

## Sign up, Link in, Get involved

### The Mental Health Association NSW

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#### How can the Mental Health Association NSW (MHA) help you?

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- For information on our programs and projects visit our website [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au). A large collection of factsheets on mental health issues is available for download, as well as information on upcoming events, workshops, campaigns and conferences.
- Visit the **Mental Health Resource Centre** at Level 5, 80 William Street, East Sydney. The Mental Health Resource Centre is open to the public on Monday, Tuesday, Thursday and Friday 9am-4.30pm and Wednesday 12.30pm-4.30pm. Free computer use and internet access is available. A great selection of mental health related books and DVDs is available for loan, browse the catalogue here: [www.mentalhealth.asn.au/information/resource-centre.html](http://www.mentalhealth.asn.au/information/resource-centre.html) We can mail resources to those who are unable to visit our East Sydney location.
- Contact the **The Mental Health Information Service** on 1300 794 991 or [info@mentalhealth.asn.au](mailto:info@mentalhealth.asn.au) to obtain information about mental health issues, mental health services in your local area and local support groups. The MHA also operates an **Anxiety Disorders Information Line** on 1300 794 992. Both Information Lines operate Monday - Friday, 9-5pm, except Wednesdays 12.30pm - 5pm.
- The **Anxiety self help groups** run by the MHA, are suitable for people with social phobia, phobias, anxiety, panic and obsessive compulsive disorder. Members are guided, step-by-step, through a program of gradual exposure to help overcome their fears. The groups have a structured 12 week program and are based on behavioural therapy techniques. Offered in the Sydney metropolitan area and some regional areas. Contact 02 9339 6093 or visit [www.mentalhealth.asn.au/support/triumph-over-phobia-top.html](http://www.mentalhealth.asn.au/support/triumph-over-phobia-top.html).
- MHA runs a number of **anxiety support groups** in the Sydney metropolitan area and some regional areas. Support groups usually comprise a small number of people who come together to share personal experiences and information in a supportive environment and are led by a trained volunteer group leader. Contact 1300 794 992 or visit [www.mentalhealth.asn.au/support/support-groups.html](http://www.mentalhealth.asn.au/support/support-groups.html).
- The **Mental Health Support Group Network** aims to assist support group leaders by providing free training and resources on a regular basis and fostering networking opportunities. For more information contact 02 9339 6000 or email [info@mentalhealth.asn.au](mailto:info@mentalhealth.asn.au)



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- **Small Steps** is an anxiety awareness program for primary schools in the Sydney metropolitan area. It aims to help parents and teachers recognise when children require early intervention for anxiety issues. Seminars are free of charge and can be delivered at a time and place convenient for the school community. Contact 9339 6088, or email [smallsteps@mentalhealth.asn.au](mailto:smallsteps@mentalhealth.asn.au)

- The **Workplace Health Promotion Network** regularly brings together HR and OHS executives from the Sydney metropolitan area to develop skills in workplace health promotion. Members have access to a range of resources, quarterly meetings and an e-newsletter. Membership is free.

Visit the website [www.whpn.org](http://www.whpn.org), phone 02 9339 6008 or email [promoadmin@mentalhealth.asn.au](mailto:promoadmin@mentalhealth.asn.au) for more information.

- **The Resilience Doughnut** © is a model that helps identify strengths in young people in order to build resilience. The model is can be taught in a workshop format to a range of groups including young people, parents, teachers, and community groups. Contact 02 9339 6006 or [promo@mentalhealth.asn.au](mailto:promo@mentalhealth.asn.au)

### How can I help the Mental Health Association NSW?

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You can support the work of the MHA by becoming a member or making a donation.

By **becoming a member of the MHA**, you receive a number of benefits including the quarterly Mental Health Matters magazine which helps keep you up to date with mental health news, as well as discounts on publications and conferences affiliated with the MHA. Different levels of membership are available for individuals and organisations.

Affiliate membership is free and gives you access to our monthly e-news and special interest newsletters.

Becoming a member is easy and can be done through our website:

[www.mentalhealth.asn.au/membership.html](http://www.mentalhealth.asn.au/membership.html) or by calling 02 9339 6009.

**Donations are gratefully accepted** and will assist us in continuing to provide support and information to those whose lives have been affected by mental illness as well as promoting positive mental health to the NSW community.

Donations over \$2 are tax deductible and can be made through our website.

