

The Consumer's Voice

What's New at TEMHCO



I can't believe it's nearly Christmas and the end of another year. It has been a wonderful year at TEMHCO with many new faces attending our daily activities.

The start of this period saw the launch of another Mental Health Week in early October, where two of our volunteers won awards in the categories of Lived Experience and Volunteer Advocate of the year.

In November, I attended the facilitator training workshop for the Wellways My Recovery Peer Facilitator Workshop that is funded by the NT PHN and facilitated by the NT Mental Health Coalition. The course has enabled us to run more My Recovery courses in Darwin/Palmerston in 2020.

During this period we were successful with an application for sponsorship from Jacana Energy to start a pilot program of two new activities to be held on Thursday mornings. The first is a men's workshop consisting of boab carving and story telling. The second is a disability workshop consisting of making sensory (fidget) blankets.

TEMHCO has continued to see new faces attend our therapeutic classes as the word continues to spread about the services that we provide. On Wednesday, 11th December TEMHCO had their Christmas party, which had a true family environment.

I hope you enjoy reading our final edition of *'The Consumer's Voice'* for 2019.



TEMHCO



Top End Mental Health
Consumers Organisation

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What's on @TEMHCO

c/- The Salvation Army Woodroffe
86 Woodroffe Ave Woodroffe

Web: <https://www.temhco.com.au>
Email: temhco.exec@temhco.com.au
Phone: 0429 082 781
9:00 am to 2:30 pm

DECEMBER 2019

M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 am</p>  <p>Massage with Betty 9:30 am to 11:30 am</p> <p>All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Tuesdays) Join in any day! Community Gardening (except Tuesdays)</p>	<p>Outdoor Activities</p>  <p>(please book by Monday 2:30pm and contact the centre for movie information and viewing times)</p> <p>Or</p> <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p>  <p>Grow</p> <p>Returning in January 2020!</p>	 <p>Sewing & Craft Classes or Go fishing 9:30am to 11:30am</p>  <p>Ladies Pamper Session with Rose 4th & 18th Dec</p>  <p>TEMHCO Christmas Party 11th December 2019</p>	 <p>WATCH THIS SPACE</p> <p>Two New Exciting Programs every Thursday commencing 5th December 2019</p> <p>TBA on our webpage and social media pages</p> <p>09:30 am to 11:30 am</p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am</p> <p>12th December 2019</p>	 <p>Music Therapy Classes with Crystal Robins 10:00 am to 12:00 pm</p>  <p>Reflexology 20th December 2019</p> <p>TEMHCO will be closed over Christmas/New Year from Monday, 23rd December and reopen on Monday, 6th January.</p> <p>TEMHCO would like to wish our consumers a Merry Christmas and safe and Happy New Year!</p>

What's on @ TEMHCO

TEMHCO has continued its therapeutic activities for mental health recovery that has been provided by the NT Government with both our members recovering from a mental illness and our dual diagnosis clients. We would like to thank the NT Government for their continued funding support this financial year and will be applying for further funding for the therapeutic activities for next financial year around March next year.

During a recent report to the department it was revealed that we have had up to 120 participants attend our therapeutic activities which is a remarkable achievement.

TEMHCO was successful in obtain \$15,000 grant Consumers can continue to work in our community garden every week day except Thursdays. Don't forget to call the centre by Wednesday each week if you need assistance getting to any of our outing events. Our computer sessions are becoming popular again and we offer a small number of on-line Microsoft Excel and Word courses to help our consumers build their skills for future job prospects.

My Recovery Peer Facilitator Workshop

I attended in November the Stage 2 of The My Recovery Train the Facilitator program that was delivered in partnership with Wellways Victoria. A total of 10 local people attended this training. Both Maggie Schoenfish and Cheryl Wenitong attended the Stage 1 initial My Recovery program that was held earlier this year.

Stage 3. The local My Recovery facilitators are now preparing and planning to deliver My Recovery programs in Darwin and Palmerston from February 2020. Each program will be delivered during a three hour session each week, for 10 weeks. My Recovery facilitators are available to run information sessions for staff and clients about the My Recovery program beginning in January 2020. For further information contact Project Officer, Noelene on (08) 8948 2246, mob 0439 100 360 or via email PLEPProject@ntmhc.org.au.





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! I really encourage our clients to share stories about their personal journey and how our therapeutic activities are helping you with your recovery. Further stories like this will assist with future funding to continue providing therapeutic activities. These stories are real and can help motivate others who are losing hope. We are also interested in receiving any 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).



Did you know?

This information was retrieved from Beyond Blue: <https://www.youthbeyondblue.com/footer/stats-and-facts>

- Around one in 35 young Australians aged 4-17 experience a depressive disorder.

Breakdown: 2.8% of Australians aged 4-17 have experienced an affective disorder. This is equivalent to 112,000 young people

- One in seven young Australians experience a mental health condition.

Breakdown: 13.9% children and adolescents aged 4-17 years



experienced a mental disorder between 2013-14, which is equivalent to an estimated 560,000 Australian children and adolescents.

- One in fourteen young Australians (6.9%) aged 4-17 experienced an anxiety disorder in 2015. This is equivalent to approximately 278,000 young people.

Breakdown: 6.9% of Australians aged 4-17 experienced an anxiety disorder in 2015.

This is equivalent to 278,000 young people.

- The number of deaths by suicide in young Australians is the highest it has been in 10 years.

Breakdown: In 2015, 391 (12.5 per 100,000) young Australians aged 15-24 died by suicide compared with 290 (10.4 per 100,000) young Australians in 2005.⁴

- Suicide is the biggest killer of young Australians and accounts for the deaths of more young people than car accidents.

Breakdown: 324 Australians (10.5 per 100,000) aged 15-24 dying by suicide in 2012. This compares to 198 (6.4 per 100,000) who died in car accidents (the second highest killer).

- Evidence suggests three in four adult mental health conditions emerge by age 24 and half by age 14.

Breakdown: Half of all lifetime cases of mental health disorders start by age 14 years and three fourths by age 24 years.

- People experiencing mental health conditions generally report more experiences of being treated positively than of being avoided or discriminated against, particularly from friends, loved ones and family members.
- Racism has can have really negative effects on young people's health, education and social life and these effects can be carried for many years into adulthood.



Did you know cont...

- Around one in three young Australian adults aged 18-24 years report experiencing racial discrimination because of their skin colour, ethnic origin or religion.
- Around one in four Aboriginal and Torres Strait Islander young people aged 15–24 years report experiencing discrimination because they were of Aboriginal and/or Torres Strait Islander origin.
- Approximately one in four people with type 2 diabetes experience depression and one in six with type 2 diabetes experience anxiety.
- Approximately one in four young people aged 13-19 years with Type 1 Diabetes experience moderate to severe symptoms of depression and anxiety.

How can you help a friend?



LOOK
out for the signs

Want to know more about what to look for? Check out signs and symptoms for anxiety and depression. »



LISTEN
to your friend's experiences

Listening to your friend's experiences is really important. Sometimes you don't even need to say much. »



TALK
about what's going on

Talk about what's going on... check out some tips on how to talk about depression and anxiety. »



SEEK
help together

Learn about the different types of help available and where you or a friend can go to talk to a professional. »



National 24/7 Crisis Services

- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467
www.suicidecallbackservice.org.au
- **MensLine Australia:** 1300 78 99 78
www.mensline.org.au
- **beyondblue:** 1300 22 4636
www.beyondblue.org.au

Youth Support Services



24/7 Crisis Support
www.kidshelpline.com.au
1800 55 1800



Direct Clinical Services
www.headspace.org.au
1800 650 890



EVERYMIND

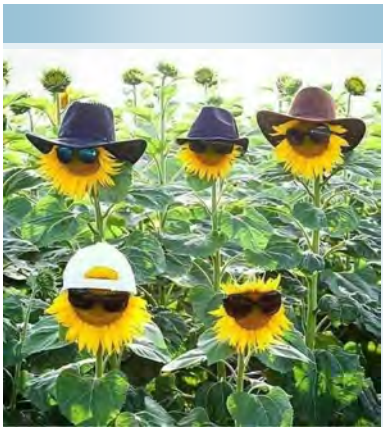


www.mindframe-media.info

Christmas Party

TEMHCO Christmas Party 2019 was held at our centre this year with true family spirit! Everyone chipped in but our volunteers need awards for the magnificent job they did yesterday and today making this day special and very enjoyable. I am so very grateful for all there hard work and dedication to TEMHCO, not just for today but in the day-to-day running of NT's only consumer run organisation.





Community Garden Project

The Salvation Army and TEMHCO are working together to provide our members and people who are struggling financially in our community a garden that helps provide therapeutic support and grow produce. The produce we grow is used in the lunches that The Salvation Army provide to our members and also their clients who come in to receive support. Our volunteers help cook these healthy and delicious meals on week days and The Salvation Army also provide a cooked lunch every Sunday. We also have a smaller garden that grows native plants and flowers. In December, we received notification from the Commonwealth Government that we were successful with our grant application for the Stronger Communities Programme - Round 5. This grant provides 50% funding for the estimated cost to run this project. We would like to thank Think Water, Paradise Nursery, Plumbing Laser, Territory Native Plants, Southern Cross Darwin, Finlay's Stone, Allora Gardens Nursery for their donations of soil, plants and equipment and Woolworths Bakewell for \$100 gift card, during the initial stages of this project. We are still wishing to seek further corporate sponsorship or donations from the public to help us with the remaining funding to complete this project. Public donations can be made to our PayPal (<https://www.paypal.com/au/fundraiser/112574447199339912/charity/3648266>) Giving Account, where we there are no admin fees and we receive 100% of what has been donated. We are also DGR endorsed.



Community Garden Sponsors



TEMHCO would like to thank the following sponsors who have kindly donated products and services to assist us with setting up our community garden project.





Computer Sessions

TEMHCO give our members the opportunity to use our laptops to learn new skills, write their résumé or apply for jobs. We have a limited number of free Excel and Word courses that can be completed at the centre. Members can use the laptop at any time during our opening hours except when we are running our Massage Therapy or Men's and Women's Grooming Sessions.



Board Games

TEMHCO have a range of board games that can be played as a social activity in our demountable every afternoon (except Tuesday) to help build new friendships and for social inclusion.



Lunches

Members can enjoy a cooked lunch every day in The Salvation Army hall from 12 noon. The food is cooked by our volunteers who all hold a current food handlers certificate. Cost of lunch is a gold coin donation. Lunch is currently being served by The Salvation Army every Tuesday for their clients and members are invited to attend.

The Salvation Army also provide a free lunch on Sundays and are always looking for volunteers to help cook up to 70 lunches.



BBQ Thursday

Our BBQs have now changed to Thursday due to our new outing day being on Tuesday. The change was due to the availability of our teacher for our new sensory blanket workshop and men's boob carving workshop that is run on Thursday. The lunch is still only a gold coin donation and members are served a delicious and healthy BBQ lunch. We wish to thank Jimmy and our volunteers for helping to cook these lunches and for assisting on the other days of the week.

Men & Women's Grooming Sessions

TEMHCO run a men's grooming session on the **second Thursday of every month from 9:30am to 11:30am**. We have seen some incredible transformations and here are just a few.

Our women's grooming sessions are very popular and are **run twice a month on the first and third Wednesday month from 9:30 am to 12 noon**. Ladies can receive facials, waxing and/or eyebrow/eyelash tinting. Booking is essential due to the popularity of this activity.



Massage Therapy

Join us for a relaxing massage with Betty **every Monday 9:30 am to 11:30 am**. Bookings are essential as this is a very popular therapeutic activity.



Art Therapy

Monday's are always very busy @ TEMHCO with our very popular Art Therapy. You may be a novice or an experienced artist, it doesn't matter as our art therapist, Claud, can cater for any skill and before long the novice becomes very talented. **You can attend our art therapy classes every Monday from 9:30am to 11:30am.**



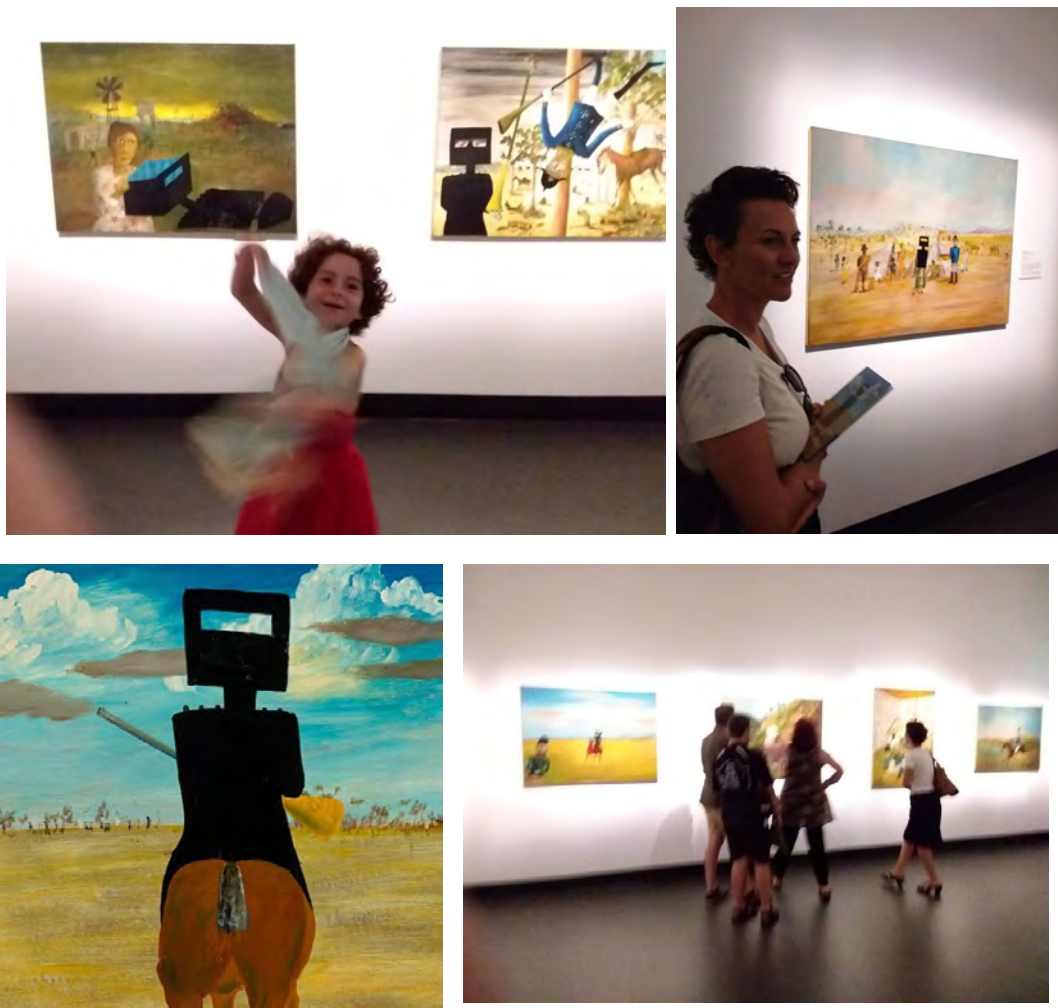




Outings

Sidney Nolan Exhibition

Our art therapy consumers had the opportunity to see the Sidney Nolan's Ned Kelly exhibition at the Museum and Art Gallery in Darwin. This exhibition is showing until 23 February 2020.



Northside Activities

Every Tuesday from 9:00 am to 3:00 pm Jimmy takes our consumers out of Palmerston to visit the Northside drop-in centres. Here is Jimmy and Jack at the Day-to-Day Living Drop-in Centre.



Outings cont...

Grow Meetings

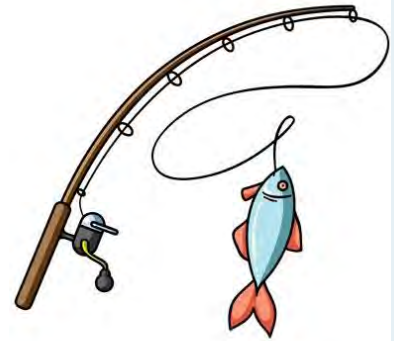
Our Grow meeting are held **every Tuesday from 10:00 am to 12:00 pm at the Gray Somerville Centre**. Please sign in at reception and they will point you to where our meeting room is being held. Consumers can join us for lunch—venue TBA each week.

Let's Go Fishing

Our outdoor fishing activity has become very popular and is held **every Wednesday (weather permitting), from 9:30 am to 12:00 pm**. You can bring your own rods or we also supply them with bait and you can also learn how to throw a fishing net. We are hoping to also include a BBQ lunch for consumers who come out to this outing event in the near future. Please call Jimmy on 0432 115 418 before 9:00 am on Wednesday if you require a lift or be at the centre before 9:30 am.



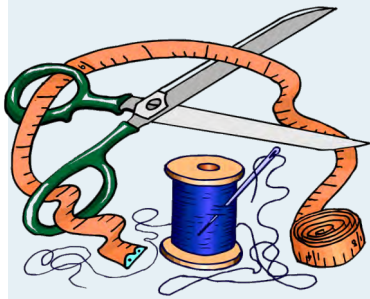
A proven program for mental wellbeing



Sewing and Craft



What a wonderful start the Sewing and Craft workshop has had in 2019. The move to Woodroffe enabled an expansion of the number of participants as well as the range of projects and activities too. With easy to use sewing machines, an overlocker and a complete haberdashery set, including a wide selection of material, the consumers have been creating, upcycling, repairing and altering clothes. The first group project (soon to be completed), is a large appliqued wall hanging of a wet season billabong, wildlife and local flora. The craft ladies have also made costumes for their kids, upcycled denim bags and custom designed bags, make blankets for cats, aprons and tea towels for the centre. Sewing and Craft Classes are held **every Wednesday morning from 9:30am to 11:30am.**





Jacana Energy Sponsorship

After a successful grant application with Jacana Energy, TEMHCO is proud to announce a new “Sensory Blanket” Workshop that will be run on a weekly basis. We will be creating imaginative, tactile and stimulating blankets for young and old people with physical/mental disabilities and spectrum disorders. This will continue until 30 June 2020. Please come and visit this workshop and give it a try. New skills can be learnt and forgotten skills be relearned. **Sensory Blanket Workshops are held every Thursday morning from 9:30am to 12:00pm.**



Sensory Blanket Workshops

Proudly sponsored by



Jacana Energy Sponsorship

Included with the funding sponsorship from Jacana Energy includes a men's workshop of boab carving and storytelling. This workshop will hopefully be commencing in February once we have obtained all the supplies needed and will be held in the open air outside The Salvation Army hall. Our Men's Workshops will be held **every Thursday morning from 9:30am to 12:00pm.**



TEMHCO



Top End Mental Health
Consumers Organisation

Men's Boab Carving Workshop

Proudly sponsored by



Mental Health Week Awards

Congratulations to our Chairperson, Maggie Schoenfisch and our newly appointed Treasurer, Cheryl Wenitong for their awards during the Mental Health Week in October. Both ladies have been long-time volunteers at TEMHCO and truly deserve their awards for the Volunteer Advocacy Award and Runner-up Lived Experience Award.



In the news...

One of our long term consumers was featured in the NT News in December 2019. Graham has really flourished over the last 12 months whilst attending TEMHCO and he loves our therapeutic activities such as Art Therapy, Fishing and our Computer Sessions. He loves TEMHCO with a passion and refers to us as family

Support brings new zest for life



Graham Childs, left, with support worker Ray Ndoro. He says his life has turned around since he joined the NDIS. Picture: CHARLIE BLISS

BERRY Springs resident Graham Childs once shut himself away from the world, but he is now thriving thanks to the additional support he has received from the National Disability Insurance Scheme.

More than 20 years ago the 58-year-old local was diagnosed with schizophrenia, anxiety and depression and has been on a disability pension ever since, but his conditions coupled with a series of past personal tragedies meant he struggled to cope with everyday life.

Since Mr Childs joined the NDIS last year, however, he has made a remarkable turnaround that has seen him reconnect with family, learn how to use a computer and participate in numerous activities in the community ranging from fishing to cooking.

Mr Childs said the sense of connection he had gained through his NDIS plan, after a long period of isolation and hardship, had given him a new lease on life.

"It's given me a reason to live and enjoy life," he said.

"I don't feel down or depressed as much, I don't feel much anxiety any more."

[regionalnews.smedia.com.au/ntnews/PrintArticle.aspx?doc=NCNTN%2F2019%2F12%2F03&entity=ar013048&mode=text](https://www.regionalnews.smedia.com.au/ntnews/PrintArticle.aspx?doc=NCNTN%2F2019%2F12%2F03&entity=ar013048&mode=text)

1/2

Music Therapy Classes

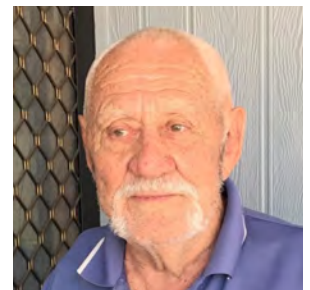
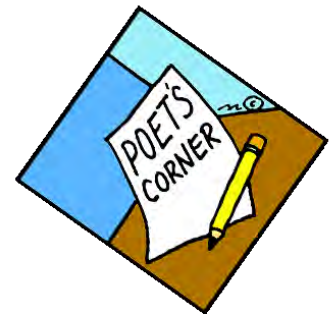


Throughout this year, the music therapy group at TEMHCO has been running every Friday morning for two hours. The group is facilitated by Crystal Robins, who is a musician and a registered music therapist. Crystal has completed a Masters of Music Therapy through the University of Melbourne, and has been working as a music therapist in Darwin for the last two and a half years. Our consumers are in control of what songs they would like to sing plus we have an array of musical instruments that they can play. Consumers do not need to have any musical abilities or previous experience to join in and all are welcome! **Our music therapy classes are run every Friday from 10:00 am to 12:00 noon.**



Trading in the China Strait

I smell the kia kia in the gally and the lights on deck appear
My body starts sweating, as I recall that blue in Samaria last year
When the skipper of the TANNER BADA ordered his tenpenny dark
He scoffed it down with gusto and spewed up with a bark
We all saw the cockroach as, the port left the glass
I grinned at him, he tackled me, a punch at time, I cast
The crowd pulled us apart, he threatened me, I felt like a man before mast,
Instead of, Master under God, I departed, but not to fast
I hoped I would not meet him again, "the old fart"
I see the rubber tappers lights, wending through the trees
On the deck, the passengers are feeding themselves, their babies on there knee's
Another two hours till the break of dawn, then the copra will be here
Clear the hatches, belongings to the bulwarks, passenger all clear
Rig the derrick, the winches whine, remove the hatch covers, then wait
The doubled hulls stacked high with copra, leave the beach at dawn, their never late
I watch with the glasses seeing, if any bags get wet,
The mates, accepting bills of leading, the planner, not arrived yet
Making up manifest in the wheelhouse, amidst the din
Kissem wet bags, rouse- im, I yell down the hold to jim
I'm told, TANNER- BADA's skipper's on the on the grog in LAE
On the evening radio schedule, yesterday
From Garara, Losuia to Esa'ata, pick up her cargo
PAPUA is not big enough for two of us, ones got to go
Half the cargoes in my cabin and the forecastle, I need to shorten the stow
We are loading rubber now, need a port rotation
What I really need is more floatation
I am heading to Samaria then Port-Moresby via Marshal lagoon, that old fart's a wet one now
If I was going to LAE, I would like to kill him truly
not mess with him or be unruly
and hang his body from the bow
that rotten sod, is just a cow
a smelly one at that
more like a bilge rat.



Jack Myatt

CHRISTMAS CAROLS

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

SNOWFALL
 LULAJZE JEZUNIU

THE LORD'S PRAYER

THE FIRST NOEL

WHITE CHRISTMAS
 SILVER BELLS

JOLLY OLD SAINT NICHOLAS

SILENT NIGHT

WE THREE KINGS
 FELIZ NAVIDAD

AULD LAND SYNE

SLEIGH RIDE

LET IT SNOW
 AWAY IN A MANGER
 SANTA CLAUS IS COMING TO
 TOWN
 JOY TO THE WORLD

SNOW
 FROSTY THE SNOWMAN

WHAT CHILD IS THIS

DO YOU HEAR WHAT I
 HEAR

AVE MARIA
 IN MIDNIGHT SILENCE

O HOLY NIGHT

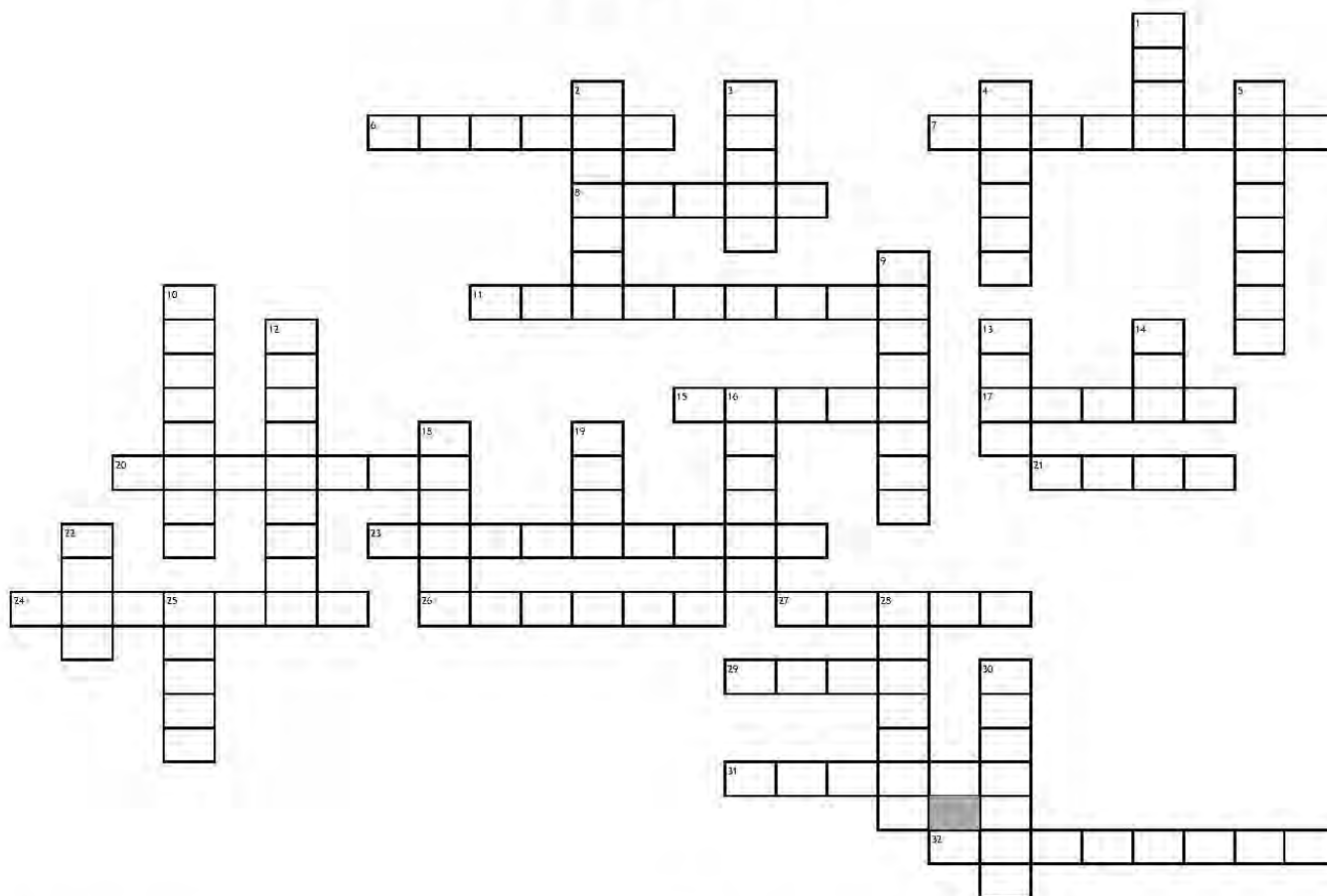
MARY DID YOU KNOW
 JINGLE BELL ROCK
 THE LITTLE DRUMMER
 BOY

DECK THE HALLS

O CHRISTMAS TREE
 TODAY IN BETHLEHEM

JINGLE BELLS

Christmas



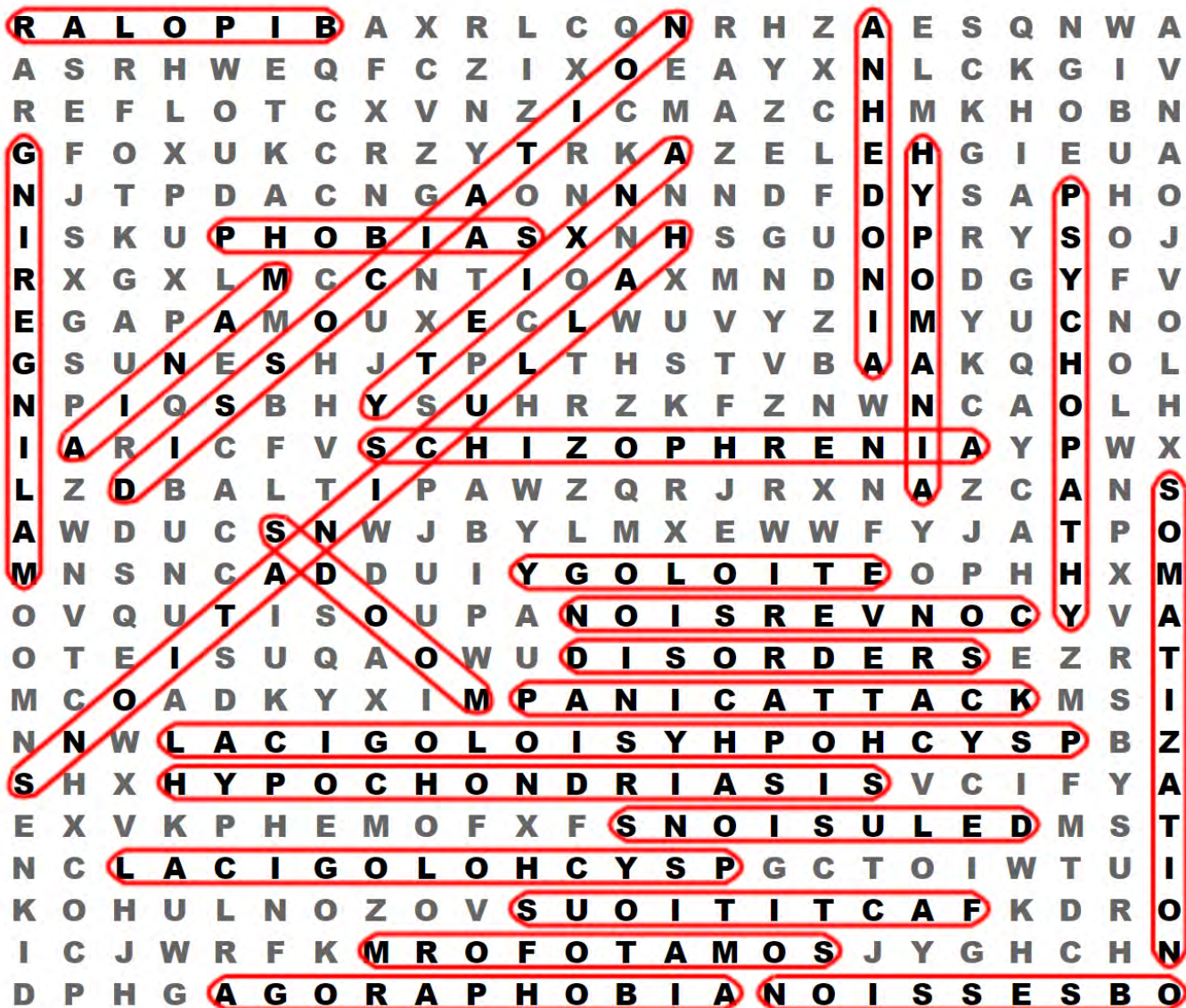
Across

6. Chocolate Christmas Calender
7. Office Mrs Claus
8. Australia does not have a _____ christmas
11. Red and White Christmas lolly
15. What Santa has and Gideon doesn't
17. Santa's Helpers
20. Dreamy Christmas singer -, Buble
21. What Carolers do
23. Decoration under which you can kiss
24. Office Christmas tree decorations
26. The office Angry Elf
27. Seasons Greeting - Christmas
29. Carrying out Marty's Fantasies daily - ... the Elf
31. Who Stole Christmas
32. What Kiels desk was decorated in

Down

1. Another word for present
2. Frosty the
3. Celebration
4. Christmas Door decoration
5. Month Christmas is celebrated
9. Rudolph the Red Nose
10. A sock that hangs by the chimney
12. Where Santa's workshop is located
13. Male Office Chief Elf
14. Pumpkin or mincemeat
16. Christmas Drink
18. Santa's Ride
19. What Santa gives to bad boys and girls
22. What goes on top of the tree
25. Jingle
28. Song - around the Christmas Tree
30. Movie set on Christmas Eve

Psychological Disorders

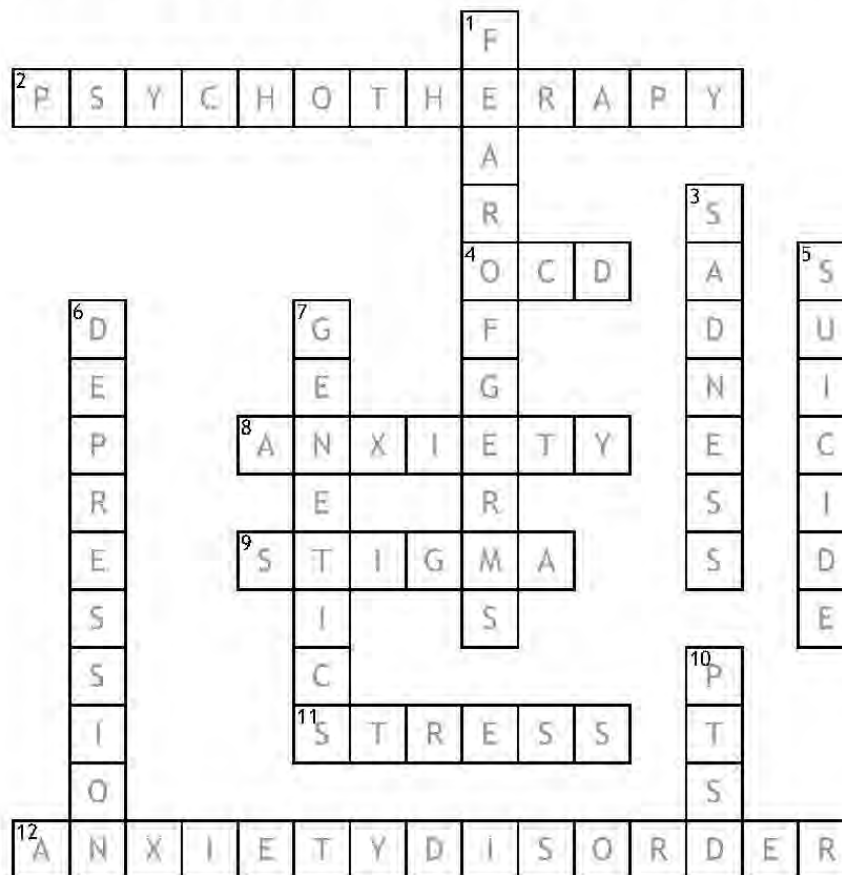


hallucinations
hypomania
anhedonia
hypochondriasis
psychophysiological
somatoform
agoraphobia
etiology
disorders

delusions
bipolar
moods
conversion
factitious
obsession
panic attack
psychopathy

schizophrenia
mania
dissociation
somatization
malingering
phobias
anxiety
psychological

Mental and Emotional Health Crossword Puzzle



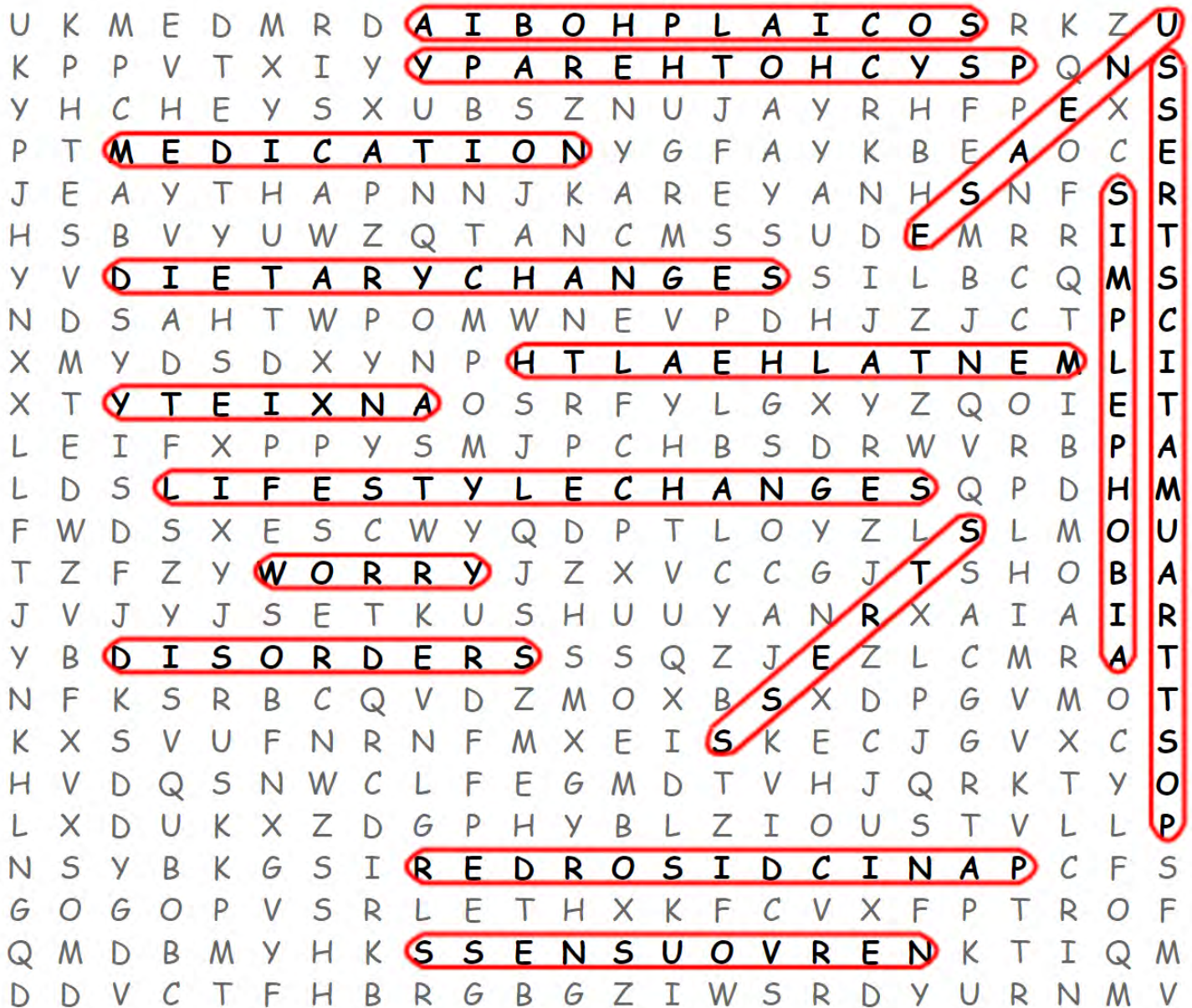
Across

2. treatment for OCD
4. an anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), or behaviors
8. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome
9. mark of disgrace associated with a particular circumstance, quality, or person
11. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
12. a common mental illness defined by feelings of uneasiness, worry and fear

Down

1. example of a symptom of OCD
3. condition or quality of being sad
5. the intentional act of attempting to kill one's self
6. feelings of severe despondency and dejection
7. cause of OCD
10. disorder that develops in some people who have experienced a shocking, scary, or dangerous event

Anxiety Disorder

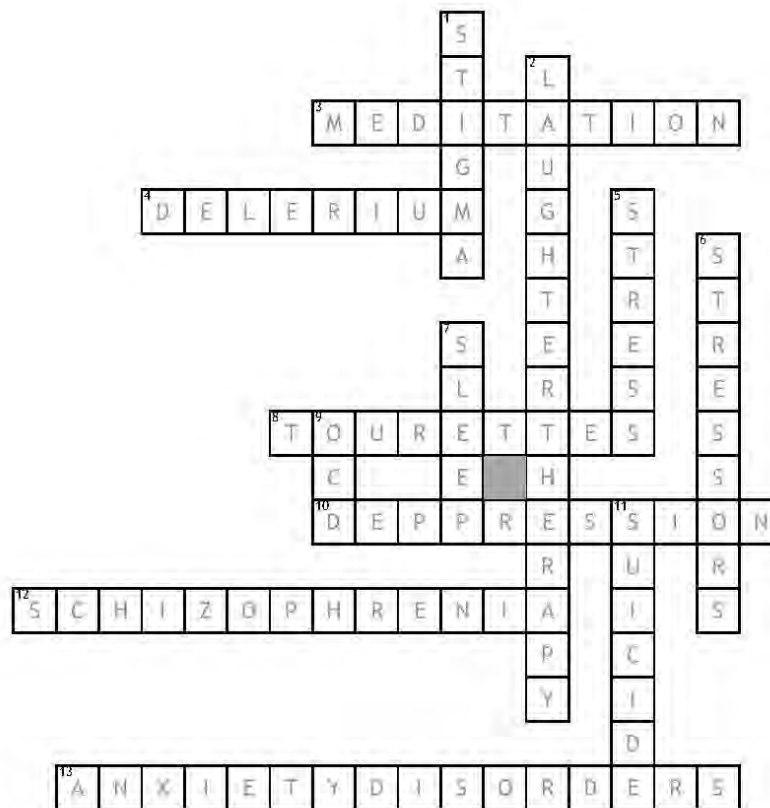


Anxiety
Lifestyle changes
nervousness
Psychotherapy
Stress

dietary changes
Medication
Panic disorder
Simple phobia
Unease

Disorders
Mental health
Post traumatic stress
Social phobia
Worry

Stress Crossword



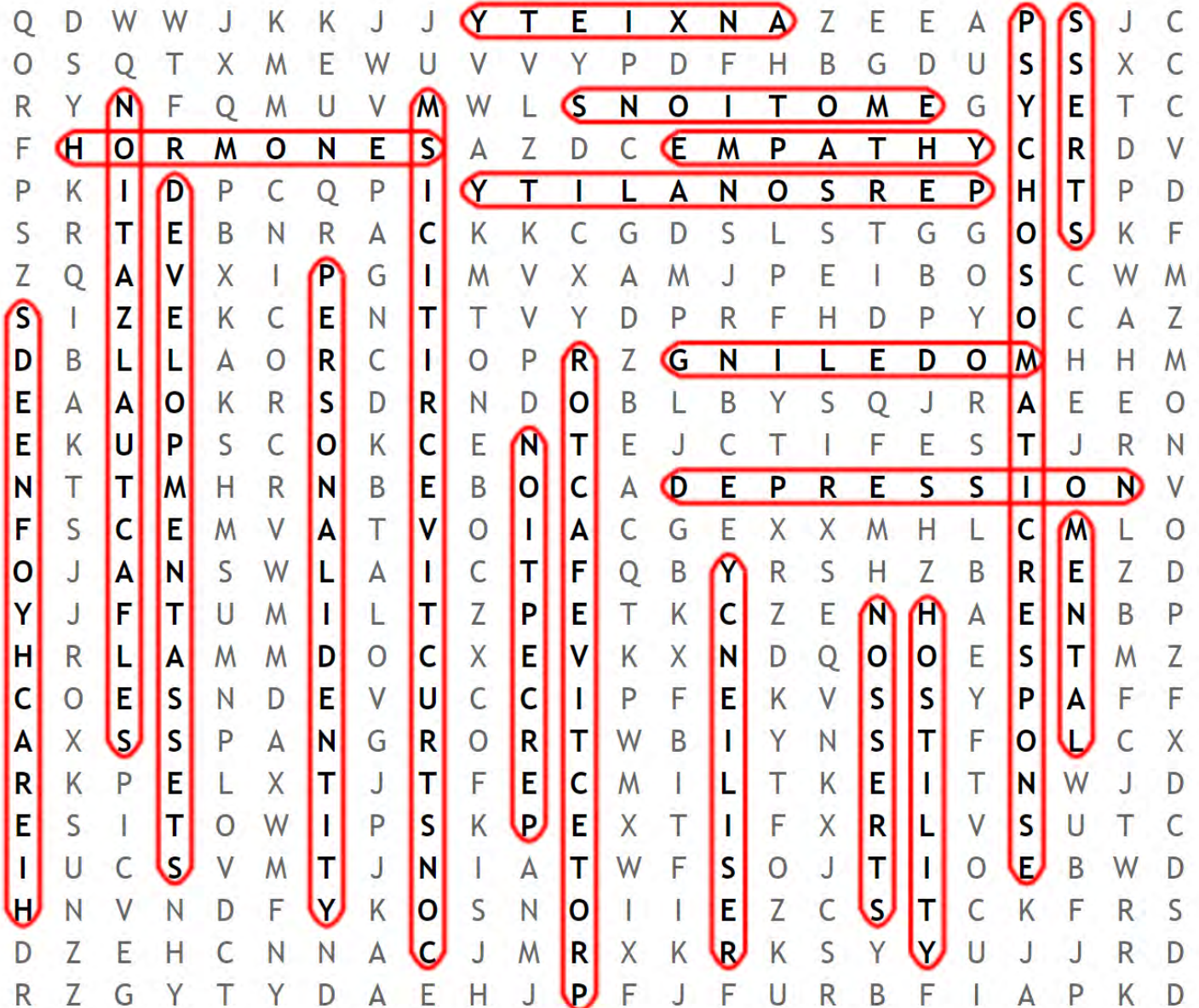
Across

3. A stress relief technique in which you relax and reflect
4. Being disoriented or slightly insane, A disturbance in attention
8. A nervous system disorder involving repetitive movements or unwanted twitching
10. Constant sadness or grief, can be caused by the loss of a loved one or other tragic event
12. disorder which causes mania and difficulty living a normal social life
13. Disorders that cause you to constantly worry and fret about everything

Down

1. A prejudice or assumption about a group of people
2. A relief technique that will give any sane person nightmares
5. The body's reaction to stressors
6. The causes of Stress
7. You need 8 or more hours of it a night
9. A disorder that causes one to want everything to be perfect and or measured
11. The intentional act of ending ones own life

MENTAL HEALTH



PROTECTIVE FACTOR

ANXIETY

PERCEPTION

EMPATHY

CONSTRUCTIVE CRITICISM

MODELING

HIERACHY OF NEEDS

RESILIENCY

PSYCHOSOMATIC RESPONSE

STRESS

HORMONES

DEVELOPMENT ASSETS

PERSONALITY

MENTAL

DEPRESSION

STRESSON

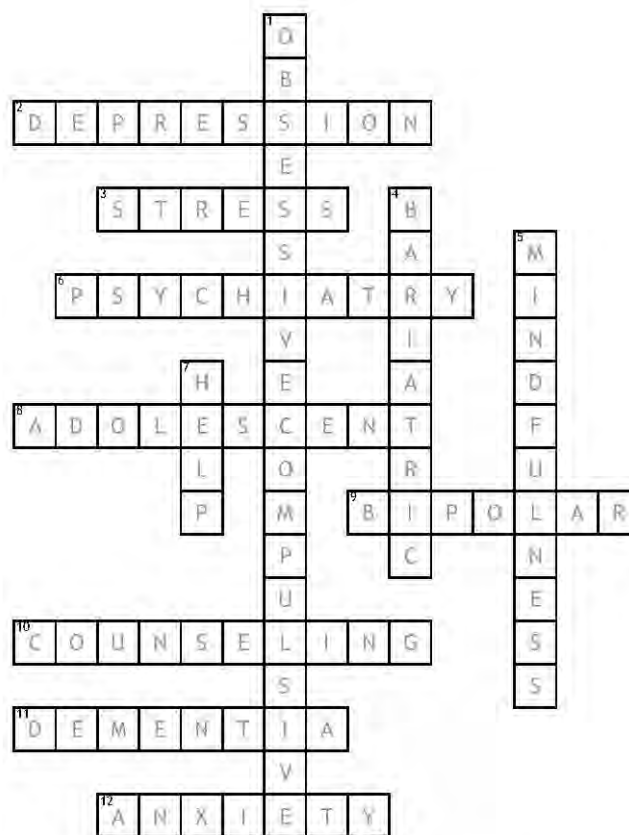
HOSTILITY

EMOTIONS

PERSONAL IDENTITY

SELF ACTUALZATION

Mental Health Awareness



Across

2. sadness; gloom; dejection.
3. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism
6. the branch of medicine concerned with the diagnosis and treatment of mental illness
8. growing to manhood or womanhood; youthful
9. a mental health problem characterized by an alternation between extreme euphoria and deep depression
10. to give advice to; advise
11. a state of serious emotional and mental deterioration, of organic or functional origin
12. a state of apprehension and psychic tension occurring in some forms of mental disorder

Down

1. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts
4. of or relating to the treatment of obesity
5. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them
7. to make easier or less difficult; contribute to; facilitate

Mental Health Quiz

Health, Stress and Coping

Select correct answer from right hand column and place letter next to each question.

- | | |
|--|----------------------------------|
| 1. The subfield of psychology that investigates the relationship between people's behaviors and their health. | A. Coping |
| 2. Any event or environmental stimulus (stressor) that we respond to because we perceive it as challenging or threatening. | B. General Adaptation Syndrom |
| 3. A change in one's life, good or bad, that requires readjustment. | C. Life Event |
| 4. The everyday irritations and frustrations that individuals face. | D. Cognitive Reappraisal |
| 5. The capacity to adapt well to significant stressors. | E. Avoidance-avoidance Conflict |
| 6. A situation in which a person must choose between two or more needs, desires or demands. | F. Secondary appraisal |
| 7. A situation in which a person must choose between two likable events. | G. Emotion-Focused Coping |
| 8. A situation in which a person must choose between two undesirable events. | H. Psychoneuroimmunology |
| 9. A situation in which a person is faced with a desire or need that has both positive and negative aspects. | I. Social Support |
| 10. A situation that poses several alternatives that each have positive and negative features. | J. Approach-Approach Conflict |
| 11. Our initial interpretation of an event as irrelevant, positive or stressful. | K. Health psychology |
| 12. An evaluation of resources available to cope with a stressor. | L. Problem-Focused Coping |
| 13. The general physical responses with experience when faced with a stressor. | M. Exhaustion Stage |
| 14. The first phase of the general adaptation syndrome characterized by immediate Activation of the nervous and endocrine system. | N. Stress |
| 15. The second phase of the general adaptation syndrome in which the nervous and endocrine systems continue to be activated. | O. ProgressiveRelaxationTraining |
| 16. The third and final phase of the general adaptation syndrome, in which bodily resources are drained and wear and tear on the body begins. | P. Primary appraisal |
| 17. The field of study that investigates the connections among psychology (behaviors, thoughts, emotions), the nervous system and immune system functioning. | Q. Immunosuppression |
| 18. The reduction in activity of the immune system. | R. Daily Hassles |
| 19. The behaviors that we engage into manage stressors. | S. Conflict |
| 20. Behaviors that aim to control or alter the environment that is causing stress. | T. Guided Imagery |
| 21. Behaviors aimed at controlling the internal emotional reactions to a stressor. | U. Resistance Stage |
| 22. An active and conscious process in which we alter our interpretation of a stressful event | V. Resilience |
| 23. Unconscious, emotional strategies that are engaged in to reduce anxiety and maintain a positive self-image. | W. Defense Mechanisms |
| 24. A stress management technique in which a person learns how to systematically tense and relax muscle groups in the body. | X. Approach-Avoidance Conflict |
| 25. Having close and positive relationships with others. | Y. Multiple Approach-Avoidance C |
| 26. A technique in which you focus on a pleasant, calming image to achieve a state of relaxation when you feel stressed. | Z. Alarm Reaction |

Healthy Recipe

Baked white fish with bread, cherry tomatoes, olives and capers



Cook like an Italian



Baked white fish with bread, cherry tomatoes, olives and capers (Cook like an Italian)

The fish fillets sit alongside sourdough bread in this one-pan bake and soaks up the sauce dishing up soft fish and crunchy bread.

SERVES

4

PREPARATION

15
MIN

COOKING

40
MIN

SKILL LEVEL

EASY

Instructions

1. Preheat the oven to 180°C.
2. Drizzle half the oil into a baking dish. Pour in the cherry tomatoes and their juices, olives, capers, anchovies, wine and thyme sprigs. Season with a little salt and stir to combine. Nestle the bread chunks in the sauce, turning lightly to coat. Bake for 25 minutes, then place the fish on top, drizzle with the remaining oil and season with a little salt and pepper. Bake for another 15-18 minutes or until the fish is just cooked through. The cooking time will depend on the size of your fillets, so keep an eye on it.
3. Take the tray out of the oven, scatter with extra thyme leaves, season with a little extra pepper and drizzle with a little extra-virgin olive oil.

Silvia Colloca shares her Italian family secrets in the brand-new series, Cook like an Italian.

Ingredients

100 ml	extra-virgin olive oil, plus extra for serving
400 g	canned cherry tomatoes
90 g	(½ cup) black olives, pitted
2 tbsp	capers
3-4	anchovy fillets
125 ml	(½ cup) dry white wine
3-4	sprigs thyme, plus extra thyme leaves to serve
	sea salt flakes, to taste
3	thick slices stale sourdough bread, cut into large chunks
4	skinless white fish fillets, about 150 g-180 g each (like ling or hapuka)

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Source: <https://www.sbs.com.au/food/recipes/baked-white-fish-bread-cherry-tomatoes-olives-and-capers>

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).

Benefits of being a member include:

- attend and vote at the AGM
- be nominated for the committee
- receive quarterly "Consumer Voice" newsletter
- jump the queue for massage therapy or ladies & men's grooming session
- receive updates for upcoming events and monthly calendar
- enjoy a free feed at any special event (e.g. Christmas Party)

To become a member of TEMHCO you can either fill out and pay on our webpage: <https://www.temhco.com.au/members/> or you can come in person into our office. Credit card is not available if attending the office and can only be used at our webpage.

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/>



Membership Form



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

* New Member must first be approved by the board.

Due by 1 July each year

Name :-

DOB:-

Address:-

Telephone:-

Email:-

Emergency Contact:-

Phone:-

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 or 86 Woodroffe Ave, Woodroffe

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



TEMHCO thanks you for your support!

The printing of this newsletter is proudly
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TONY SIEVERS

MLA

MEMBER FOR BRENNAN



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Consumers Organisation

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