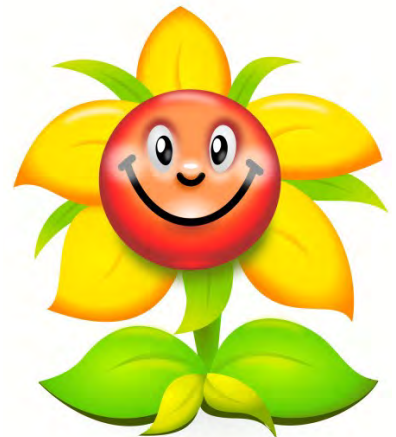
Art Classes every Monday 9:30am to 11:30am

Sewing and Craft Classes every Wednesday 9:30am to 11:30am

Music Classes every Friday 9:30am to 11:30am

Sunflowers

There is something about sunflowers that are very healing for me. I believe its because of the bright yellow petals that reflect brightness into my life. My favourite colour is bright yellow and I am always drawn to bright things. My name means “light” so I have always felt my role on the Earth is to help shine a light into people’s world. Making a difference to someone’s or just helping them to smile is so very rewarding and brings me happiness. Sadly there is a lot of darkness in the world where people who have their own insecurities or jealous of your success will try to bring you down to their level or suck up your positive energy for themselves. To deplete their power over you takes walking away and not letting them control your happiness. Let them go and let go of the pain they have caused you. Focus your time instead on the bright things in life that bring you happiness and you will notice a positive change!



Music Therapy Classes

Research shows the benefits of music therapy for various mental health conditions, including depression, trauma, and schizophrenia (to name a few). Music acts as a medium for processing emotions, trauma, and grief—but music can also be utilized as a regulating or calming agent for anxiety or for dysregulation.

There are four major interventions involved with music therapy:

1. Lyric Analysis

While talk therapy allows a person to speak about topics that may be difficult to discuss, lyric analysis introduces a novel and less-threatening approach to process emotions, thoughts and experiences. A person receiving music therapy is encouraged to offer insight, alternative lyrics and tangible tools or themes from lyrics that can apply to obstacles in their life and their treatment. We all have a song that we deeply connect to and appreciate—lyric analysis provides an opportunity for an individual to identify song lyrics that may correlate with their experience.

2. Improvisation Music Playing

Playing instruments can encourage emotional expression, socialization and exploration of various therapeutic themes (i.e. conflict, communication, grief, etc.). For example, a group can create a “storm” by playing drums, rain sticks, thunder tubes and other percussive instruments. The group can note areas of escalation and de-escalation in the improvisation, and the group can correlate the “highs and lows” of the storm to particular feelings they may have. This creates an opportunity for the group to discuss their feelings further.

3. Active Music Listening

Music can be utilized to regulate mood. Because of its rhythmic and repetitive aspects, music engages the neocortex of our brain, which calms us and reduces impulsivity. We often utilize music to match or alter our mood. While there are benefits to matching music to our mood, it can potentially keep us stuck in a depressive, angry or anxious state. To alter mood states, a music therapist can play music to match the current mood of the person and then slowly shift to a more positive or calm state.



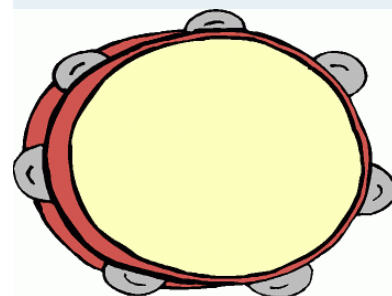
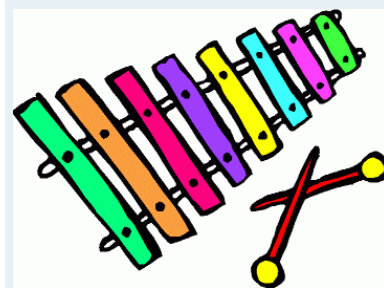
4. Songwriting

Songwriting provides opportunities for expression in a positive and rewarding way. Anyone can create lyrics that reflect their own thoughts and experiences, and select instruments and sounds that best reflect the emotion behind the lyrics. This process can be very validating, and can aid in building self-worth. This intervention can also instill a sense of pride, as someone listens to their own creation.

Extract from “The Impact of Music Therapy on Mental Health” By Molly Warren, MM, LPMT, MT-BC | Dec. 19, 2016

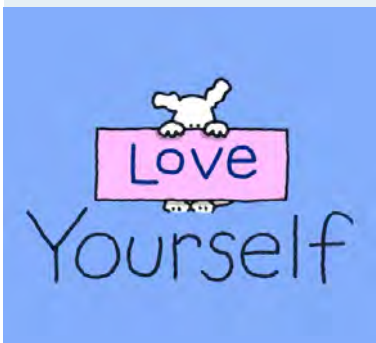
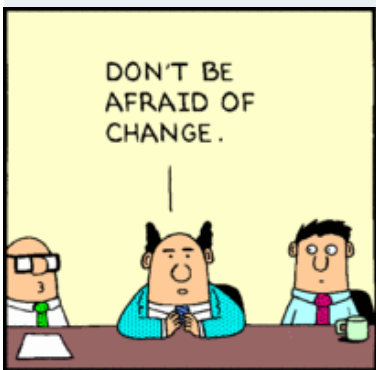
If you know of anyone who could benefit from these classes please refer them to our centre (email: temhco.exec@temhco.com.au for a referral form). We welcome anyone living with a mental illness who is musically talented to come along at anytime during our opening hours to play any of our musical instruments.

Our Music Therapy classes are run every Friday from 9:30 am to 11:30 am.

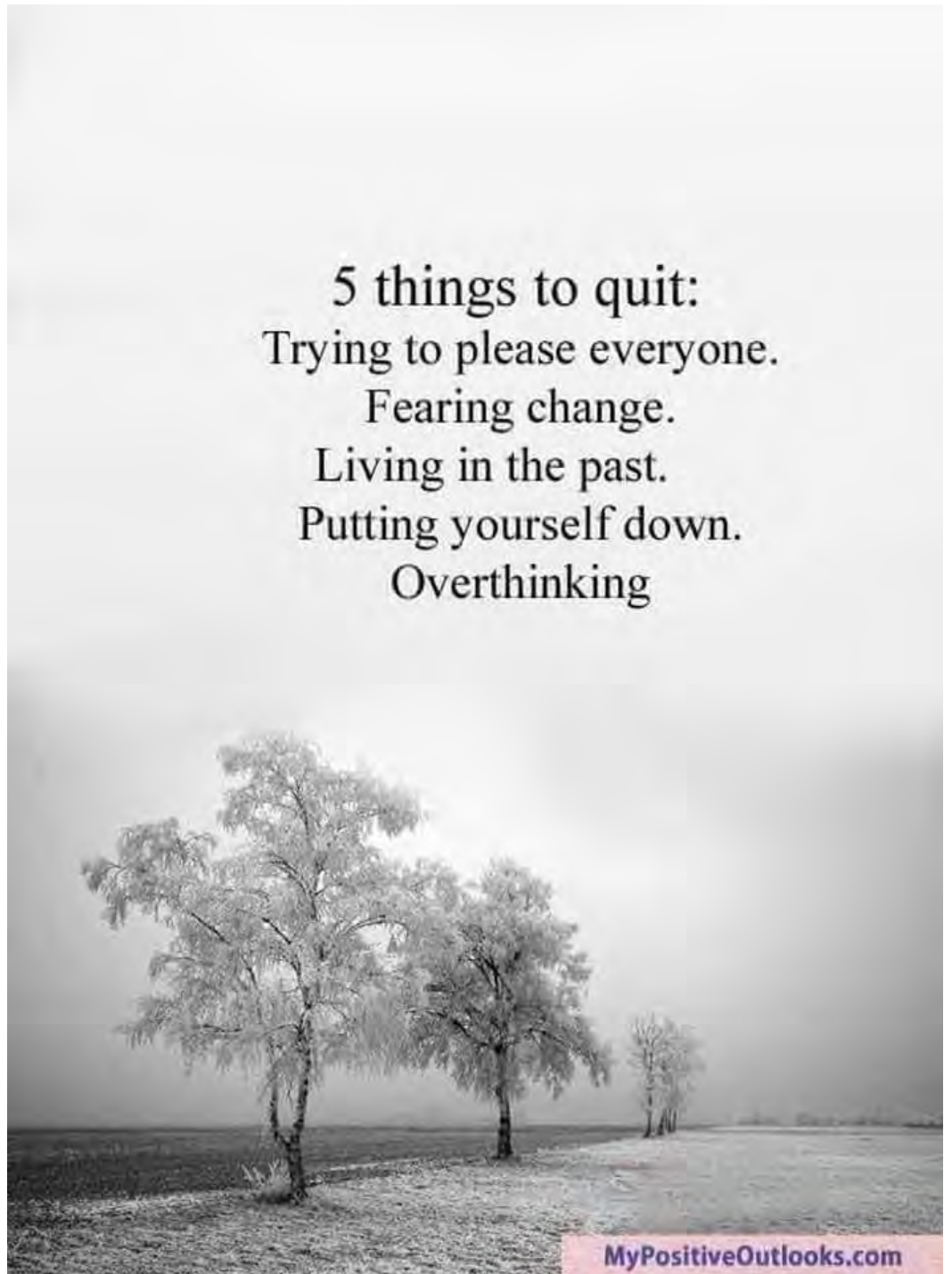


5 things to quit

It is quite simple really! The acronym is KISS! Don't make life complicated! I understand how change can be difficult but is necessary to move forward. People who can't accept you for who you are, are not worth your time in pleasing. Living in the past is an anchor that will stop you from moving forward! Let it go! Stop putting yourself down! If you are, then come into our centre and I will find something positive about you to focus on! Overthinking - if you can't control it then let it go because it's not something you can change.



5 things to quit:
Trying to please everyone.
Fearing change.
Living in the past.
Putting yourself down.
Overthinking



MyPositiveOutlooks.com

6 ways to stop overthinking

1. *More Action and Less Thinking*

If you overthink without actioning your plans, you will end up drained, tired and worried. Write a list and put deadlines on the plans that you set to ensure you meet your end goal. It's also ok to make adjustments along the way to your list if there are any pitfalls. Be realistic with what it is that you want to action.

2. *Live in the Now Moment*

Stop thinking and overwhelming yourself with what happened in the past. Think instead of the here and now and make plans for your future. It is always good to be aware of the things that make you overthink. Write down your trigger points to help monitor what is happening when you start to overthink. There is no point worrying about the things you can't control.

3. *Don't Try to Control Everything*

Don't waste time getting into the "what if rut". When you feel that you lack control you start to second guess yourself and believe you will end up making wrong decisions. No-one likes to make mistakes but it is these things that help us to grow and to test our limits. Many famous people overtime have made mistakes in their life and they probably wouldn't have become successful without learning from it and never holding back.

4. *Allocate Time for Making Decisions*

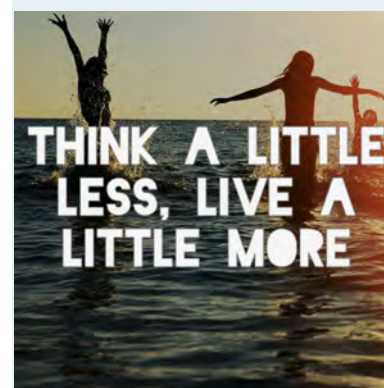
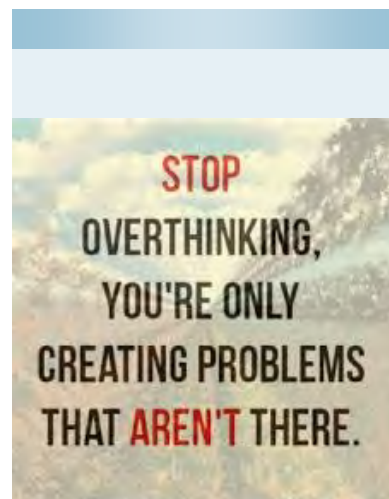
Always set time limits to your decision-making process to avoid going back and forth. With allocating time you can identify what decisions need less or more time. Never allow your thoughts to run you down.

5. *Be Aware of Who You Spend Time With*

The mindset of people can really influence the way you think. You are more likely to overthink if you are around negative people. When you hang out with positive people you view things with a different perspective that opens your mind.

6. *Find an Activity or Exercise*

Any form of physical exercise is known to be therapeutic and will help reboot the mind that will help pull it out of the usual thinking mode into a state of peace.





Meditation Classes

Our meditation classes continue to run every Monday between 1:00pm and 2:00pm. Numbers are increasing in attendance as word gets out that we are running these classes. As pictured below, the benefits of meditation can keep you stress-free; reduces ageing; adds more hours to your day; increases your attention span; helps you appreciate life more; increases immunity and helps fight diseases; helps you feel more connected; improves metabolism and helps you lose weight; helps you have a good night sleep; improves functioning of your brain; and makes you and those around you happier!



Book Promotion

Come and meet the author Tammy Hatherill! High Tea and Book Launch and at the same time, knowing some of the proceeds of each ticket sold are being donated to TEMHCO. Saturday, July 13th at 3.30pm, get a copy of the book, food, drink and great presenters and cake as part of your ticket price.

Tammy Hatherill conducts the meditations with Top End Mental Health Consumers Organisation every Monday and she understands fully, the need for this beautiful relaxation and healing, as she has overcome so much herself (mental health issues) as bravely recounted in her book: Trauma to Triumph - A Spiritual Awakening.

About the book: An introduction and guide into the complicated effects of Post Traumatic Stress Disorder. A stirring and confronting story through the eyes of a trauma survivor.

Mental, emotional and psychological wounds. How does one cope with such debilitating conditions? This book holds a unique insight into the healing of mind, body and soul. Tammy Hatherill shares a gripping portrayal of her journey working in the prison and immigration system as an intelligence officer. For years Tammy witnessed and experienced many violent, confronting and horrific events which left her emotionally and psychologically scarred. All before the age of 25. Interlaced throughout the book are childhood and adolescent trauma.

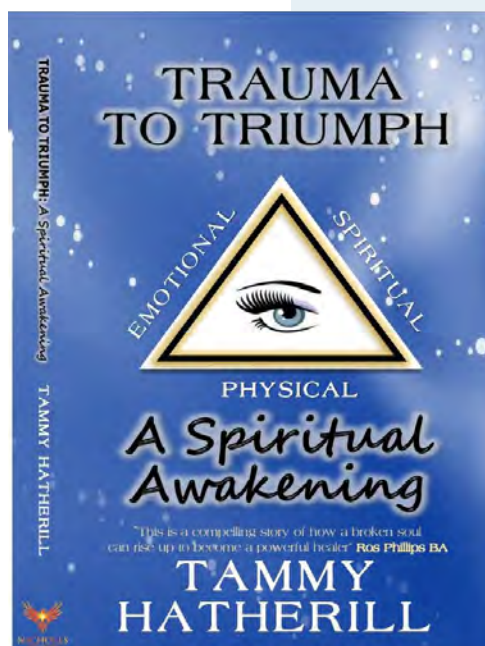
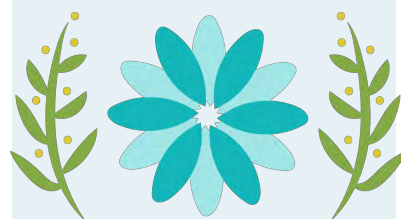
Counsellor and Psychotherapist Ros Phillips and Psychologist Dr. Carmen Cubillo reveal their professional insights into Tammy's personal experiences and diagnoses of post-traumatic stress disorder, depression, anxiety and Aspergers.

This book is recommended for:

PTSD sufferers and their family, friends or colleagues. Read the journey and discover the way forward together.

To book your ticket:

<https://www.facebook.com/events/1326078657539769/>





TEMHCO Lunches

TEMHCO's lunches are rumored to be the best value, tasty and healthiest meals in town! Cheryl who is pictured left, works currently on her own in the kitchen to feed many hungry consumers. The numbers are growing every week so we are desperate for volunteers to come in on either Monday, Wednesday and/or Friday to give her a hand. You don't need qualifications to help out in the kitchen. Simply helping her prepare the meals and cleaning up afterwards would really help!

Consumers receive a large meal for only \$3.00 and occasionally also receive desert! Occasionally we have a special three course lunch that we charge \$5.00 for to cover costs.



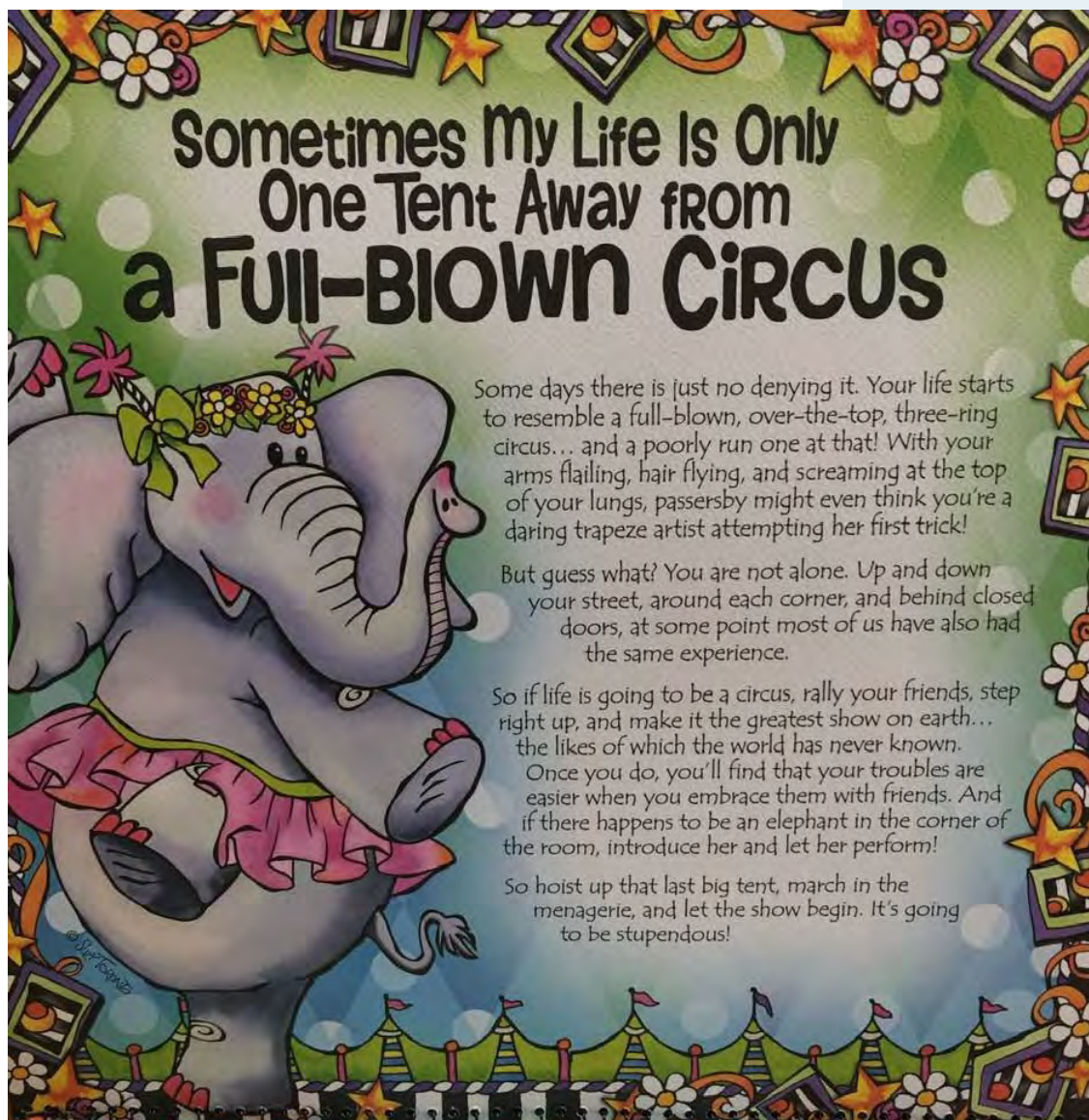
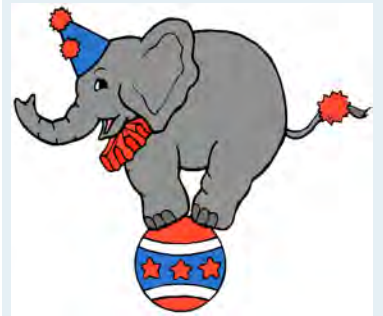
Tuesday BBQ Lunch

Every Tuesday TEMHCO holds a BBQ for their consumers. We serve up a good sized healthy salad with the BBQ and it only costs \$3.00! Some Tuesdays if we are holding a information seminar the BBQs are FREE! Check out our monthly calendar of events flyer each month to see when we will be holding the next information seminar.



A Full-Blown Circus

We can all experience this feeling at some point of our life. We can be so busy juggling work, studies, hobbies, our family that we pretty much lose the plot if we don't stop and ask for help. I know I am often guilty of taking on too much and before I know it my health and/or mental wellbeing has taken a tumble. We cannot operate or help others if we are unwell so take a break by doing something relaxing or enjoyable. When you have relaxed plan what needs to be done in order of priority. If you feel you can't do it all on your own in the time given then ask for help from friends or family and if it is studies or work related see if you can get an extension or ask for assistance from fellow colleagues. It's always important to take care of you!

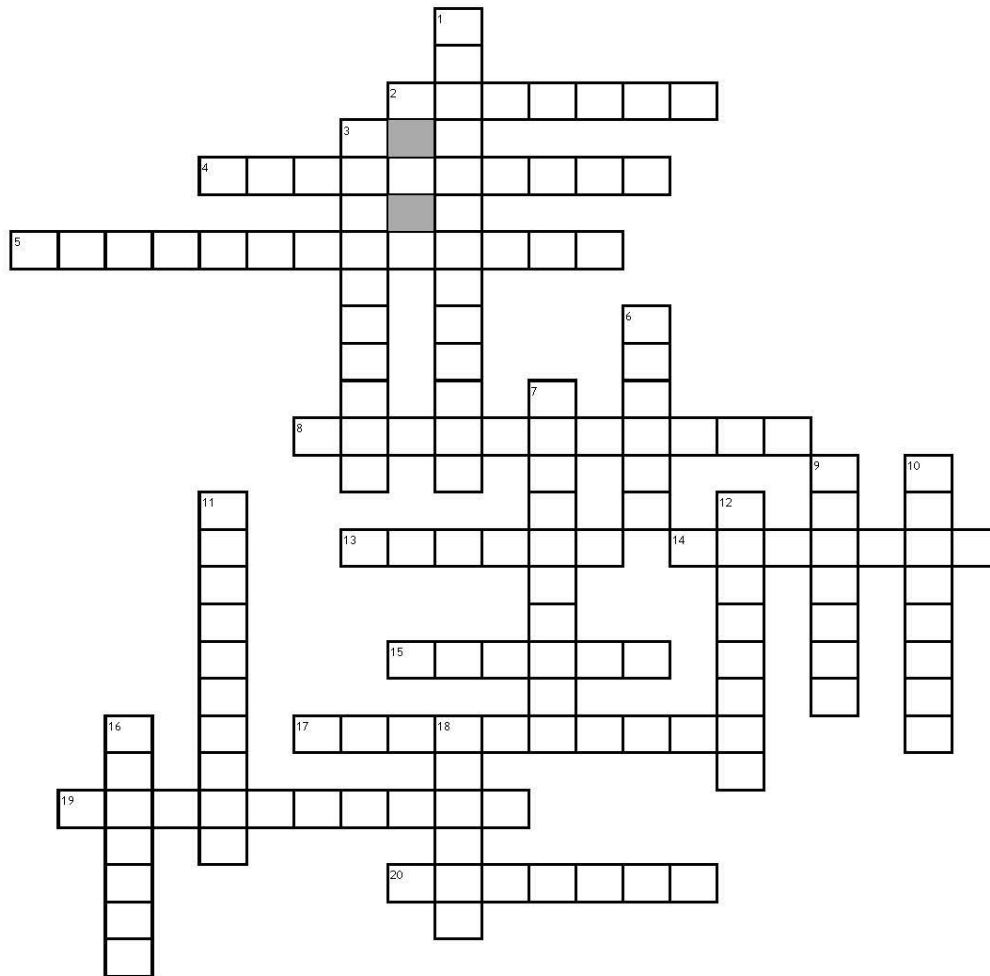


Word Puzzles

N O I S S E S B O B H Q I N R U L
 O A C I N A P N O I S U L L I S A
 P M S Z D B A J N G O D B R W B T
 A U T Q G E S A X W I O C A L W N
 T A I X N W P A I S Y C Y E P R E
 G R G E Q O I R S N O N N N Y T M
 U T M H Y O I O E M A G X H N Q K
 U H A Y N T C T P S Y M T T E D N
 L O U A M I L U A D S A M R U I O
 B X R W A S L S J N P I B J R T I
 T A A T N S I E Y M E X O C O Q S
 P S I N I L M T E R V I K N S A U
 T O Q O X O V S U H R U L P I A L
 N G N K T I E D W A N O H A S A E
 I D I I L R E U J S J O W M Q M D
 F B O S U W J T X P T S D B H J A
 J N K O M J B N Y N R A L O P I B

ALIENATION	ANXIETY	AUTISM	BIPOLAR
COMPULSION	DELUSION	DEPRESSION	DISSOCIATION
EMOTION	EMPATHY	ILLUSION	MANIA
MENTAL	NEUROSIS	OBSESSION	PANIC
PARANOIA	PTSD	STIGMA	TRAUMA
WORRY			

Word Puzzles



Across

2. A feeling of worry, nervousness.
 4. Hormone that increases heart rate.
 5. Body's response to stressors.
 8. The set of characteristics that make you unique.
 13. The body's reaction to changes around you.
 14. The way you feel.

15. is a complex life long developmental disability that presents itself in early childhood, usually before age 3.
 17. The repetitive behavior or mental action.
 19. Extreme feeling of sadness, well being hopelessness and helplessness.
 20. A severe mood disorder. Sufferers have pathological mood swings from depression.

Down

1. A medical disease or disorder which affects the mind.
 3. The confidence and pride you have in yourself.
 6. Combination of physical, mental/emotional and social
 7. Constant conflict with society.

9. Extreme tiredness.
 10. Self starvation due to an intense fear of being fat.
 11. Harming your self.
 12. Feelings inside us like happiness and anger.
 16. Mental illness treatment.
 18. Irrational fear of a specific object, activity, or situation.

Word Bank

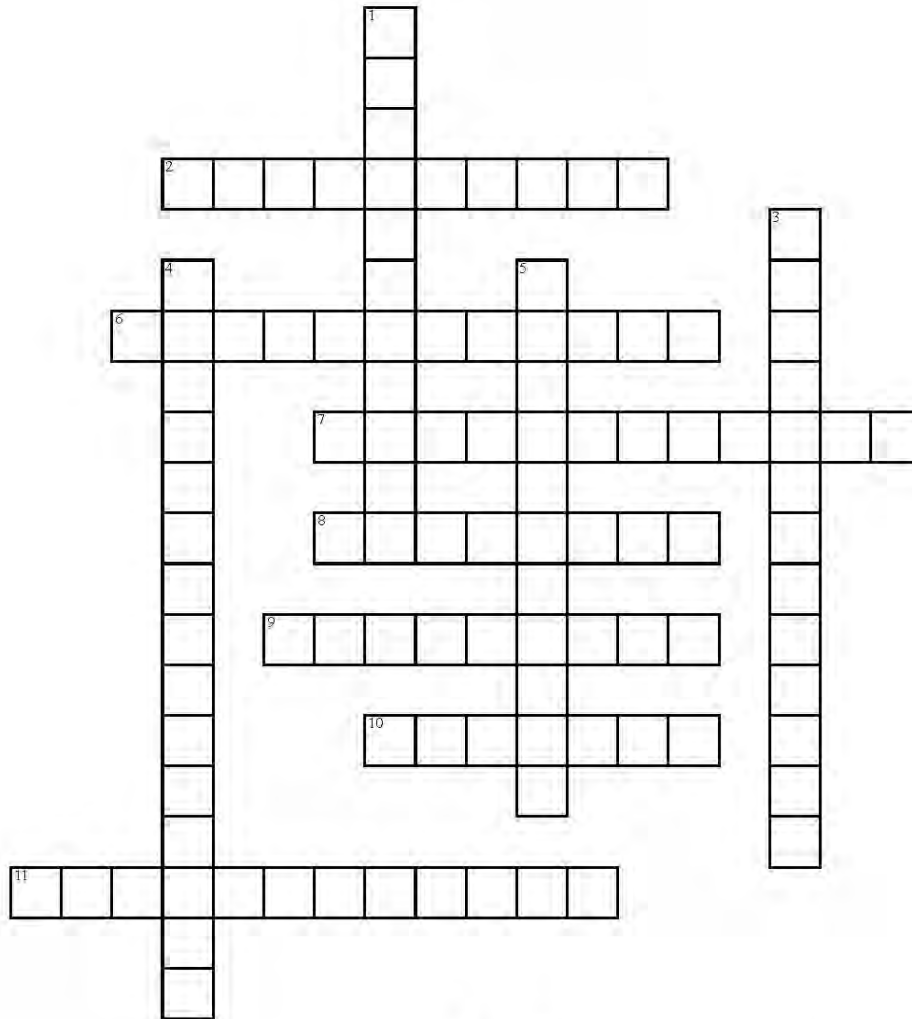
Self Injury
 Anxiety
 Bipolar
 Health
 Fatigue

Stress
 Compulsion
 Personality
 Autism
 Mental Illness

Adrenaline
 Self Esteem
 Depression
 Phobia
 Emotion

Emotions
 Anti Social
 Fight or Flight
 Therapy
 Anorexia

Mood Disorders



Across

2. What is the foundation of bipolar disorder treatment?
6. Characterized by mildly manic (hypomanic) episodes and major depressive episodes.
7. Characterized by full manic and major depressive episodes.
8. What last for at least one week and cause significant distress and impairment?
9. mild, but long-term form of depression. Defined as low moodstate of mania/hypomania. occurring for at least two years, along with at least two other symptoms of depression.
10. loss of energy
11. a psychological disorder characterized by emotional extremes.

Down

1. Thoughts of death or suicide, or has suicide plan
3. Bipolar disorder also affects your energy level, judgment, memory, concentration, appetite, sex drive, and self-esteem and what else?
4. a mood disorder in which a person alternates between the hopelessness and lethargy of depression and the overexcited
5. Causes emotional ups and downs, but they're not as extreme as those in bipolar 1 or 2 disorder.

Word Puzzles

L O I V C D X Y B H K V J A A Y Y N J A N P K P
 X J S A O M M I B Z J T D N A T S R E D N U H X
 R H K F S M E L B O R P E L B L W Z L N V N H Y
 P U H W J F G U T S P U P F C M N C A X X S B G
 P Y C I I M E M V L J E R W F Q Q O T C P U B O
 L H A X K G Z O E S I E E Y U A N O N B N P H L
 I M O H G Y K O Q Q C L S T S B A N E I X P W O
 S B R U H C K J O J R A S L V P Y K M Q D O C H
 T D P O T H E R A P Y T I J A R E X K J Q R B C
 E Y P N W D R T F U K P O H X P B A S W D T B Y
 N B A O L I G R B O Y O N M D C V N K K C E V S
 D H O I X S S B Z F N Z I T E A Z I E L H F X P
 A Y H S B J T I Z D A I C O E A J Y E A O J U C
 J O T S V D Q X V X J O E C Z A A Y V J T L M O
 R F L A U K Q N J J M N G Q B W W I M A J K Q I
 A E A P D B Y Q M U H Y U S A K O N H B T Q Y X
 P F E M E C O J N Q R S T R C U B V W V L P M Z
 E N H O W W E I R B G K E E R P T T B T B G T M
 F N S C G O T H S G I N U A I N N C M C V C G V
 Z J N C J Y K T I C E X L J K X Z A A U X X L E
 N C H Q T T A L S S R I W G U O N N H B W U Y P
 W K L O T U V A S E E N X J S R X A H V K I R F
 A S S E R T I V E T T S P U G C K V T Q E W M O
 S O I K L X F A J W T A M F F D X T P X Y Y H D

therapy	Behavioural	community	assertive
problems	psychology	depression	anxiety
approach	understand	compassion	listen
support	act	speak	awareness
health	mental		

Mental Illness Myths or Facts Quiz

Source: www.InternationalBipolarFoundation.org

Answer True or False

1. You can catch a mental illness from someone else. _____
2. People who have mental illnesses are not smart. _____
3. People with mental illnesses don't care what people think or say about them. _____
4. People with mental illnesses are more likely to be a victim of a crime than commit a crime. _____
5. Mental illness is a medical problem just as diabetes and asthma are. _____
6. People with mental illnesses can't work. _____
7. No one with a mental illness has contributed to our world in a positive way. _____
8. It's okay to gossip about or make fun of people who have a mental illness. _____
9. One in every four people will be diagnosed with a mental illness in their lifetime. _____
10. Depressed people can just "snap out of it" if they try. _____
11. Many mentally ill people don't go for treatment because of the stigma of mental illness. _____
12. Scientists already know what causes all mental illnesses. _____



TEMHCO provides and advocacy services for our member to help educate the wider community regarding breaking the stigma and shame placed on mental illness. We provide an advocacy service so that our members voices can be heard and will continue to liaise with Government, community service and business agencies to breakdown stigma within our community.

Funnies



"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car."



"Based on your current condition, I should probably throw the rest of those leftovers away."



"Hey, it's good to see you again. That medicine must have worked!"



"This should keep you going while I'm on vacation."

Climbing Mountains

Wouldn't life be perfect if everything went well for us every day! Sadly that is not a reality and even the strongest amongst us can struggle from time to time. If you are having a bad day and just want to hibernate then that is ok. Give yourself time to gather your strength to rise up and face another day. Climbing that mountain can wait! Remember that Rome wasn't built in a day!

The Mountain.

lessonslearnedinlife.com

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.

— Laura Ding-Edwards



Sewing and Craft

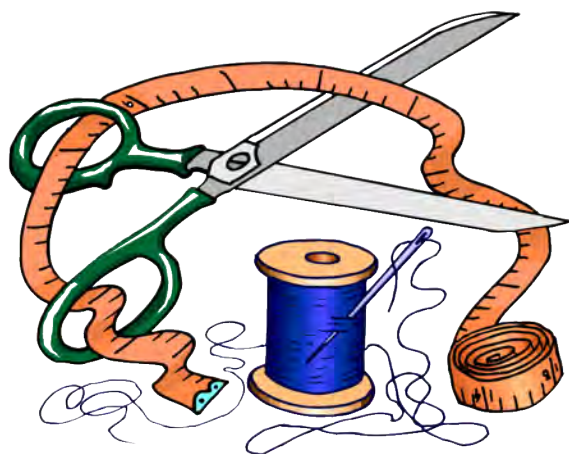
We are no longer holding a Ladies Morning Tea but instead are calling our Wednesday morning session *Sewing and Craft* so that men are also invited to attend. Our sewing and craft classes are taught by our Art Therapy teacher, Claud from Bigartz.



On Wednesday mornings parallel to our Sewing and Craft classes we have an outing to go fishing with any interested consumer. To come along, please ensure you are at the centre by 9:00am on Wednesday mornings or call the centre a day before the event if you require a lift.

We now have three sewing machines and an overlocker for those wishing to make or design a new outfit. You can also bring along anything that needs repairing and one of our consumers can fix that for you. You could design almost anything with the resources that we provide.

Our craft making can include leather making, creating jewellery with our large selection of beads. You can also be creative with our large selection of shells and beach items. Great idea for birthday or Christmas gifts.



Are you a member?

Previously we had no annual fees if you were a member of TEMHCO. It was very difficult to keep track of who were active/non active, who were members living with a mental illness or an associate member who does not live with a mental illness but has a strong interest through caring for someone or works in the health industry.

At our last board meeting it was decided to introduce an annual fee of \$10.00 that would be due for renewal on the first day of each financial year (i.e. 1 July).

To remain or become a new member of TEMHCO you will need to pop on to our website before 1 July 2019 to continue being a member and receive our newsletters and member benefits for the period 1 July 2019 to 30 June 2020. Our membership renewal can be updated here: <https://www.temhco.com.au/members/>

Please ensure that you include either a telephone number or an email address. I will also need this information to renew our database as the form on the webpage currently does not include questions such as whether you are a member or an associate member and if you would like to receive your newsletter via email or sent via the post. We would also like to know more information about you as to what services you would like TEMHCO to provide you and whether you would be interested in doing some volunteer work for us.

If you are unable to access our webpage please email: temhco.office@temhco.com.au.



BECOME A VOLUNTEER - MAKE A DIFFERENCE



Would you like to make a donation?

TEMHCO has now received a DGR endorsement, which means individuals or business can make a tax deductible donation. Our organisation only receives a small Government funding bucket and is only funded for one staff member. This means that we rely heavily on volunteers to help us run the drop-in centre and donations to help keep our activities going. If you would like to make a tax deductible donation please visit our website here: <https://www.temhco.com.au/donations/>



Top End Mental Health Consumers Organisation (TEMHCO) \$10 ANNUAL MEMBERSHIP/DONATION FORM*

Due by 1 July each year

Name :-

Address:-

Telephone:-

Email:-

Emergency Contact:-

Preferred Method of Contact:-

(Please select ☒ that is applicable below:)

Annual Membership:- ☐ Donation:- ☐

Amount Enclosed:- \$ _____

Payment method:- Credit card ☐ Cash ☐ Cheque ☐ B-Pay ☐

Secure online credit card payments:

<https://www.temhco.com.au/members/>

<https://www.temhco.com.au/donations/> (Tax deductible - DGR endorsed)

B-Pay: BSB: 015-891 Account: 369361105 Bank: ANZ

Account Name: Top End Mental Health Consumers Organisation Inc.

New Member ☐ Exiting Member ☐

Carer ☐ Consumer ☐ Service Provider ☐ Other interest ☐

I am interested in volunteering ☐ I would like to be on the Board ☐

Would like to make a donation ☐

Please return this form with your payment to:-

(post) PO Box 391, Palmerston NT 0831

(email) temhco.office@temhco.com.au

TEMHCO



Top End Mental Health
Consumers Organisation

Come along to our NDIS Information Session

*Are you currently receiving NDIS or want to know
if you may be eligible for assistance?*

To find out more join us for a free BBQ
with the NDIS information session

Where: cnr Temple Tce & Woodroffe Ave
(c/- The Salvation Army - Woodroffe)

Time: 10:00 am

Date: Tuesday, 23rd July 2019

RSVP: Helen Day @ 0429 082 781 or email:

temhco.exec@temhco.com.au



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Mexican penne with avocado



Method

1. Cook the pasta in salted water for 10-12 mins until al dente. Meanwhile, heat the oil in a medium pan. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon. Cover and simmer for 15 mins.
2. Meanwhile, toss the avocado with the lime juice and zest, and the finely chopped onion.
3. Drain the penne and toss into the sauce with the coriander. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.

Ingredients

100g wholemeal penne

1 tsp rapeseed oil

1 large onion, sliced, plus 1 tbsp finely chopped

1 orange pepper, deseeded and cut into chunks

2 garlic cloves, grated

2 tsp mild chilli powder

1 tsp ground coriander

½ tsp cumin seeds

400g can chopped tomatoes

196g can sweetcorn in water

1 tsp vegetable bouillon powder

1 avocado, stoned and chopped

½ lime, zest and juice

handful coriander, chopped, plus extra to serve



TEMHCO thanks you for your support!

The printing of this newsletter is proudly
supported by the office of:

TONY SIEVERS

MLA

MEMBER FOR BRENNAN



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Thursday: Outing Day!
Friday : 9:00 am to 2:30 pm

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Top End Mental Health
Consumers Organisation