

BE WAY AHEAD WITH YOUR MENTAL HEALTH

WayAhead 
Mental Health Association NSW

ANNUAL REPORT 2016

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CHIEF EXECUTIVE OFFICER REPORT



“There has been such a cultural change this year and over the next 12 months we will see even greater benefits to come.”

After a few years of rapid internal change and rebranding we have spent the last 12 months embedding the new systems and processes now called Collective Purpose. Collective Purpose was previously known as the Partners in Change and is made up of three organisations, WayAhead, BEING and Mental Health Carers NSW (ARAFMI). With the three organisations working so closely together I feel as though WayAhead is part of a much larger organisation, providing daily contact with a greater number of colleagues, access to more resources and a much improved mechanism for information gathering and distribution. There has been such a cultural change this year and over the next 12 months we will see even greater benefits to come. In February WayAhead had its external review for accreditation. This was the fourth time WayAhead participated in a review with over 13 years committed to continuous quality improvement.

We achieved accreditation and exceeded in the standard related to partnership, thanks to the establishment of Collective Purpose. This is a pat on the back for the board and staff who worked to bring about the change that is now Collective Purpose. A special thank you must go to Jonathan Harms and Peri O’Shea, my partner CEOs who along with myself and Margaret Scott, have led this cultural change.

Another highlight for me has been combining our grants. As of the 1st December our previous five separate grants, the majority administered through South East Sydney LHD, was transferred to the Commission to administer and this has enabled us to re-negotiate the contracts into two – WayAhead programs combined and Collective Purpose. This will significantly reduce duplication and red tape and will allow us to review our KPIs and change our direction if it will demonstrate improved outcomes. For the last few years

we have been rolling over the contracts with no opportunity to renegotiate. This is a significant and positive development and we look forward to working with the Commission over the coming years.

With the rebranding to WayAhead our communications team created a new look for the organisation which has been very well received. Along with that we moved our Mental Health Matters magazine online. This has enabled us to incorporate video and audio into the magazine enhancing its professionalism. Some of our members still wish to receive a hard copy and we intend to do this as long as it is required. One of the pleasing developments with the magazine has been the use of young volunteer / student journalists who have offered their skills to write articles, do interviews and theme the magazine. They have been inspiring to work with.

Finally I want to thank all those people that have contributed to a successful 12 months. Board members, colleagues, volunteers, students, funders and those people we engage with on a regular basis and who enable us to work better. Thank you all and I hope our relationship will continue to blossom.

ELIZABETH PRIESTLEY
CEO

PRESIDENT’S REPORT

WayAhead has had an exciting and challenging year. There have been some major changes in our organization this year with a smaller board and the establishment of members’ forums. The project to set up “Collective Purpose” is proving to be successful with a range of organisations now using our meeting spaces and desk spaces. Collective Purpose is working well as a hub to support other community organisations and agencies with meeting spaces and support to develop their own membership and programs. We continue to be funded through the Mental Health Commission. We have had discussions with the Commission about our future plans and role in the mental health sector in NSW. Our vision continues to be about promoting mental health: our current programs in recovering from anxiety, workplace health promotion, member forums, development of social media messages and development of information about mental health services continue to be our main focus.

One of our main activities is organising Mental Health Month and promoting and recognising outstanding mental health activities throughout NSW. Mental Health Month has been a great success this year and I congratulate our workers, volunteers and award winners who worked hard to make the launch of Mental Health Month such a success. It is always a privilege to see the projects that our staff and volunteers have developed. Our volunteers continue to give tirelessly of their time and expertise. We always welcome new ideas from our members about needs that they see in the mental health sector and what new initiatives we can support. Sadly we lost one of our long time members, Megan Wintle, this year.

Megan Wintle had been involved in our organisation for many years and contributed her expertise in developing mental health promotion and information materials. This month sees the launch of the Fifth National Mental Health Plan. There is an increasing focus by governments to support people to live well in the community. In particular, there is a focus on improving the physical health of people living with mental illness and developing community support networks for families and carers. We look forward to continuing to play an active role in promoting

mental health by developing innovative information and support programs in the community. I look forward to working with you in the coming year to continue our work and to contribute to real changes.

DR MEG SMITH OAM
PRESIDENT



“We look forward to continuing to play an active role in promoting mental health by developing innovative information and support programs in the community.”

WHO WE ARE

WayAhead plays a vital role in developing new initiatives that increase community awareness and knowledge of mental health issues.

With the support of our Board, staff, members, volunteers, students and other stakeholders, WayAhead work to create a society free from prejudice and discrimination against people living with mental illness. At the same time we are looking at supporting a community that embraces and maintains mental, social and emotional wellbeing for everyone.

This year we spent some time considering what our values are and we decided on the following -

- We want to empower people
- We value working for social justice
- We appreciate diversity
- We want to act with integrity and
- We want to deliver to the highest standard possible.

These five key values underpin the work we do. Complementing our values is our current Strategic Plan 2015/2018. This has 4 goals that guided us this year and will continue to guide and inform us in our planning over the next 2 years.

OUR GOALS ARE

1. Striving to be leaders of health promotion, self-management and self-help responses within the mental health integrated stepped care model
2. Providing a platform that recognises and promotes the valuable insight and expertise of people with a lived experience of mental illness
3. Demonstrating the impact of our activities and
4. Ensuring we are a sustainable and dynamic organisation capable of achieving our purpose.

We action our goals by focusing primarily on the provision of mental health information, we run anxiety programs, we help others establish happy and healthy workplaces and we coordinate mental health promotion campaigns such as Mental Health Month in NSW and Perinatal Depression and Anxiety Awareness Week. We are proud members of the Mental Health Coordinating Council, Mental Health Australia, and the NSW Council of Social Service. We are a QIC accredited organisation and participants of the Forum of Non-Government Agencies (FONGA) and the NSW Mental Health Commission's Wellbeing Collaborative.

By retaining a strong outcomes focus we are more easily able to demonstrate to our government and non-government partners and to all our stakeholders, the value of the work we do as we 'live-out' our values and work to achieve our vision.



BLOWING BUBBLES FOR BIPOLAR



OUR PROGRAMS AT A GLANCE

OCTOBER'S MENTAL HEALTH MONTH

Mental Health Month is a popular and important event on the calendar and is celebrated each year in October. Mental Health Month is an awareness campaign – it encourages everyone in the community to think about their own mental health. Mental Health Month promotes the importance of mental health to our daily lives and encourages the community to seek help when needed.

mentalhealthmonth.org.au



MENTAL HEALTH MATTERS AWARDS

The Mental Health Matters Awards recognise the achievements of organisations large and small who have worked to improve understanding, awareness, service provision and the general mental health of our communities in NSW over the previous year. The Awards are highly prized and are presented each year by the Minister for Mental Health at the launch of October's Mental Health Month.

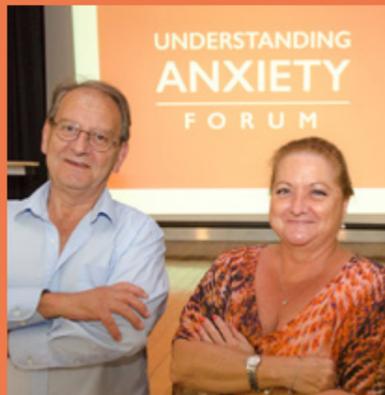
mentalhealthmonth.org.au



UNDERSTANDING ANXIETY FORUMS

The Understanding Anxiety Public Forums are free anxiety awareness and education seminars held throughout NSW. The events are free to attend and to request. The Forums provide information to local communities about anxiety disorders, their treatment and the support options available in the area in which the Forum is being held.

understandinganxiety.org.au



WAYAHEAD DIRECTORY

The WayAhead Directory is a free online resource containing contact information, hours of operation, a description of services offered and other information for over 5600 mental health and community services that are located principally in NSW but also in other States. The Directory listings are constantly being updated and are provided free of charge to anyone with an internet connection.

wayaheaddirectory.org.au

WAYAHEAD WORKPLACES

Formerly Workplace Health Promotion Network (or WHPN), WayAhead Workplaces is a network of members drawn from organisations large and small. WayAhead Workplaces is a resource and information support network for any organisation that is interested in promoting employee health and wellbeing in their workplace. Meetings are held throughout the year providing members with the latest information on workplace wellbeing.

wayaheadworkplaces.org.au

PERINATAL DEPRESSION AND ANXIETY AWARENESS WEEK

Perinatal Depression & Anxiety Awareness Week formally known as Postnatal Depression Awareness Week is an opportunity to raise awareness about perinatal mental health issues in the local community. It is designed to increase community knowledge about mental health during the perinatal period and eliminate the stigma attached, so that woman and men who are affected can feel free to seek help.

pnda.wayahead.org.au

INFORMATION PHONELINES

Need to find some help? WayAhead have two phone lines that assist people to find help.

1300 794 991 - the WayAhead Mental Health Information line is for information and referral on issues relating to mental health generally.

1300 794 992 – the WayAhead Anxiety Disorders Information line which focuses more specifically on anxiety disorders.

wayahead.org.au

FACT SHEETS

WayAhead's fact sheets cover a range of mental health issues. The mental illness fact sheets cover a wide range of mental illnesses. Some of the fact sheets cover information for carers and there are also fact sheets for maintaining mental health and wellbeing. The fact sheets can be read online or are available for free to download and print in an attractive A5 booklet.

wayahead.org.au

SMALL STEPS SEMINARS

WayAhead's Small Steps seminars raise awareness and improve the recognition of anxiety disorders in primary school children. The free seminars are aimed at teachers, administrative staff and parents of primary school children. The Small Steps seminar are usually about an hour in duration and are held in primary schools throughout NSW.

understandinganxiety.org.au

OCD AWARENESS WEEK

OCD Awareness Week was run for the first time in May, 2016. Free resources such as poster and postcards were created and distributed to organisations through the State. Free awareness seminars featuring clinical psychologists, people with a lived experience of OCD and carers were held in metropolitan Sydney and the Central Coast. A professional development seminar was also held.

understandinganxiety.org.au

ANXIETY SUPPORT GROUPS

Anxiety Disorders Support Groups are held monthly in over 35 locations throughout NSW providing support for people with any of the anxiety disorders such as General Anxiety, Panic Disorder, Obsessive Compulsive Disorders and Social Anxiety Disorder. A small number of the support groups cater specifically for people with Obsessive Compulsive Disorders and all are open to friends and carers of the person with an anxiety disorder.

understandinganxiety.org.au



ANXIETY SELF-HELP GROUPS

Participants in the free 12 week Anxiety Self-Help Groups are taken through a program of gradual exposure to help overcome their fears. The program focuses on addressing and facing anxiety provoking situations for each individual group member. Participants set their own target for exposure each week, and work through these exposures as homework, sharing their progress with the group the next week.

understandinganxiety.org.au

WAYAHEAD DIRECTORY

The WayAhead Directory is a comprehensive mental health resource that has been updated annually since 1985.

It has been provided by WayAhead, as part of its Mental Health Information Service. It is used widely by WayAhead staff members, as well as the general public and service providers.

The WayAhead Directory has information on over 5600 mental health related services throughout NSW, and some interstate services. Prior to 2014 the directory was only available in hard copy or accessible via mental health information phone lines, Mental Health Information Services and Anxiety Disorders Information Service, and through the ARAFMI NSW Carer's Helpline.

In September 2014, WayAhead Directory became a live website, thanks to the support of our sponsors through Medicare Locals and Partners in Recovery. The website has been widely used with the number of users increasing regularly. The information available through the website now gives 24 hour access to consumers, carers, service providers, including rural and remote areas, and anyone requiring information and support for mental health and other related services.

Recently we have transformed the WayAhead Directory with a new look and a more efficient and user friendly search method. It is available through smart phones, meaning the information is readily available at any time.

Throughout 2015/16, we intend to continue our improvements to the website and look to new sponsors in order to assist us in providing a comprehensive service. We are grateful to our volunteers who assist us in updating the information held in WayAhead Directory. Their time and effort is appreciated and important to ensuring that we deliver up to date information regularly to our many users.

EXAMPLE OF PERSON WANTING WA ONLINE

Recently a health service provider from Taree contacted the Mental Health Information Service regarding a client who was in need of support. The person had a daughter who was regularly in and out of hospitals and the mother was not coping.

There are not many services readily available in Taree, so the service provider was advised that by using the WayAhead Directory, he would be able to locate services near his client's location, but also services that offer online or telephone support. He was unaware that WayAhead was available and was relieved to find that he had this information easily available to him so that he could better assist his clients. He found several services that would be able to offer support to his client when he was not available, including weekends and evenings via the internet.

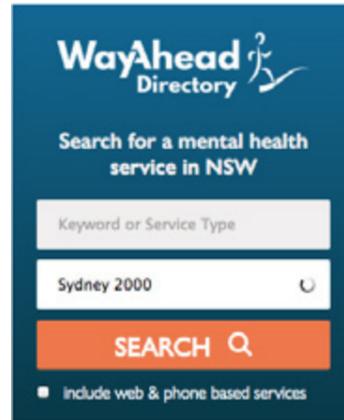
This contact reinforced the need for a directory like WayAhead, because of the lack of services and support in some regional areas of NSW. Not only was the service provider pleased but the mother was able to use WayAhead regularly for her benefit as it includes helpful resources and information for both consumers and carers, including fact sheets, regulations, and information on Medicare benefits.

HIGHLIGHT OF WORKING ON THE DIRECTORY

I have been working on the WayAhead Directory since the early stages of planning to bring it online for the public to use. It brings great satisfaction when I see how many more services have been included in the Directory in the past year, how many more people are accessing it daily online, knowing that they are able to find support when they need it, and how many people from all areas have contacted us to say what a wonderful resource it is.

When I am at a function or meeting and someone says, "Oh WayAhead, we use it all the time". I appreciate that we are providing a service to so many people and that it is making the search for support and information that much easier. I have requests from service providers on a daily basis requesting to be added to our Directory. That speaks volumes in itself.

Jamie Saltoon

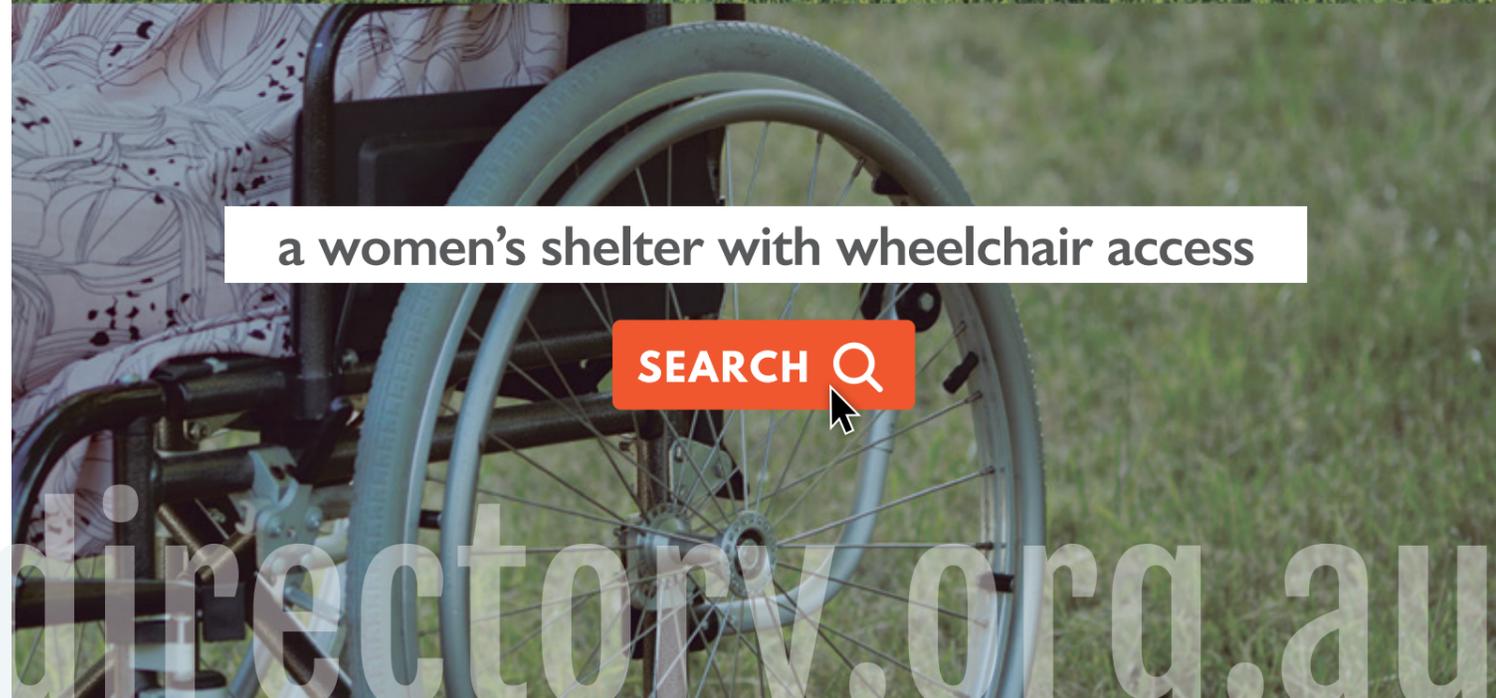
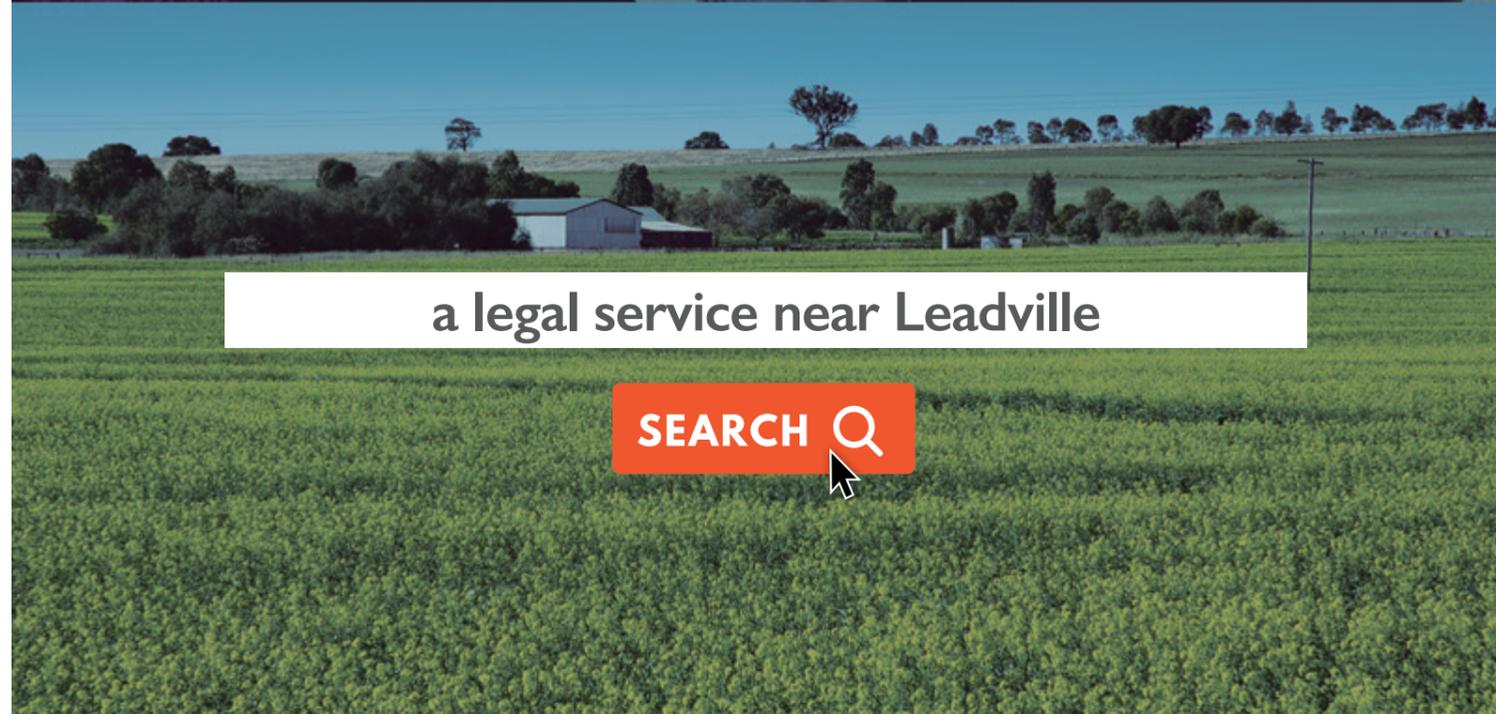
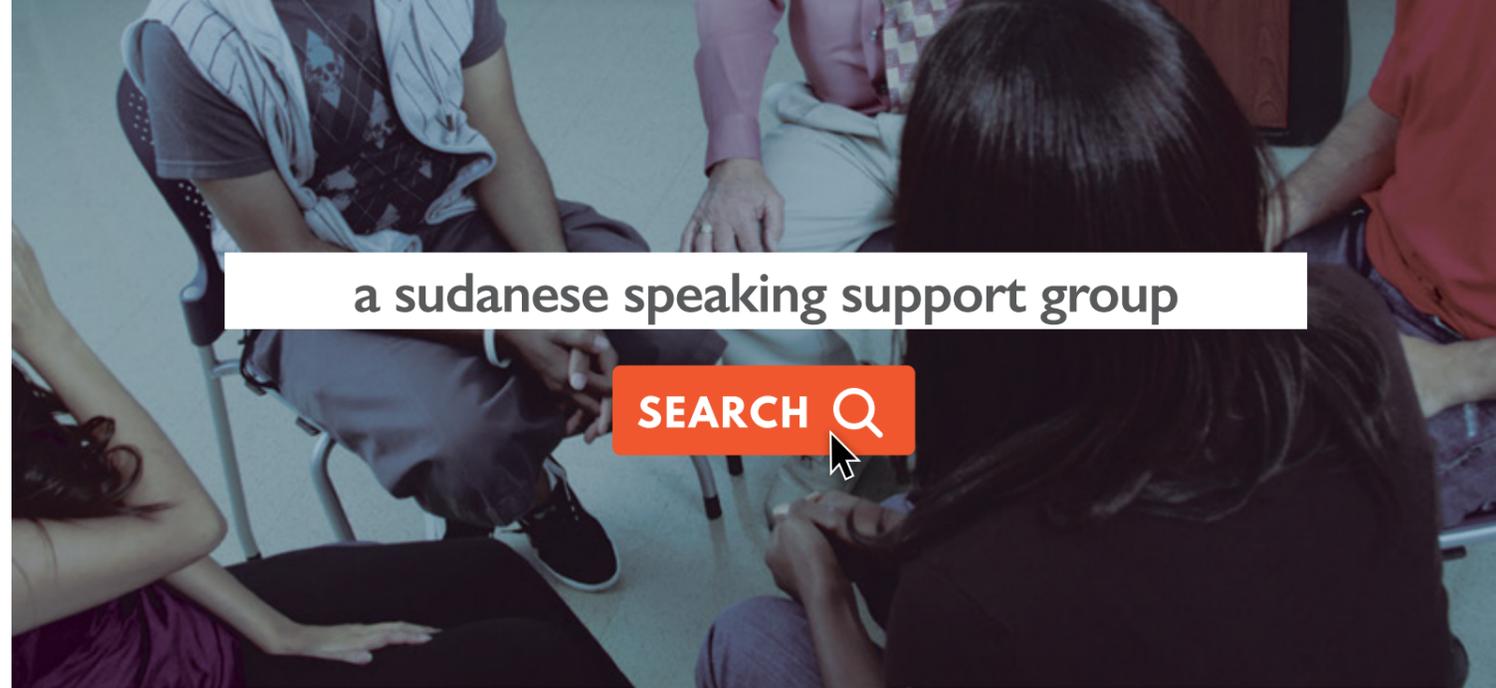


WAYAHEAD DIRECTORY WIDGET

WayAhead have developed a "Directory Search Widget".

This can be utilised on another organisation's website and provides a means to directly search the WayAhead Directory database. Mental Health Carers NSW (formerly Arafmi) are one organisation who has already made use of the "widget" on their homepage.

5600 services listed



MENTAL HEALTH MONTH

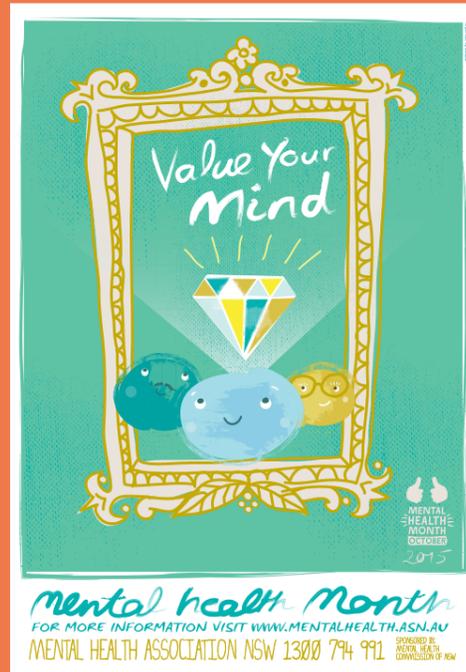


Mental Health Month (MHM) is part of a national mental health promotion campaign held in October each year and is funded by the Mental Health Commission of NSW.

Its central aim is the enhancement of the mental health and wellbeing of the people of NSW through increasing mental health literacy and promoting practices to support good mental health.

In 2015, the theme of Mental Health Month was 'Value your Mind'. The main message of this campaign was to encourage individuals in NSW to think about how mental health exists in their daily life and promote the need for all individuals to make their mental health a priority.

This concept of prioritising mental health was a relatable message across all diverse populations and emphasised the need to support people to effectively manage their mental health and encouraged help seeking when in need. The theme was developed with input from the Mental Health Promotion Reference Group and a survey consultation with the general public.



2015 Theme Poster - Value Your Mind



A new indigenous youth specific resource developed by the Aboriginal Health & Medical Research Council distributed for MHM as part of the free resources.



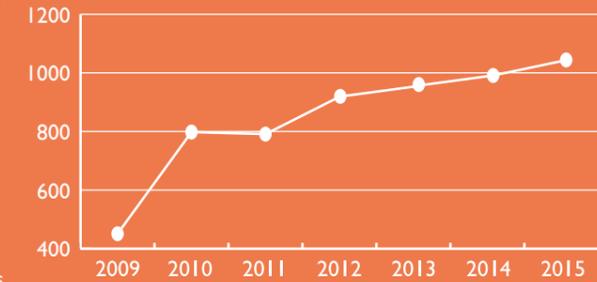
Some of the 2015 Stress Less Tips

MHM RESOURCES

Overall, there was an increase in the number of resources distributed in 2015 in comparison to 2014.

Orders for free resources continued to rise. There were a total of 984 on time orders received, followed by 60 late resource orders. This raised the total orders to 1044 which is a steady increase of 53 orders, demonstrating the continued growth of the popularity of the resources which engage people and/or communities with the campaign.

RESOURCES ORDERED



MEHNA AND JAMIE AT THE 2015 WELLNESS WALK

SMALL GRANTS 2015

The Mental Health Month small grants are provided to assist local organisers with the costs associated with running their Mental Health Month event.

Grants were available in 4 categories:

- 24 grants totalling \$13,500 for events targeting the general community
- 12 grants totalling \$5,000 for events targeting culturally and linguistically diverse (CALD) communities
- 8 grants totalling \$5,000 for events targeting Aboriginal communities
- 5 grants totalling \$5,000 for events targeting LGBTI communities (sponsored by ACON)

In 2015, a total of 121 small grant applications were received, of which 65 applications were for the general grants, 27 applications received for culturally and linguistically diverse (CALD) communities, 20 applications were received for Aboriginal communities and 9 applications were received for activities involving the Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) community.

SMALL GRANT RECIPIENT CASE STUDY

Rachael Laidler
Events and Projects Officer

Being | Mental Health and Wellbeing
Consumer Advisory Group



BEING has a long standing partnership with WayAhead, and have worked together on a number of mental health advocacy and promotion projects. BEING has hosted and been involved in a number of Mental Health Month events over the past decade aimed

to promote recovery and challenge the stigma surrounding mental illness.

Each year BEING hosts a Recovery in Art Exhibition to promote the creative abilities of mental health consumers. The exhibition has been so well received in the community that it now attracts over 50 consumer artists per year, and will next be hosted in NSW Parliament House. The success of the event and positive feedback from consumers has given BEING the opportunity to connect with other organisation and corporate groups to share resources and support the exhibition into the future.

Each year we receive feedback from the contributing artists about the confidence they gain in their abilities as a result of exhibiting in Recovery in Art. Consumer artists have told us they appreciate the opportunity to connect with state VIPs such as the NSW Governor and discuss with them the positive role that art plays in mental health recovery.

BEING is often contacted to talk with media about the event, and we ensure that each opportunity is led by a contributing consumer artist. The media outlets we discuss this with are always very grateful to have an artist speak from their experience of art and how they use creative expressions to support their recovery.

The Recovery in Art exhibition is attracting more consumer artists and more mental health organisations as well as more arts groups each year. We are very excited to say that we will be hosting Recovery in Art again in 2016 with the support of Mental Health Minister, The Hon. Pru Goward MP.



RACHEL LAIDLER

MENTAL HEALTH MATTERS AWARDS



THE MENTAL HEALTH MATTERS AWARDS are unique awards designed to recognise the achievements of individuals and organisations who have worked to improve understanding, awareness, service provision and the general mental health of communities in NSW over the previous year. An integral part of the launch of Mental Health Month, the 2015 Mental Health Matters Awards were presented by the Hon. Pru Goward MP - Minister for Mental Health to winners at a ceremony at NSW Parliament House.

AWARD WINNERS

COMMISSIONER'S COMMUNITY CHAMPION

Sandra Mary Morgan

ABORIGINAL SOCIAL & EMOTIONAL WELLBEING

Achieving Sustainable Tenancies and Awarding Tenants Program (ASTART) by Gunida Gunyah Aboriginal Corporation

CULTURALLY & LINGUISTICALLY DIVERSE COMMUNITIES

Humanitarian Services Settlement Services International

CONSUMER INVOLVEMENT & ENGAGEMENT

Collaborative Care Planning
Rebecca Reid
Professor Marie Bashir Centre

MENTAL HEALTH PROMOTING WORKPLACE

Tristan Jepson Memorial Foundation for Best Practice Guidelines for the Legal Profession

CROSS SECTOR COLLABORATION

SESLHD Older Person Mental Health Working Group

RESEARCH & EVALUATION

Future proofing Australian youth led by Dr Cath Chapman & A/Prof Tim Slade

EXCELLENCE IN SERVICE OR PROGRAM DELIVERY

The MindSpot Clinic
Lifeline Harbour to Hawkesbury: Hoarding Treatment Program

MENTAL HEALTH PROMOTION & WELLBEING

Happy Body @ Work
ABC Commercial

MEDIA (NATIONAL/STATE)

Luke Eve
Low Life Web Series

Changing Minds -Series I
Northern Pictures

STAFF HEALTH AND WELLBEING INITIATIVES

As part of sharing knowledge and starting to develop best practice in workplace health and wellbeing at WayAhead, we have organised a range of workplace wellbeing initiatives for Collective Purpose staff.

Some of the activities we have are -

- A shared team lunch that is held at the end of every month for all staff. This has evolved into a monthly afternoon tea quiz on different topics which creates a lot of fun in the office
- Monthly birthday celebrations for all the staff and volunteers, as well as farewell get together's and celebrations of achievement e.g. graduations
- A regular walking group run by the Heart Foundation - one week we all went bike riding as part of the Sydney Business Rides Challenge
- A regular yoga class run by the Heart Foundation
- A blood donation group
- The provision of flu shots in association with the Heart Foundation
- Challenging jigsaw puzzles that have been donated by staff members
- A new yoga class once a week at lunch
- A new free Zumba class after work once a week
- A free weekly meditation lunch time class. This has been running for over



LUNCH TIME MEDITATION

two years and has been our longest and most successful staff wellbeing initiative. This session is kindly run by one of our colleagues who is also a trained meditation teacher and offered her services to us for free

- Standing desks that more staff are now using which has a positive effect in the office space and encourages others to try them.
- The 5km Wellness Walk over the Sydney Harbour Bridge during Mental Health Month 2015
- A Staff Health and Wellbeing Committee with representatives from all four organisation's that make up Collective Purpose
- The promotion of other initiatives we are aware of that staff can access such as a monthly book club in the building, discounted gym rates and the offer of dance classes.
- 3 money management talks for staff and volunteers to help them with their personal finances
- Awareness days for International Day Against Homophobia and Transphobia Day and Wear it Purple Day
 - Free talks on nutrition and the transport changes in the CBD over the new few years

2015 AWARD WINNERS



UNDERSTANDING ANXIETY PUBLIC FORUMS

OCD AWARENESS WEEK

ASSOCIATE PROFESSOR ROCCO CRINO

This year we held seven public forums on anxiety disorders. The speakers at the forums consist of a professional giving an overview of anxiety disorders, a consumer speaking of their personal experiences and a carer relating their own story.

The public forums were held in regional NSW - Albury, Mittagong, Macksville, Coffs Harbour, Gosford, Springwood and Goulburn. They were co-presented with various partners including Associate Professor Rocco Crino of Charles Sturt University, North Coast TAFE NSW, Chess and North Coast Partners In Recovery. A highlight was applying for and receiving a grant from Central Coast Partners In Recovery to hold a Public Forum on OCD and a public forum on anxiety disorders, and two professional workshops one on OCD and one on anxiety disorders.



UNDERSTANDING ANXIETY FORUMS ACROSS NSW



It was decided that this year we would hold the inaugural OCD Awareness Week in NSW, 22-28 May, 2016. During this week we held a panel discussion on OCD at our office in Woolloomooloo. The event attracted 70 attendees. The Panel was Chaired by Lyn Malcolm (ABC Radio) and on the panel were Associate Professor Rocco Crino (Clinical Psychologist), Dr Hugh Powell Psychiatrist from CRUFAD, Judy Nicholas and Julie Leitch. The Panel Discussion was a great success with significant interaction between the guests and the panellists. Evaluations showed 87% of attendees found the discussion very beneficial and 93.8% of attendees said the morning was excellent.

During the week we held a Public Forum and a Professional Workshop on OCD in Gosford. These events were funded with a grant from Partners in Recovery (PIR) Central Coast. The MC for the Public Forum was Keiran Booth from PIR, the panel consisted of Shauna Docherty (carer) Julie Leitch (consumer), Marie Richards (Support Group Facilitator) Anne Stedman (President, Mental Health Carers NSW). The Professional Workshop was facilitated by Associate Professor Rocco Crino, Psychologist and Lisa Lampe, Psychiatrist (Sydney University). Evaluations showed 91.7% said the information was relevant to their professional practice and 75% found that the workshop provided useful information

For the OCD Awareness Week our Communications Team developed four postcards and a poster for the week. We had 120 orders from organisations in NSW for these resources.

Poster for OCD Awareness Week 2016



ROCCO, JULIE AND LIZ WITH THE HON. PRU GOWARD MP



LIZ TRILLA SPEAKING AT GOSFORD OCD FORUM



JULIE SPEAKING AT MACKSVILLE FORUM



OCD Awareness Week

22 - 28 May 2016

WHAT IS OCD?

blink 5 times when exam starts so nobody gets hurt

don't make mistakes or I'll have to start again

5 pencils lined up perfectly or something bad might happen

1. wash hands
2. wash face
3. wash behind ears
4. dry hands
5. dry face and ears
6. wash hands
7. wash wrists
8. dry hands and wrists

turn the pencil 5 times in the sharpener to make sure everything will be ok

turn calculator on/off 5 times to be sure the memory is clear... is it better do 5 more

read each exam question 5 times or something bad might happen to my mum

I've checked the stove, it's off. Is it really?
I've checked the stove, it's off... good. But is it really?
I have been checking the stove for half an hour now... is it really off?
I don't want the house to burn down

I must do it all in that order or I might miss some germs
then I might get sick
and I might cause my family to get sick
and maybe I would cause a world wide epidemic
...where was I up to?
better start again

OBSESSIVE THOUGHT → COMPULSIVE ACTION

If you or someone you know has any of the above symptoms contact the WayAhead Anxiety Disorders Information Line - 1300 754 992 or visit - understandinganxiety.org.au

For more information about OCD Awareness Week and events and activities visit - understandinganxiety.wayahead.org.au

WayAhead
Mental Health Association NSW

WAYAHEAD WORKPLACES



The Workplace Health Promotion Network (WHPN) celebrated its 10th birthday in 2016 by changing its name to WayAhead Workplaces and updating its website. Our network in Brisbane is now 4 years old.

WayAhead Workplaces is for any organisation that is interested in promoting employee health and wellbeing within their organisation, regardless of their size or sector. We are an organisational resource and support for those overseeing employee health and wellbeing – we help them to do their job.

We support our members via our quarterly meetings and Annual Members Forum with expert guest speakers across the workplace health and wellbeing spectrum, our newsletter, conference discounts and members' resource section on our website.



The 4 past and present leaders of WayAhead Workplaces: Marietta Davis, Katrina Davis, Stacey Young and Sharon Leadbetter (current)



Annual Forum 2016

MEMBERSHIP

At the end of June 2016 WayAhead Workplaces NSW network had 67 paying members and the QLD network had 25 paying members. We also have 2 members in Victoria and 2 in South Australia.

The following table shows how many members we have in each tier in each state.

Membership Tiers	NSW	Queensland	Victoria	South Australia
Tier 1 online only membership				1
Tier 2 individual/charity/small business 1-20 staff	27	8	2	1
Tier 3 medium business 21-200 staff	3	6		
Tier 4 large business 201 and above staff	28	6		
Tier 5 corporate health providers (provide paid health and wellbeing services to workplaces)	9	5		

HIGHLIGHTS FROM JULY 2015–JUNE 2016

- We had an article published in the Australian Financial Review
- We hit over 1300 WayAhead Workplaces eNews subscribers
- We secured donations for the program for the first time
- We took part in WayAhead Workplaces' first audio only webinar for a workplace health conference
- We received fantastic feedback in our Annual Members Survey about our performance and how we were helping support them with their work
- We set up a NSW Workplace Mental Health Network alongside beyondblue's Head's Up workplace team that meets every two months to discuss the work being done by key stakeholders in this space in NSW. We have 13 members and WayAhead Workplaces hosts these meetings.
- We were invited to be part of a content advisory panel for the first ever Workplace Health Practitioner Accredited training program in Australia.
- We were approached by the Mental Health Commission NSW to help them plan their free community event about workplace health and wellbeing called Living Well @ Work
- Our membership numbers and eNews subscribers are steadily increasing year on year

PRESENTATIONS

The WayAhead Workplaces Co-ordinator conducted presentations about workplace mental health and wellbeing to a variety of organisations and networks such as; the ASEIQ Forum in Brisbane, True Alliance, Action Aid Australia, a Nurse Manager Development Training day at St George Hospital, LANTAM Airlines, the Healthy and Active Living Day Conference, and was invited to be a panellist at the Mental Health in the Australian Workplace Conference.

ANNUAL MEMBERS FORUM, SYDNEY 2016

The event was hosted by Aon again and we had 103 attendees this year, an increase on last year's figures. They represented 43 different organisations and 3 individuals, and we had three special guests, Hon Scott Farlow MLC, the Mental Health Commissioner for NSW John Feneley and the Small Business Commissioner NSW Robin Hobbs. We had 4 corporate health provider tables represented this year. The general feedback was positive about the event, most of the speakers were rated as relevant or very relevant. Many attendees commented on the variety of topics, networking opportunities, good timing and it being a well organised event. A highlight this year was our research speed dating segment where research institutions promoted their work to our members in need of help conducting research. The research institutions involved were the Brain and Mind Centre and Healthier Workplace Nodes both from the University of Sydney, the Workplace Mental Health Research Team from the University of NSW and Sydney Business School, University of Wollongong, which represented 11 different research projects on the day. We also celebrated our 10th birthday with speeches and cake, and launched our new name.

WAYAHEAD WORKPLACES WEBSITE

In our members only section we now have 1154 web links to different types of resources under a variety of tags and headings to enable easier searching of information. This is part of the membership benefits we offer our members.

SUPPORTERS OF WAYAHEAD WORKPLACES

- NSW Mental Health Commission
- QLD Mental Health Commission
- Happy Body at Work and ABC Commercial
- Heart Foundation
- QLD Healthy Workers Initiative teams
- Wellness Designs



“The WHPN membership is really worth gold. I think it is the best network to be in.”

WayAhead Workplaces member

DR SIYAN BAXTER, UNIVERSITY OF TASMANIA
SPEAKING AT THE 2016 ANNUAL FORUM

ANXIETY SUPPORT GROUPS

This year WayAhead started an Anxiety Disorder Support Group for people from the LGBTI community. The incidence of anxiety disorders is higher within the LGBTI community than the general community. It was great that we could reach out to this group of people with the help of ACON and The Aurora Group.

The Anxiety Disorder Support Groups are free, monthly support groups led by trained volunteer facilitators that provide support, education and information to people living with anxiety disorders and their family and friends.

During the year WayAhead ran 38 support groups for people with anxiety disorders, providing 1701 participant visits during the year. This is a 15% increase on last year.

New groups were established in Burwood, Harris Park, Queanbeyan and Surry Hills.

This year we promoted the groups during OCD Awareness Week at forums at Woolloomooloo, Springwood and Gosford. Facilitators also attended the Westmead Community Expo and Sutherland Healthy Minds and Wellbeing Expo. Facilitators participated in radio interviews on 2NBC and public service announcements were made on Power FM. Regular adverts were placed in newspapers and flyers were distributed to promote the support groups. These promotion strategies boosted the numbers of people attending the support

groups and also the profile of WayAhead. WayAhead trained 50 volunteers for the support group facilitator role. 18 of these have begun facilitating anxiety or OCD support groups. The training was carried out by Associate Professor and Clinical Psychologist Dr Rocco Crino from Charles Sturt University, Julie Leitch and Rachel Flint from WayAhead.

The groups run in partnership with many local councils, clubs and community centres. These organisations provide the groups with venues for the support group meetings. A new group was opened at Surry Hills in partnership with ACON. ACON kindly donated a meeting room for the support group which is aimed specifically at members of the LGBTI community. The formation of the group was assisted by a grant received from the Aurora Group.

NIKHIL – ANXIETY SUPPORT GROUP ATTENDEE

Australians from culturally and linguistically diverse (CALD) backgrounds are less likely to seek help for mental health issues due to a range of factors.

Nikhil*, who attends an anxiety support group in Sutherland, struggled with panic attacks and social phobia for months before being diagnosed with anything, hiding the problem from his family and friends until he reached breaking point.

“I became scared of collapsing anywhere I went, thinking I was going to have a heart attack. I started thinking about my daughter and pregnant wife. What would they do if something happened to me?”

Finally, Nikhil went to see his GP who gave

him a DVD about mental illness and he realised he was suffering from a combination of social phobia and panic disorder. A psychologist diagnosed him with depression.

“My wife inspired me, as always, to recover from the hell I was going through... days and months passed by and gradually I started getting back to normal.

Nikhil thought that was the end of it, until one night when he was watching a particularly violent war documentary- his favourite kind.

“Out of the blue...my heartbeat got faster and heavier, until I finally switched off what I was watching and changed to my meditation music. Then I went into work the next day thinking I was going to die.”

But then he heard about WayAhead’s Anxiety Disorder Support Groups through a couple he was introduced to by a relative

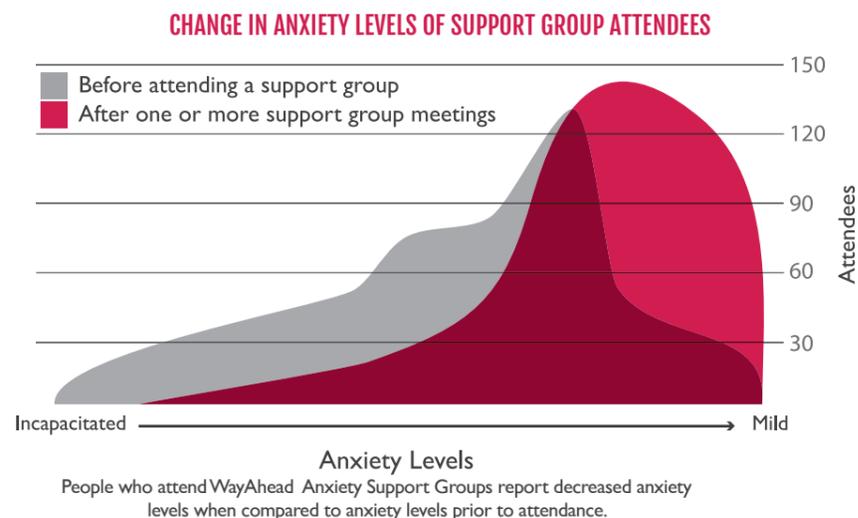
who also suffered from anxiety. He found the Sutherland group online and decided to go to the next meeting.

“I was very anxious and shaky, even though everyone was really friendly. Soon everyone started sharing their stories, one after another. I started feeling a lot better knowing I wasn’t the only one suffering the way I was...it was my first time expressing my suffering in front of so many people. I spoke to people who were on medication and weren’t, everyone had different views. I found out many of them had been to doctors and psychologists on and off like me. I felt so happy when I left the room and couldn’t wait for next month.”

Nikhil made the decision to go on medication, but he also kept going to the group meetings. He ends his story on a positive note:

“Now it’s been more than a year that I’ve been part of this group. Things are looking better. I can feel sunshine in my life again and even though I still feel anxious sometimes, I can handle it. I know these feelings will always be part of my life, but I have to be strong. I want to say thank you to this organisation and everybody whom I’ve mentioned in my story. Special thanks to Rachel and John for committing their valuable time to this organisation and bringing together people like us.

*Name changed for privacy reasons



TOM SKELTON – ANXIETY SUPPORT GROUP FACILITATOR

Attending a support group for the first time is always going to be difficult, but for someone with an anxiety disorder, even just the logistics of getting there can be a challenge in itself.

“We had one woman who’s very anxious about public transport testing her nerves to actually get to the group, and she was overcoming that anxiety each month,” said Tom Skelton, who is a facilitator at one of WayAhead’s Anxiety Disorder Support Groups in Marrickville, as well as an LGBTI-focused group in Surry Hills.

“I’m very glad that you came because it would have taken a lot of effort.”

“You’re also asking people to disclose something they may find shameful, it’s a very ‘only me’, kind of isolating experience. I always say to them at the start of the group ‘I’m very glad that you came because it would have taken a lot of effort’. Some people are so anxious they can’t even leave their house.

Tom says he’s had a “pretty rocky” history with his own mental health, having struggled with anxiety, depression and Obsessive Compulsive Disorder (OCD) since he was a child, and this was a factor in his decision to become a facilitator.

“I’ve been through the public health system, through the private system, I’ve been to hospitals and done CBT [cognitive behaviour therapy] programs, different types of counselling, psychiatrists, medication and

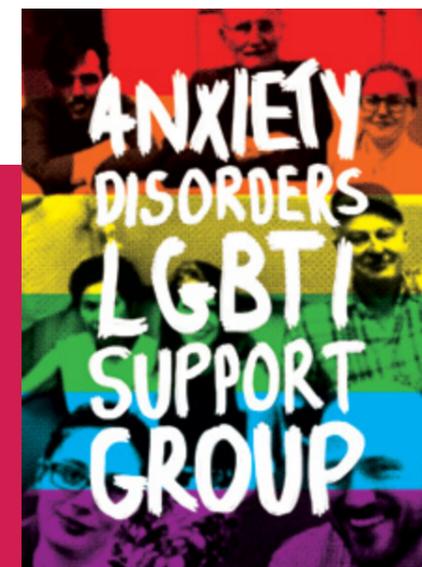
all of those sorts of things. I’ve been on more medications than I can count so I can actually relate to people’s concerns about side effects and coming off them and that sort of thing...my history is extensive but I think it’s useful.”

LGBTI people in particular are three times more likely to experience depression or anxiety than heterosexual people, and this is largely due to the level of discrimination they still face. This does mean there is a need for support groups that address LGBTI-specific concerns. Tom says that although the group in Surry Hills is still in “its fledgling stage”, he is pleased with the progress its members are making and says the feedback from them so far has been very positive.

“I’m a people-pleaser and I don’t like silence, so my challenge was actually to just let the group run without much disclosure from me or too much interaction. I get anxious that people will just sit there in silence, and then what will we talk about? But sometimes with the group you just need to give people space without talking over them.

Despite the challenges, Tom finds even the smallest signs of progress rewarding and encourages anyone with anxiety to think about attending a meeting- even if they don’t want to talk straight away.

“There have been many people that have said that they are just a little bit lighter or a little bit less burdened than when they arrived. I’m grateful for any sort of relief that people can get,” he said.



Poster for the LGBTI Support Group

“If I could say anything to them before they arrive, it would be that - you can be reserved to begin with, there’s no mandatory requirement to participate as such, because just getting there is a good start.”

ANXIETY SELF HELP GROUPS

The Self Help Groups are run as a 12-week, structured behaviour therapy program. The groups are free of charge for participants, and are suitable for people with social anxiety disorder, obsessive compulsive disorder, panic disorder and specific phobias.

We had a partnership with the Australian College of Applied Psychology (ACAP) that provided opportunities for their students to lead anxiety self-help groups as volunteers. The groups run in 2015-16 were the final groups facilitated by students of ACAP undertaking a supervised placement with WayAhead. The placement requirements of ACAP have changed and they will no longer be providing students for placement. However ACAP continued referring students to WayAhead and they lead the self-help groups in a volunteer capacity.

All groups were evaluated and the following comments were made by participants

“The tools to deal with anxious situations were exceptionally helpful”

“I picked up helpful hints on how to control my unhelpful habits”

“The group was well organised and had very good leaders, therefore I was motivated to attempt the work to help with my anxiety”

“I was averse to ‘groups’ but have found my fears unfounded”

“There were helpful hints on how to control the unhelpful habits”

“I have tried to procrastinate less and avoid things and events that are unpleasant”

Thank you to the students who ran the 12 week self help program

- Melanie Scott
- Linda Oakey
- David Jevtovic
- Jessica Kairouz
- Annie Walker
- Pamela Lawrence
- Morgan Kearney
- Daria Floria

“There are no backwards steps, you just keep going forward.”

MITTORI

SELF HELP GROUP ATTENDEE

Ever since she was a teenager in Japan, Mittori has had an intense fear of driving, and has experienced panic attacks while driving on freeways or zones with high speed limits. Although she passed her driving test with no issues, she experienced a panic attack while driving with a friend a few weeks later.

“My hands were sweating, I felt like I was just about to go crazy or die or something like that,” she said.

She’s not sure where it came from exactly, but she remembers feeling scared during car trips with her parents and visiting an uncle who’d been in a car accident that had left him severely disabled and feeling scared as a young child who had never seen a disabled person before. In her twenties, she tried therapy and hypnosis to get over her phobia but nothing seemed to work. But

one day during a visit to Manly, a poster for WayAhead’s anxiety self help group in Dee Why caught her eye.

“It’s actually really funny! I went to a public toilet in Manly and on the back of the door I saw this poster with a phone number for an anxiety self help group in Dee Why, and I just thought I’d give it a try,” said Mittori.

When she went to her first meeting, she was surprised by how many people were there.

“I just felt, like...wow, I didn’t know people were suffering like me! That was my first feeling. I guess everyone must think ‘it’s only me’ because you don’t really talk about it to other people. I just felt instantly supported.”

Mittori has started driving again since attending the support groups, although it did take some time. She says she would definitely recommend the group to other people suffering from anxiety, but that they shouldn’t get discouraged if it doesn’t work for them.

“If it doesn’t work it’s okay because you took a step!” she said.

SMALL STEPS

an anxiety awareness program for parents and teachers in nsw

SMALL STEPS SEMINARS PRESENTED BY LOCAL HEALTH DISTRICTS

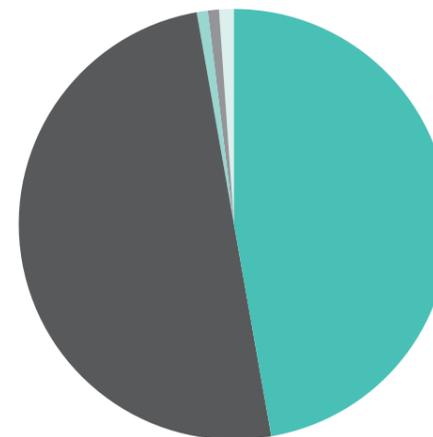
LOCAL HEALTH DISTRICTS	PARENTS	TEACHERS
Western NSW	2	2
Murrumbidgee	6	4
Western Sydney	7	4
Sydney Local	9	3
South Western Sydney	15	9
South Eastern Sydney	14	2
Central Coast	4	0
Northern Sydney	9	6
Illawarra Shoalhaven	2	2
Nepean Blue Mountains	4	2
Hunter New England	2	0
	74	34

The Small Steps Program goes into primary schools and presents seminars to teachers and parents. One in ten children are diagnosed with an anxiety disorder. During the seminars we aim to raise awareness of anxiety disorders in children, the symptoms and where to source treatment.

2547
People
attended the Seminars

During this financial year 108 Small Steps Seminars have been presented, which is an increase of 24.1% on last year. 2547 people attended the seminars, an increase of 13.5% on last year. The participants were made up of 786 teachers and 1761 parents. Small Steps made a concerted effort to present seminars in rural and remote schools and there was 27 presentations given in areas that included Blue Mountains, Shoalhaven, Albury, Maitland, Canowindra, Yass and Bathurst.

SEMINARS PRESENTED AT WHICH DIFFERENT TYPES OF SCHOOLS



- Public
- Catholic
- Independent
- Muslim
- Baptist

108

Small Steps Seminars Presented

The evaluations showed that 52.1% of parents and 34.5% of teachers strongly agreed that the seminar improved their ability to recognise signs of anxiety disorders with another 42.7% of parents and 65.0% of teachers agreeing it improved their knowledge.

THE HEALTH EDUCATION OFFICER TOOK PART IN THE FOLLOWING PUBLIC SPEAKING ENGAGEMENTS:

- 4 Radio Interviews
- 1 Interview with Community TV
- 9 Public Forums

OUR INFORMATION SERVICE PHONELINES

Both the Mental Health Information Service (MHIS), and the Anxiety Disorders Information Service (ADIS), provide members of the public, health professionals, and service providers with up to date information on services and support that is available in their local areas. The information for both of these services is provided through the use of the WayAhead Directory.

Our staff who answer these calls Monday to Friday, from 9:00am-5:00pm, are well trained and experienced in providing relevant and helpful information to our callers. The service provides personalised and anonymous information and referral to support services throughout NSW and provides written information from our fact sheets.

Last year our staff responded to 3500 enquiries, slightly higher than the previous year. The majority of callers to our service are female callers (58%), compared to male callers (42%). Calls are received from carers, consumers, family members, friends and relatives, as well as service providers. Calls are received on a broad range of issues ranging from mental health issues, drug and alcohol problems, domestic violence, homelessness, suicide, aged care and sexual assault.

WHAT SORT OF CALLS DO WE RECEIVE?

There are always challenges answering the phone lines because each call is different and requires a certain level of support and information. We may find a person ringing who is in immediate crisis, so we may refer them to emergency services. It may be a school counsellor or employer who is not sure how to respond to a student or employee presenting with signs of distress. It could be a neighbour concerned about someone living nearby, or a family member worried about a loved one.

A young person may ring concerned about a friend who they believe has been acting strangely. The friend has been speaking of suicide and using drugs. The caller is worried

and not sure how to find help for her friend. There have been periods of erratic behaviour and mood changes.

We would try to determine whether the friend has asked for help, if they are in any immediate danger. At this point we would suggest an adolescent mental health service or community mental health team to intervene and arrange to see the young person. We would advise that if the friend is not willing to seek help then it is difficult to intervene but should there be any signs of self-harm or violence then emergency services should be contacted. We would provide contact details of appropriate services in their area that would be able to help and recommend that the young person encourage her friend to contact them. We would also refer her to our WayAhead Directory for further information and options available.

Another example is a call that we may receive from a woman who is 54 years old. She has an anxiety disorder and has been seeing a psychologist off and on. She is not happy with the progress or the medication that she is prescribed for her anxiety. Recently her mother has been placed in an age care facility and she is finding great difficulty in managing both her mother's complications and her own anxiety disorder.

We may inquire as to whether the woman is seeing a psychologist regularly, and who is monitoring her medication. We might suggest she consider one of our Anxiety Support Groups to help her manage her anxiety as well as hear what others are using to manage their own anxiety disorders. We also recommend that she find another psychologist whether through one of many anxiety clinics available so that she has more regular and ongoing support. We would also inquire whether she has used a Mental Health Plan from her GP so that she can receive Medicare rebates for the psychology visits, or recommend services that are government funded if she is not able to pay for private care.

We may suggest she also contact a carer support service to help her manage her mother's transition to aged care, and to advise her of what to expect through aged care services. By referring her to services for both herself as a consumer, and carer, she is able to have relevant support to better manage her own health and at the same time her mother's.

HIGHLIGHT OF THE INFORMATION SERVICE

One of my favourite jobs at WayAhead is answering the information calls. I never know what assistance the person on the other end will need. It is so gratifying to take time to listen to someone who needs help, whether it be a referral or just someone to listen. Hearing someone say that they're surprised to be speaking to a real person, not to be placed on hold, and to have actual answers given to them is genuinely rewarding.

Not all calls have a happy ending but sometimes knowing that there is a person on the phone who understands and is trying to help makes all the difference. I am fortunate to work with other people who are dedicated and caring, all of us working toward the best outcome for the person on the other end of the phone.

3500
calls were answered

PERINATAL DEPRESSION & ANXIETY AWARENESS WEEK



In 2015, we made some changes to the small grants program for this awareness week, to better engage with the diversity of expectant mothers and families. We promoted grants that would be awarded to projects focussing on specific groups (as shown in the graph below).

By applying this change, we received applications targeting a diverse range of population groups previously not targeted. Whilst diversifying our small grants produced positive results, there was a decrease in the total number of grant applications received, from 35 in 2014 to 28 in 2015.

We provided 13 grants that consisted of 1 small grant of \$1000 and 10 small grants of \$500. 2 applications were awarded smaller grants of \$250 & \$400 as their application stipulated that those amounts would be sufficient for their PNDA events.

A total of 7 events were registered as public events. We understand that most events were private due to the sensitivities around PNDA. Through our contacts with people and organisations that ordered resources or made enquiries, many more events were held and were not registered with us.

In 2015, our perinatal free resources pack was reduced due to costs; therefore we were able to provide 10 promotional posters and 30 brochures to order. A total of 363 PNDA packs, containing a total of 10,890 beyondblue brochures and 3630 posters were ordered.

EVENT TYPES AND ATTENDANCE

There were a diverse range of activities held for PNDA Week such as seminars, networking, luncheons and creative therapy. The attendance rate at these events exceeded the expectations from organisers, with 50 or more people attending.

The organiser surveys showed that events were attended by fathers, grandparents, young people, indigenous parents, CALD parents and local community members as well as expectant mothers.

Some services indicated an increase of attendance in men in comparison to previous years. Total number of PNDA participants across NSW was much higher than the previous year.

FEEDBACK PROVIDED BY ATTENDEES

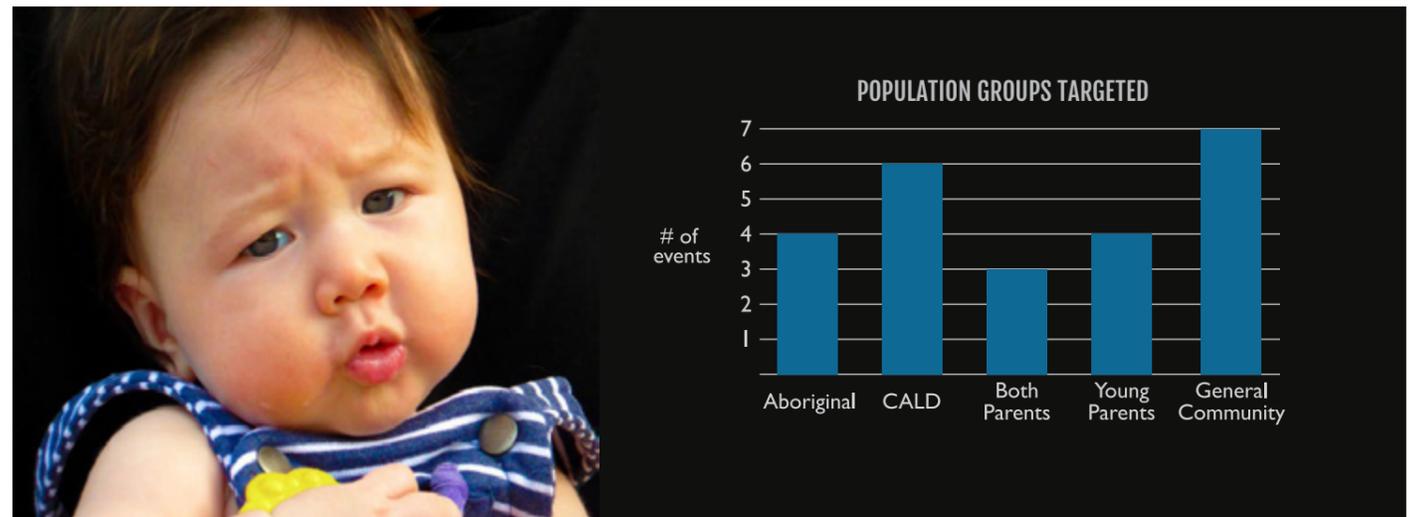
The following outcomes were achieved through local events:

93% of respondents indicated that the event increased their knowledge about maintaining positive mental health and wellbeing

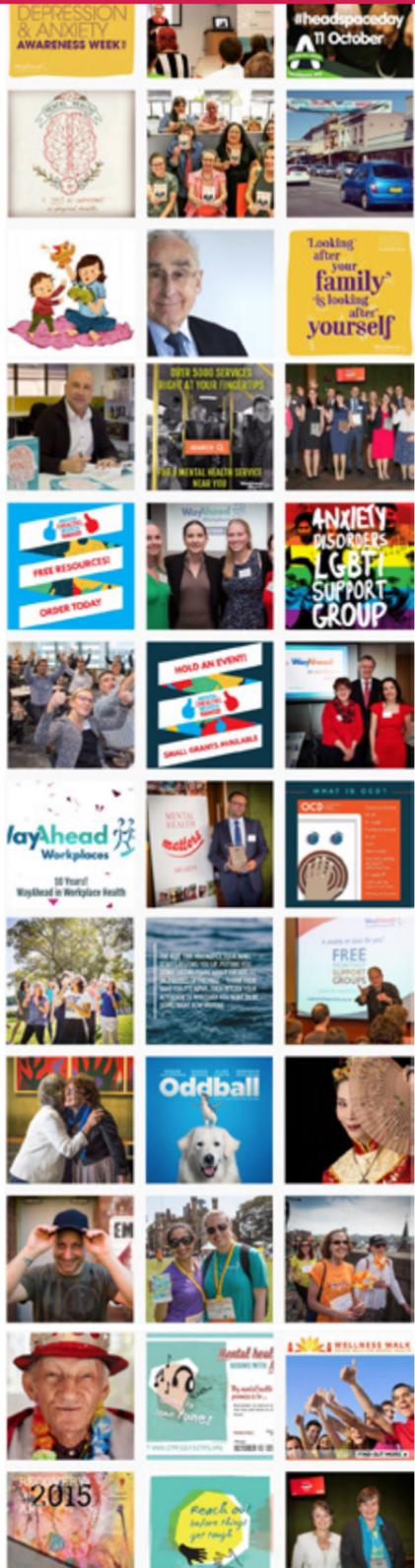
86% of respondents indicated that the event increased their knowledge about the mental challenges that can occur in pregnancy and early parenthood

87% of respondents felt more confident about recognising if they or someone they know might need help

Respondents also reported increased knowledge around PNDA symptoms, its prevalence in expectant mothers, its impact on fathers and informational resources.



WEBSITES & SOCIAL MEDIA



The past financial year was a busy one for WayAhead's websites with a number of new initiatives taking place throughout the year. We migrated all the sites to an easier to use content management environment and changed the branding to our new name WayAhead. The old Mental Health Association website was transferred to wayahead.org.au in February 2016 – the new site includes an online shop function where we can sell books and membership. The membership function of

the site means that we can automatically create membership renewal. The site uses encryption technology allowing us to safely accept personal details including credit card details. The encryption means that credit card details aren't able to be seen by anyone in our organisation.

In addition to WayAhead, we launched two new sites- Mental Health Month and Perinatal Depression and Anxiety Awareness Week (PNDA). These sites utilise calendars so that organisations can promote the events

wayahead.org.au
254,336
individual page views

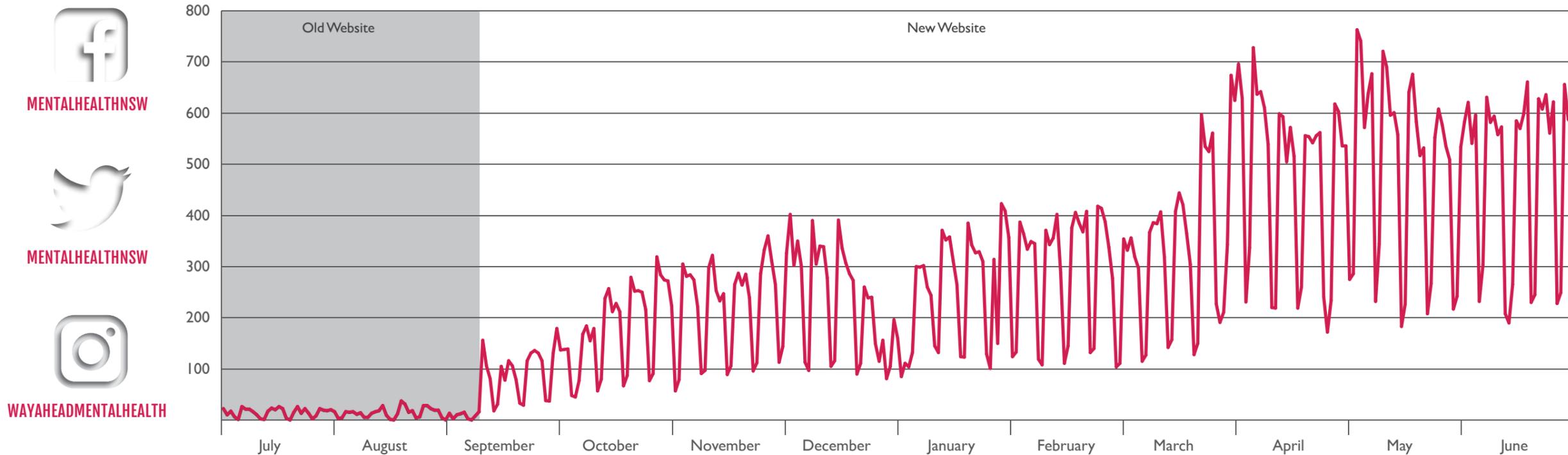
that they run during Mental Health Month or PNDA. As well, the sites provide access to downloadable resources and have online forms for nominations for the Mental Health Matters Awards.

We have the opportunity to take advantage of Google AdWords for charities – Google offers charities \$10,000 worth of clicks per month from ads that we write and they run. This is made possible by implementing sub domains for the sites such as directory. wayahead.org.au – wayahead.org.au is the domain and directory. wayahead.org.au the sub domain. Google AdWords can only be used by one domain but many sub-domains so the new web addresses such as the Directory's qualify,

While the benefits of a full year under the new websites won't be fully measurable until the 2016/2017 financial year, the WayAhead Directory really benefited from the major technological change we implemented and launched in September 2015. The WayAhead Directory has listings for over 5600 mental health and community services mostly in NSW. The revamp made the site extremely search engine friendly as well as quick – so that Google frequently ranks the WayAhead listings on the first page of a search. It is evident in the graph below – the WayAhead Directory showed remarkable growth after its September 2015 revamp.

WEBSITE	SESSIONS	PAGE VIEWS
Mental Health Month	12,585	31,471
Directory	93,297	182,601
WayAhead	69,451	254,336
Workplaces	5,757	14,063
Understanding Anxiety	21,275	53,450
PNDA	249	610
I've Been There	5,510	8,983

SESSIONS PER DAY FOR THE DIRECTORY WEBSITE JULY 1 - JUNE 30



OFFICIAL VISITORS ANSWERING SERVICE

Official Visitors make regular visits to all inpatient psychiatric facilities across NSW, they talk to patients, inspect records and registers, and report on the standard of facilities and services

WayAhead has provided the telephone answering service for the Official Visitors Program since November, 2004. This year we took 1731 incoming calls and made 1602 phone referrals to the official visitor on duty. This is a total of 3333 phone calls during the year.

Official Visitors are appointed by the NSW Minister for Health to visit people in mental health inpatient facilities in NSW and are available to assist consumers on community treatment orders.

Official Visitors are independent from the health system and come from the community with a range of cultural, professional and personal backgrounds. They aim to safeguard standards of treatment and care, and advocate for the rights and dignity of people being treated under the NSW Mental Health Act 2007.

Official Visitors make regular visits to all inpatient psychiatric facilities across NSW, they talk to patients, inspect records and registers, and report on the standard of facilities and services. They liaise with staff about any issues or concerns and report any problems to the Principal Official Visitor and/or the Minister for Health.

Official Visitors can listen to patients' or carers' concerns and help to resolve them, or, with permission, they can act to resolve it on their behalf.

Patients (consumers), carers, family, friends, staff and other people with an interest in the care and treatment of people with a mental illness can contact the Official Visitors through our answering service.

HIGHLIGHT OF THE OFFICIAL VISITORS ANSWERING SERVICE

Answering calls for the Official Visitor Program can be challenging. It is a highlight of my work because we are the point of contact for vulnerable individuals, distressed families, and concerned staff members in hospitals and the community. Sometimes these people feel as if no one is listening to them so a kind word, patience, and a call back from someone who is there to help them often brings comfort and reassurance.

The Official Visitors are a dedicated and professional group of people who are non-judgemental and compassionate towards the needs of these vulnerable people. It is a pleasure for me to be able to work with them and assist in a small way to help these special people who ring us through the answering service.

COLLECTIVE PURPOSE

Collective Purpose (CP) is a collaborative venture between ourselves, Being NSW and Mental Health Carers NSW. CP was developed in 2015 as an appropriate response to government funding reforms and as an opportunity for innovation.

Collective Purpose is a shared services model that has the potential to offer significant benefits long term. It is a new social enterprise comprising two complementary initiatives that are the Collective Purpose Office Hub and the Collective Purpose Shared Services. CP commenced operation on 1 July 2015 following an intensive period of planning and development over the previous 15 months from April 2014. A total refurbishment of the office premises was undertaken during

the second half of 2015 together with a major update of the ICT systems that continued through 2016.

In the first year of operation Collective Purpose had some very major achievements, particularly given the complexity of the work that has been undertaken and the challenges that were faced. Leadership and commitment to success from management, boards and staff have been integral to success along with high quality staffing of the Collective Purpose team. The capacity of the Steering Committee to allow for flexibility and adaptability and learning along the way has been critical in responding to a plethora of emerging issues. The very strong focus on continuous quality improvement and excellence in customer services and consistently responding to feedback and suggestions will continue to be very important to the success of the enterprise. There is now a robust governance framework in place

and streamlined communication systems and inter-committee processes that are being introduced will streamline and strengthen governance processes in the coming year. The buy-in by each of the boards has been a very important achievement, despite the perceived risks and challenges.

The overall benefits to partner organisations and quality workplace amenities for staff and Hub users are significant and are likely to be further enhanced as Collective Purpose matures in its second year of operation.



ALEX GREENWICH MP AND JOHN FENELEY NSW MENTAL HEALTH COMMISSIONER

“The first 12 months have demonstrated the strengths of everyone involved and the professional approach being applied.”

VOLUNTEERS & STUDENTS



ANDREA STEPHENS, KAY HEALEY, DAVID HARPER (BOARD MEMBER), ALEX HAMILTON AND NADIA CAMPBELL

WayAhead offers ongoing opportunities for both students and volunteers to work with us on several projects and to be involved in the work that we provide for mental health consumers and carers.

Presently we have 88 volunteers working with us. This number includes the 63 volunteers who facilitate our 38 Anxiety Support Groups. WayAhead Staff members rely on the dedication and support of our volunteers. We could not complete and deliver the work that we do without them.

WayAhead relies on the dedication and support of our volunteers. We could not complete and deliver the work that we do without them.

Our volunteers are involved in projects including our anxiety support groups, public forums, Small Steps project planning, WayAhead Directory, Mental Health Month, Workplace Health Promotion Network, policy, administrative work, Perinatal Anxiety & Depression Awareness Week, media, communications and design. The creativity and dedication they bring to us is invaluable. They are from many backgrounds, many are students, others wish to give back to the community after experiencing various mental health issues whether personally or with a family member.

Our students are dedicated, eager, and enthusiastic about learning and being involved in our work. We enjoy having them work with us as they bring knowledge and new perspective to our projects. This has been particularly obvious in the amazing creative work done, in the quality of the written material and the expansion of our social media outreach.

Most of our students come to us through our ongoing relationships with Macquarie University, University of Technology (UTS)

and the Australian College of Applied Psychology (ACAP) as well as local TAFES and other educational institutions.

We should also remember that our board directors are volunteers and they give their time and expertise freely and often. They carry responsibility for the key decisions made on the direction of WayAhead and carry the burden of accountability to our members, our funders and to other key stakeholders who have an interest in what we do and how we do it.

88

volunteers

VOLUNTEERS AND STUDENTS

Media and Communications

Harry Easton
Jean MacKay
Alanna Melvin
Cindee Duong
Danielle Hanrahan
Ellesandra Hills
Leanne Kelly
Naz Jacobs

WayAhead Directory

Chi Thien Thach
Marsha Hubbard
Alex Hamilton
Cathy Kwok
Mike Garvin

Mental Health Promotion

Jackie Johnson
Alice Taylor
Samantha Eid

Anxiety Program

Sandra Ali	James Huynh	John Shipway
Simone Ancilleri	Dauida Ivey	Tom Skelton
Karli Beswick	Nidhi Jayant	Emma Smith
Martina Browne	Jessica Jones	Peter Stanley
Colin Bull	Cecilia Karika	Agnes Starnawski
Be Chami	Thomas Kelly	Bhiravi Thambi
Erica Chow	Felicity Kiln	Erin Tierney
Marisa Copperwaite	Rosemary Kingston	Deanne Tyrrell
Olivier Delorme	Cathy Kwok	Susan Usherwood
Katie Dobinson	Alison Lam	Parima Vyas
Lindi Dunn	Jenni Sheridan Latham	Nicole Warnaar
Jill Edmondson	Joanne Lee	Helen Welch
Samantha Eid	Julie Leitch	Nicola Williams
Colleen Faes	Josh Lynn	John Young
Heather Fairfax	Jess Manfre	Eden Van der Kallen
Carol Foord	Brooke McIntyre	Melanie Scott
Laeonie Forster	Nicholas Neale	Linda Oakey
Danneil Francis	Jane Nisbet	David Jevtovic
Lindy Gemmell	Trish Nowland	Jessica Kairouz
Brittany Ghabrial	Alessia Pagano	Annie Walker
Justine Greenaway	Morgan Parsons	Pamela Lawrence
Taylor Hadlow	Maree Richards	Morgan Kearney
Steve Hansen	Kate Ridgway	Daria Floria
Stephanie Hunt	Alexandra Rodriguez	Tina Pirola



SIMONE ANCILLERI - QUEANBEYAN SUPPORT GROUP FACILITATOR



MIKE GARVIN - WAYAHEAD DIRECTORY



STAFF AND VOLUNTEERS ON HEADSPACE DAY



STAFF AND VOLUNTEERS AT THE WAYSIDE CHAPEL

BOARD MEMBERS



DR MEG SMITH OAM
PRESIDENT
Retired community psychologist in the School of Social Sciences at UWS. Part-time member of the Mental Health Review Tribunal and the Guardianship Tribunal.



MS JILL FADDY OAM
Retired Clinical Psychologist with an interest in Older Persons Mental Health.



DR FRANK FLANNERY
Retired psychologist and currently Surveyor Coordinator with ACHS.



DON MURRAY
HON TREASURER
Retired accountant from the private sector.



DR NICK O'CONNOR
CHAIRPERSON
Clinical Director North Shore Ryde Mental Health Service – (Psychiatrist).



DR LEANNE CRAZE
Consultant (Mental Health & Social Policy) & Director of Craze Lateral Solutions Pty Ltd.



MS SHARYN MCGEE
DEPUTY CHAIR
Retired university lecturer and sociologist. Currently working part time as a peer educator (consumer).



MR GARY MOORE
Manager Social and Community Services with Parramatta City Council. Prior to that he was CEO of Homelessness NSW and CEO of NCOSS.



MR DAVID HARPER
Information Technology Consultant, Secretary Ryde Bipolar Support Group, Technical/Procedural Advisor, ASteen Social Club (affiliated with Autism Spectrum Australia).



MS NATALIE CUTLER
Registered Nurse/ Full-time PhD Student, University of Wollongong School of Medicine and Health, Faculty of Nursing and Midwifery.

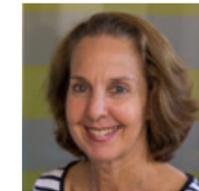


MR CRAIG LOCKE
Currently employed by Mission Australia, managing the HASI Plus program.

STAFF MEMBERS



ELIZABETH PRIESTLEY
Chief Executive Officer



JAMIE SALTOON
Project Officer Way Ahead Directory & Information Service



JULIE LEITCH
Small Steps / Health Education Officer



MATTHEW KEIGHERY
Media and Communications Manager



MEHNA ALACOZY
Mental Health Promotion Officer



LINDA JUNE
Facing Anxiety Self Help Groups Coordinator



RACHEL FLINT
Support Group Coordinator



SHARON LEADBETTER
WayAheadWorkplaces Coordinator



TERRI MARSH
Mental Health Information Service Officer



JEAN MACKAY
Communications Assistant - Writing and Social Media



LEANNE KELLY
Communications - Creative Design

COLLECTIVE PURPOSE STAFF – WORKING FOR WAYAHEAD, BEING AND MENTAL HEALTH CARERS NSW



TREVOR HATTERSLEY
Finance Manager



CELIA RAIS
HR Manager



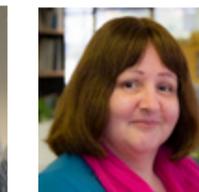
MAUREEN O'KEEFE
HR Assistant



ANNA HELDORF
Operations Manager



ELOISA CULLINGTON
Hub Coordinator

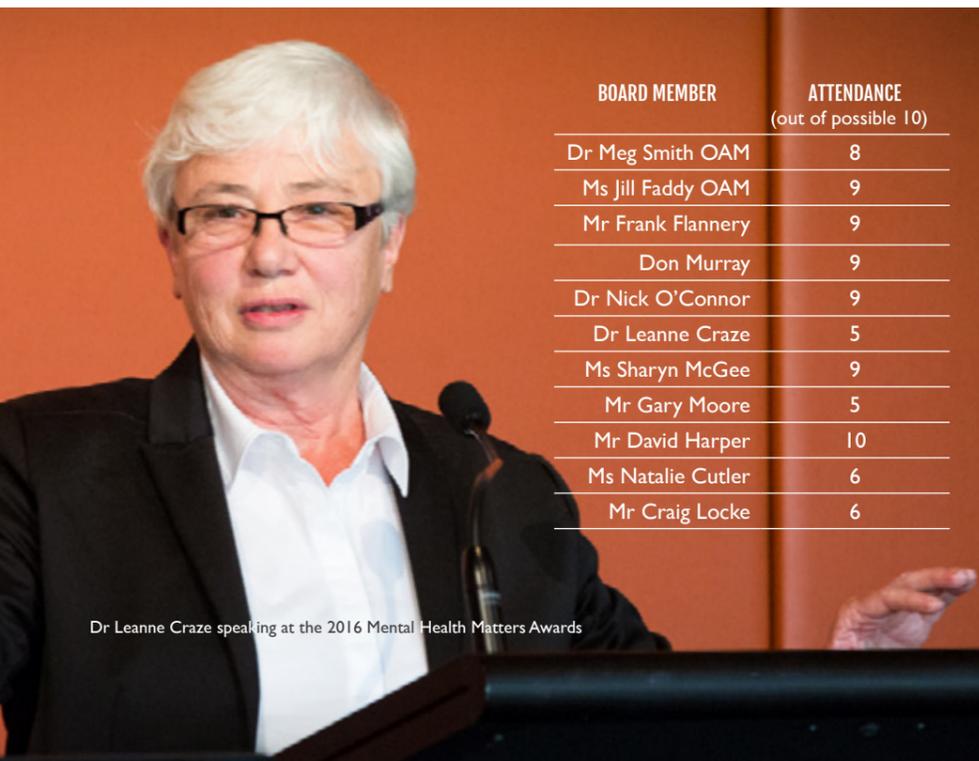


SUZANNE WEBBER
Book Keeper

STAFF FAREWELLS

Vassilka Dimitrova-'Isbell – Mental Health Information Service Officer/Membership Officer

Kristina Pirola – Anxiety Programs Assistant



Dr Leanne Craze speaking at the 2016 Mental Health Matters Awards



Ms Jill Faddy speaking at the 2015 AGM

BOARD MEMBER	ATTENDANCE (out of possible 10)
Dr Meg Smith OAM	8
Ms Jill Faddy OAM	9
Mr Frank Flannery	9
Don Murray	9
Dr Nick O'Connor	9
Dr Leanne Craze	5
Ms Sharyn McGee	9
Mr Gary Moore	5
Mr David Harper	10
Ms Natalie Cutler	6
Mr Craig Locke	6

FINANCIAL REPORTS

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

DIRECTORS' DECLARATION

The directors have determined that the Company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

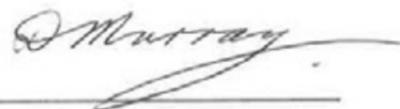
In the opinion of the Directors the financial report:

1. Presents a true and fair view of the financial position of Mental Health Association NSW Limited as at 30 June 2016 and its performance for the year ended on that date.
2. The financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act).
3. At the date of this statement, there are reasonable grounds to believe that Mental Health Association NSW Limited will be able to pay its debts as and when they fall due.

This declaration is made in accordance with a resolution of the Directors and is signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profits Commission Regulation 2013.



Meg Smith OAM
President



Donald Murray
Treasurer

SYDNEY,
10th November 2016

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2016

	NOTES	\$ 2016	\$ 2015
Current assets			
Cash assets	5	743,443	617,695
Receivables	6	74,246	181,848
Inventories	7	1,744	1,556
Other	8	42,607	41,664
Total current assets		862,040	842,763
Non-current assets			
Property, plant and equipment	9	711,503	769,506
Total non-current assets		711,503	769,506
Total assets		1,573,543	1,612,269
Current liabilities			
Payables	10	221,959	204,642
Provisions	11(a)	67,046	63,784
Total current liabilities		289,005	268,426
Non-current liabilities			
Provisions	11(b)	66,590	67,168
Total non-current liabilities		66,590	67,168
Total liabilities		355,595	335,594
Net assets		1,217,948	1,276,675
Members Funds			
Retained funds	15	971,672	1,276,675
Collective Purpose reserve	16	246,276	-
Total Members Funds		1,217,948	1,276,675

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2016**

	NOTES	\$ 2016	\$ 2015
Revenue from ordinary activities	2	2,355,292	2,522,611
Expenses from ordinary activities:			
Depreciation and amortisation	3	(129,795)	(43,656)
Employee expenses		(1,045,061)	(842,742)
Professional and consultancy fees		(80,834)	(51,875)
Occupancy expenses	3	(328,995)	(291,024)
Other expenses from ordinary activities		(829,334)	(576,297)
Surplus / (deficit) from ordinary activities before income tax expense		(58,727)	717,017
Income tax revenue / (expense) relating to ordinary activities	4	-	-
Surplus / (deficit) from ordinary activities after related income tax expense		(58,727)	717,017
Other comprehensive income		-	-
Total comprehensive income attributable to the members of the entity		(58,727)	717,017

The Statement of Profit or Loss and Other Comprehensive Income should be read in conjunction with the notes to the financial statements.

**STATEMENT OF CASH FLOWS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2016**

	NOTES	\$ 2016 Inflows (Outflows)	\$ 2015 Inflows (Outflows)
Cash flows from operating activities			
Interest received		24,294	30,401
Receipts from government grants		1,773,042	1,653,141
Membership fees		39,037	43,404
Other receipts		822,569	428,683
Payments to suppliers and employees		(2,473,002)	(1,784,427)
Net cash provided by / (used in) operating activities	13(b)	185,940	371,202
Cash flow from investing activities			
Payments for property, plant and equipment		(71,792)	(799,471)
Proceeds from the sale of property, plant and equipment		11,600	-
Net cash provided by / (used in) investing activities		(60,192)	(799,471)
Net increase / (decrease) in cash held		125,748	(428,269)
Cash at the beginning of the financial year		617,695	1,045,964
Cash at the end of the financial year	13(a)	743,443	617,695

The Statement of Profit or Loss and Other Comprehensive Income should be read in conjunction with the notes to the financial statements.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2016

\$
2016\$
2015

NOTE 1 – STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

The financial statements are special purpose financial statements prepared for use by the board of the company and have been prepared to meet the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act). The Board members have determined that the company is not a reporting entity.

The financial statements are prepared on an accruals basis and are based on historic costs and do not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of the financial statements.

a) Current investments

Investments are brought to account at cost or at Board members' valuation. The carrying amount of investments is reviewed annually by the Board to ensure it is not in excess of the recoverable amount of these investments. The recoverable amount is assessed from the investments' current market value. The gains or losses, whether realised or unrealised, are included in net profit.

b) Plant and equipment

Plant and equipment is brought to account at cost or at an independent Board's valuation.

The depreciable amount of all plant and equipment is depreciated on a straight line basis over the useful lives of the assets of the Company commencing from the time the asset is held ready for use.

The carrying amount of plant and equipment is reviewed annually by the Board to ensure it is not in excess of the recoverable amount from these assets.

The recoverable amount is assessed on the basis of the expected net cash flows which will be received from the assets employment and subsequent disposal. The expected net cash flows have not been discounted to their present values in determining recoverable amounts.

c) Inventories

Inventories are measured at the lower of cost and net realisable value.

d) Employee entitlements

Provision is made for the Company's liability for employee entitlements arising from services rendered by employees to the end of the reporting period. Employee provisions have been measured at the amounts expected to be paid when the liability is settled.

Contributions are made by the Company to employee superannuation funds and are charged as expenses when incurred.

e) Taxation

The activities of the Company are exempt from income tax.

f) Revenue recognition

Amounts disclosed as revenue are net of returns, trade allowances and duties and taxed paid. Revenue is recognised for the major operating activities as follows:

(i) Government grants

Grants received are brought to account as income on a progressive basis over either the period to which the grant relates or the period over which the grant is expended.

g) Receivables

All trade debtors are recognised at the amounts receivable as they are due for settlement no more than 30 days from the date of recognition.

Collectability of trade debtors is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off. A provision for doubtful debts is raised when some doubt as to collection exists.

h) Deferred income / divisional results

Grants received are brought to account as income on a progressive basis over either the period to which the grant relates or the period over which the grant is expended.

Accordingly, where grants are brought to account on a progressive basis over the period to which the grant relates, there exists the likelihood that grant income will exceed costs associated with the project in some financial periods (divisional profit), and that such a divisional profit will be absorbed in future periods by subsequent divisional losses.

Where the grant is recognised as income in advance of the expenditure being incurred, the divisional profit will form part of the retained profits.

i) Bequests

Bequests received by the Company are included in Other Current Liabilities (being deferred income) in the Statement of Financial Position and are used for specific projects.

NOTE 2 – REVENUE

Revenue from operating activities

Membership fees	35,488	36,106
Publication / Promotional sales	1,085	363
	<u>36,573</u>	<u>36,469</u>

Revenue from outside the operating activities

Donations and bequests	56,511	301,425
Co-location grants received	343,961	333,849
Grants received	1,241,412	1,352,790
Interest received	24,294	30,401
Other income	70,099	59,075
Income - Support	582,442	408,602
	<u>2,318,719</u>	<u>2,486,142</u>
Revenue from ordinary activities	<u>2,355,292</u>	<u>2,522,611</u>

NOTE 3 – SURPLUS / (DEFICIT) FROM ORDINARY ACTIVITIES

Net gains and expenses

Profit from ordinary activities before income tax expense includes the following specific net gains and expenses:

Expenses

Audit fees	8,250	8,000
Depreciation	129,795	43,656
Rental expense	328,995	291,024

NOTE 4 – INCOME TAX

As indicated in Note 1, the company is exempt from income tax.

\$
2016 \$
2015

NOTE 5 – CURRENT ASSETS – CASH ASSETS

	\$ 2016	\$ 2015
Cash on hand	104	292
Cash at bank - Head office (Westpac bank)	95,304	276,747
Cash at bank - Head office (Bendigo bank)	499,995	-
Term Deposit – Security for lease	58,412	58,412
Term Deposit – Co-Location	88,874	88,874
Cash at bank - Shipp fund	499	648
Cash at bank - Gilgandra	255	255
Short term deposits	-	192,467
	743,443	617,695

Cash is bearing an interest rate of between 0% and 3.00%, (2015: 0% and 3.25%) depending on the terms and conditions in respect of the various accounts.

NOTE 6 – CURRENT ASSETS – RECEIVABLES

	2,830	2,791
Security deposit	2,830	2,791
Sundry debtors	8,953	56,530
Trade debtors	62,463	122,527
	74,246	181,848

NOTE 7 – CURRENT ASSETS – INVENTORIES

	1,744	1,556
Stock on hand - publications	1,744	1,556
	1,744	1,556

NOTE 8 – CURRENT ASSETS – OTHER

	42,607	41,664
Prepayments	42,607	41,664
	42,607	41,664

NOTE 9 – NON-CURRENT ASSETS – PROPERTY, PLANT AND EQUIPMENT

	\$ 2016	\$ 2015
Leasehold improvements - at cost	395,798	395,798
Less: accumulated amortisation	(55,006)	(15,426)
	340,792	380,372
Plant and equipment - at cost	305,297	311,659
Less: accumulated depreciation	(140,108)	(84,099)
	165,189	227,560
Office furniture and equipment - at cost	407,224	355,577
Less: accumulated depreciation	(235,027)	(204,390)
	172,197	151,187
Telephone system - at cost	30,355	30,355
Less: accumulated depreciation	(22,046)	(19,969)
	8,309	10,386
Motor vehicles - at cost	26,507	25,654
Less: accumulated depreciation	(1,491)	(25,653)
	25,016	1
	711,503	769,506

NOTE 10 – CURRENT LIABILITIES – PAYABLES

	- <th style="text-align: right;">33,498</th>	33,498
Income received in advance (Note 16)	-	33,498
Grants in advance	44,273	15,141
Trade creditors	25,622	-
Collective purpose fund	100,000	100,000
Sundry creditors & Accruals	52,064	56,003
	221,959	204,642

NOTE 11 – PROVISIONS

(a) Current		
Provision for annual leave	67,046	63,784
	67,046	63,784
(b) Non-current		
Provision for long service leave	66,590	67,168
	66,590	67,168

\$
2016 \$
2015

NOTE 12 – SEGMENT REPORTING

Mental Health Association NSW Limited is a non-government organisation actively involved in promoting the understanding of Mental Health problems in the community in New South Wales.

NOTE 13 – STATEMENT OF CASH FLOWS

(a) Reconciliation of cash

Cash at the end of the financial year as shown in the statement of cash flows is reconciled to the related items in the statement of financial position as follows:

Cash on hand	104	292
Cash at bank	596,053	277,650
Deposits at call	147,286	339,753
	743,443	617,695

(b) Reconciliation of cash provided by / (used) in operating activities

Operating surplus / deficit	(58,727)	717,017
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Non-cash flows in operating surplus

Depreciation and amortisation	129,795	43,656
(Profit) / loss on sale of fixed assets	(11,600)	-

Changes in assets and liabilities

(Increase) / decrease in receivables	107,602	(170,270)
(Increase) / decrease in inventories	(188)	42
(Increase) / decrease in prepayments	(943)	-
Increase / (decrease) in payables	17,317	62,225
Increase / (decrease) in provisions	2,684	(1,644)
Increase / (decrease) in other current liabilities	-	(279,824)
	185,940	371,202

The Company has no credit stand-by or financing facilities in place.

There were no non-cash financing or investing activities during the period.

NOTE 14 – EVENTS SUBSEQUENT TO BALANCE DATE

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company in financial years subsequent to the financial year ended 30 June 2016.

\$
2016 \$
2015

NOTE 15 – RETAINED FUNDS

Movements in retained funds are summarised as follows:

Retained funds at the beginning of the financial year	1,276,675	559,658
Current year surplus / (deficit)	(58,727)	717,017
Transfer (to) / from collective purpose fund	(246,276)	-
Retained funds at the end of the financial year	971,672	1,276,675

NOTE 16 – COLLECTIVE PURPOSE RESERVE

Movements in retained funds are summarised as follows:

Balance at the beginning of the financial year	-	-
Transfer from / (to) retained earnings	246,276	-
Balance at the end of the financial year	246,276	-

Mental Health Association NSW Limited entered into the “Collective Purpose Agreement” with New South Wales Consumer Advisory Group - Mental Health Inc. and Mental Health Carers ARAFMI NSW. This agreement involves the sharing of facilities and contributing to the cost of capital works, ongoing rent, outgoings and other expenses as set out in the agreement.

This agreement was not finalised until the current year but it is agreed that Collective Purpose made a surplus in the 2014/15 year by way of income including not only Partners contributions but also the Fitout Grant of \$150,000 and a Government Contribution to Collective Purpose of \$323,179 whilst on the expense side only depreciation of \$37,599 was charged as the equipment and fitout were only installed/ completed in the latter part of the 2015 financial year.

NOTE 17 – INCOME RECEIVED IN ADVANCE

Income received in advance represents subscription or other income received for the year beginning 1 July 2015.

The amounts included in Income received in advance are as follows:

Income received in advance - others	-	33,498
	-	33,498

NOTE 17 – NON-CANCELLABLE OPERATING LEASE COMMITMENTS

Not later than one year	340,589	327,489
Later than one year but not later than two years	354,213	340,589
Later than two year but not later than five years	623,792	974,643
Minimum lease payments	1,318,594	1,642,720

The Company entered into a new office lease commencing in March 2015 for a period of 5 years. The Company receives a Co-location rental grant to cover these lease commitments.



MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

**AUDITOR'S INDEPENDENCE DECLARATION UNDER SECTION 60-40
OF THE AUSTRALIAN CHARITIES AND NOT-FOR-PROFITS COMMISSION ACT 2012
TO THE BOARD MEMBERS OF MENTAL HEALTH ASSOCIATION NSW LIMITED**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2016 there have been:

- (a) no contraventions of the auditor independence requirements of section 60-40 of the ACNC Act in relation to the audit; and
- (b) no contraventions of any applicable code of professional conduct in relation to the audit.

THOMAS DAVIS & CO.

J. G. Ryan Partner

Chartered Accountants

Sydney
10th November 2016



L20 68 Pitt St GPO Box 492 T: (02) 9232 1188
Sydney 2000 Sydney 2001 F: (02) 9231 6792

Liability limited by a scheme approved under professional standards regulation



INDEPENDENT AUDITOR'S REPORT

**TO THE MEMBERS OF MENTAL HEALTH ASSOCIATION NSW LIMITED
ABN 11 326 005 224**

We have audited the accompanying financial report, being a special purpose financial report, of Mental Health Association NSW Limited, which comprises the statement of financial position as at 30 June 2016, and the statement of profit or loss and other comprehensive income and the statement of cash flows for the year then ended, notes comprising summary of significant accounting policies, other explanatory notes and the declaration by members of the board on the annual statements giving a true and fair view of the financial position and performance of the company.

The Responsibility of members of the board for the Financial Report

The members of the board of the company are responsible for the preparation of the financial report and have determined that the basis of preparation described in Note 1 is appropriate to meet the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act) and is appropriate to meet the needs of the members. The Board's responsibility also includes such internal control as the board determines is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of the financial report that gives a true and fair view, in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Board as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence

In conducting our audit, we have complied with the independence requirements of the ACNC Act and any applicable code of professional conduct in relation to the audit.



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Sydney 2000 Sydney 2001 F: (02) 9231 6792

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Opinion

In our opinion, the financial report of Mental Health Association NSW Limited, is in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, including:

- (a) presenting fairly, in all material respects, the financial position of Mental Health Association NSW Limited as of 30 June 2016 and of its financial performance and its cash flows for the year then ended on that date; and
- (b) complying with Australian Accounting Standards to the extent outlined in Note 1 and the Australian Charities and Not-for-profits Commission Regulation 2013.

Basis of Accounting

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling Mental Health Association NSW Limited financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose.

Thomas Davis & Co.
THOMAS DAVIS & CO.

J.G. Ryan
J G RYAN PARTNER

Chartered Accountants

SYDNEY,
10th November 2016

Liability Limited by a scheme approved under professional standards legislation.



IN MEMORY OF MEGAN WINTLE B.A., DIP.ED.

This year we lost one of our long term board members Megan Wintle. Megan was a member of the Mental Health Association for 34 years and she spent 22 of those years on the Board before retiring in 2014.

She was a trailblazer and specialist in published material on mental health and mental illness. Megan pioneered the use of empathic, non-discriminatory, non-jargon wording (plain english) in government publications for the public. While long-term chief editor for the NSW Health department, she led with positive health promotion writing in the second persons "you" rather than an impersonal, didactic, academic, medical writing style which would have alienated the target group: the general public. In pre-electronic years, individual printed copies ran into millions and some of that material is still in use today.

Megan was fluent in French and Spanish and was passionate about suicide prevention after losing her son Jason to suicide in 1986 aged 22 years. Megan is missed by all at WayAhead who worked with her but all our memories of her are good ones.

Photography by Matthew Keighery

Except

Page 23 Photos by Leanne Kelly

Page 31 Photo of Matthew Keighery by Jennifer Blau

Page 11 Photo of Rachel Laidler by Jennifer Blau

Page 9 Stock Photos except "Leadville" by Matthew Keighery

Page 27 Photo of "presentation" by Nuance Photography

Design by Leanne Kelly Design



Suite 501, 80 William St
Woolloomooloo NSW 2011

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wayahead.org.au