

MEDIA RELEASE

Mental health community in Newcastle regroups after challenges of COVID-19

Tuesday 23 November: The COVID-19 pandemic continues to stretch the capacity and resources of many in the mental health sector.

To assist mental health organisations deal with the long-term impact of increased demand, frontline workers in Newcastle and surrounds will meet on Wednesday 24 November to regroup, support each other and discuss the ongoing situation.

Mental Health Coordinating Council CEO Carmel Tebbutt says the COVID-19 pandemic has been one of the most difficult times faced by the mental health sector.

“Demand for mental health services has never been greater, while at the same time restrictions and lockdowns made delivery extremely challenging for many providers,” Ms Tebbutt says.

On Wednesday Mental Health Coordinating Council, the peak body for non-government community mental health services - with co-hosts Flourish Australia and Hunter New England Local Health District - will hold an important networking event for the local area.

“The Meet your Neighbour event will recognise the work, commitment and resilience of frontline community mental health workers and organisations in Newcastle and showcase the creativity of the sector to support people in this region during the pandemic.”

Community mental health organisations deliver psychosocial support to people living with mental health conditions. They seek to maximise recovery for people and provide supports to assist daily living needs, social connections, and access to education and employment.

“Community-managed organisations adapted and innovated at pace to continue delivering much needed services while also meeting increased demand during the pandemic,” Ms Tebbutt explains.

“More than ever before, we need to care for each other, our colleagues and the people we work to support to get through the aftermath and long-term mental health impact of the pandemic.”

The Meet your Neighbour networking event brings frontline mental health workers, consumers and carers on Wednesday 24 November at Flourish in Newcastle.

We need a community of neighbours working together to support people living with mental health conditions to live well.

For media interested in attending the event or to request an interview with Carmel Tebbutt, contact Lara Cole on lara.c@mhcc.org.au or 0421 202 643