

Annual Report 2015



**We strive
towards
a community
that embraces
and maintains
mental, social
and emotional
wellbeing
for all people.**



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Chief Executive Officer Report



strategic business opportunity to establish an innovative enterprise through developing an NGO Hub offering office space and related support services to a range of potential tenants.

The Hub, now titled 'Collective Purpose' is expected to yield significant revenue for the PiC and we expect there will be additional operational and administrative savings over time.

I would like to thank the MHA board for agreeing to take on this challenge and the MHA staff who had valid concerns and experienced some level of stress. I am aware they are exhausted by change and there is still more change to come. I hope they will be able to reap the rewards very soon.

My partner CEO's Peri O'Shea and Jonathan Harms and our PiC facilitator Marg Scott have been invaluable and we are a much better and effective team as a result.

Another standout for me this year has been the better use of technology. We have been reviewing our image and communication strategies. We have plans to significantly change our brand and I am excited about its potential. I would like to thank Catherine Mellon and her colleagues from M&CSaatchi who donated her expertise and time to help us with this.

There are many other people to thank.

The NSW Mental Health Commissioner Mr John Feneley and his staff have been extremely supportive of our work while at the same time challenging us to achieve and do more. I am looking forward to doing more in partnership with them.

Our main funding source remained with South East Sydney Illawarra LHD, and their NGO coordinator Yola Kaye has been a valuable long term colleague and an amazing resource.

Last but not least I would like to thank all those people and organisations who continue to support MHA in various ways. You all contribute to MHA's work and our place in the sector and we would be at a loss without you.

Now the new financial year is here, we have not slowed down. There is significant and exciting change to come and I hope all people mentioned above will remain with us to experience it with me and to enjoy what is to come.

Elizabeth Priestley
CEO

In 2013-14 we talked about a year of anticipating and planning for change; during the last 12 months we have been implementing programs and seeing the fruits of our planning.

In December 2014, the MHA members voted at the AGM to move from an incorporated association to a not for profit company. This was the first substantial change for many years. Board membership reduced from 17 to 9 elected and 2 co-opted members, losing 8 directors in one hit.

Despite ongoing uncertainties over NGO reforms, we haven't halted the activities to increase our efficiencies and sustainability, ensuring we will be far more competitive when the change occurs. MHA and our two colocation partners (Being & ARAFMI) consider success will be more likely achieved through intensified collaborative efforts, pooling and making the best use of combined skills and resources and avoiding unnecessary duplication.

In April 2014 the three CEO's, Peri, Jonathan and myself, initiated a change project with the working title "Partners in Change" (PiC). Phase 1 began this year. During this time we investigated the most appropriate options for shared services, how we could implement the necessary change and consulted widely with stakeholders particularly the staff. Our current lease expired and following extensive negotiation a new 5 year lease was signed with the current landlord. Resulting from a significant lease incentive and a grant from the Local State Member Alex Greenwich, we were able to increase our floor space by also leasing the office next door. This additional space provided a

Directors Report



It is always a privilege to see the projects our staff have developed. Our volunteers continue to give tirelessly of their time and expertise.

People living with mental issues will always need strong advocacy and support to lobby for ongoing changes in social policy in the development of mental health services. The challenges ahead of us are better support and services for people in the community who are living with mental health issues. Young people living with mental ill health, people experiencing mental health issues at crisis points in their lives and older people who have mental health issues and who are now in care are the groups that are challenging current mental health services.

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

The Mental Health Association will soon be rebranding itself as Way Ahead. This is more than a marketing ploy: our new name will signify a big change in the direction we are taking into the future.

I first got involved with our organisation in the early 1980s. We were housed in a tiny cottage on Victoria Rd outside the old Gladesville Hospital. We had a small grant from the Health Commission to run support services. Our main activities were supporting people who wanted to make a change in mental health services. We hosted groups and fostered support organisations for relatives and friends of people living with mental illness, dementia and mood disorders. These groups went on to become independent organisations and national players in mental health care in Australia.

I have always been impressed by the determination of our members, volunteers and staff. You may have joined our organisation because you have experienced mental ill health. Or you may have a relative or friend who is living with a mental illness. Perhaps you work in mental health and want to see reforms and social action and policy changes for people living with mental illness. All our members have been in the forefront of social change in the area of mental health. We have been a powerful group in lobbying. We have been leaders in innovative policy change and reform.

Who we are

“We get to provide opportunities for people and services to make connections that will quite possibly make a measurable contribution to social outcomes”

The Mental Health Association NSW (MHA NSW) plays a vital role in the development of mental health initiatives which increase community awareness and knowledge of mental health issues.

With the support of our Board, staff, members and volunteers and students, we work towards a society free from prejudice and discrimination against people living with mental illness.

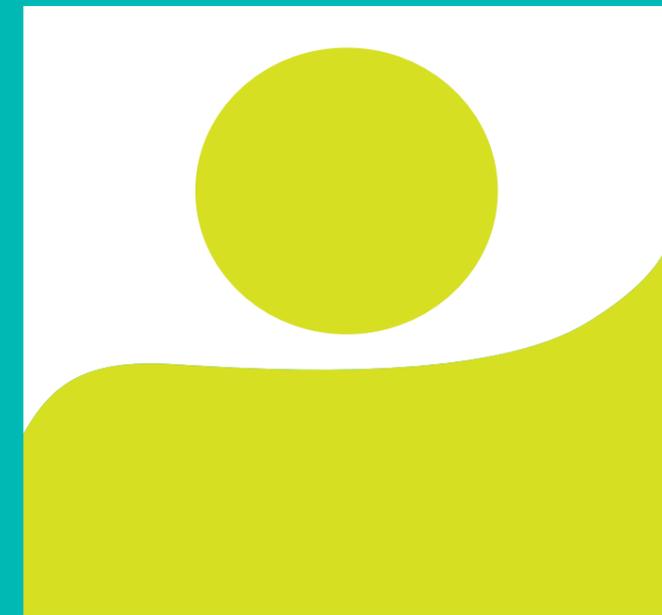
We strive towards a community that embraces and maintains mental, social and emotional wellbeing for all people. We are a not-for-profit company and registered charity and an accredited organisation under the Quality Improvement Council Health & Community Services Standards

THE FOCUS OF OUR WORK

We do a range of work primarily focused on the provision of mental health information and running anxiety and health promotion programs within NSW, including co-ordinating Mental Health Month NSW.

WHAT WE DO

We deliver a range of programs that includes the Young and Parenting Project, Public Education Forums, Stress Less Tips, Postnatal Depression Awareness Week, Mental Health Matters Awards, Small Steps Seminars, the WayAhead Database of Services Online, Workplace Health Promotion Network, information phone lines, factsheets, Mental Health Month, Anxiety Self-help Groups and Anxiety Support Groups.



**mental health
association nsw**

Our Programs at a Glance

The Mental Health Association run programs that provide support and information as well as promote mental health and wellbeing in the community.

Information Phonedines and Fact Sheets

MHA currently provides two information phone services to people based in or near the borders of NSW who are attempting to locate mental health support and services in their local area. Our phone lines are:

1300 794 991

The WayAhead Mental Health Information Line - information, telephone support and referral on issues relating to mental health generally.

1300 794 992

The WayAhead Anxiety Disorders Information Line - focuses more specifically on anxiety disorders.

We also provide a series of facts sheets from A to Z of all you want to know. These can be ordered or downloaded from our website.

mentalhealth.asn.au

Stress Less Tips

Stress Less Day is held in October each year and we develop a diverse range of Stress Less Tips as part of the Mental Health Month campaign. For more tips visit-

stresslesstips.org.au

Mental Health Month

Mental Health Month is celebrated each year in the month of October in NSW. This awareness month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. This month also gives us the opportunity to understand the importance of mental health in our everyday lives and encourages help seeking behaviours when needed.

mentalhealthmonth.org.au

Mental Health Matters Awards

The Mental Health Matters Awards recognise the achievements of individuals and 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.

mentalhealthmonth.org.au

Small Steps Seminars

Small Steps is a program that aims to raise awareness and improve the recognition of anxiety disorders in children. We do this by offering free 'anxiety awareness' seminars for primary school staff (teachers, principals, administrative staff) and parents.

understandinganxiety.org.au

Self-Help Groups - ANXIETY

Group members are guided, step-by-step through a 12 week 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 determine their target for exposure and homework.

understandinganxiety.org.au

WayAhead Online

The Way Ahead Directory contains up to date information on over 5000 mental health and welfare related services across NSW. In previous years the directory was distributed in books and CDs to workers across the NSW mental health sector. It is now available online and is free to access for everyone.

wayaheaddirectory.org.au

Workplace Health Promotion Network

The Workplace Health Promotion Network (WHPN) has been an established network in Sydney since 2006 and in Brisbane since 2012. The network is a resource and information support for any organisation that is interested in promoting employee health and wellbeing within their workplace.

whpn.org

Support Groups - ANXIETY

Our monthly support groups are for people with anxiety disorders such as generalised anxiety disorder, social phobia, panic attacks / disorder, agoraphobia, obsessive compulsive disorder (OCD), and or specific phobias. Family and friends of people with an anxiety disorder are also welcome to attend.

understandinganxiety.org.au

Young and Parenting Project

Is a website for young parents to find out more about pregnancy and parenting, as well as some of the mental health problems that are common during this time.

ivebeenthere.org.au

Postnatal Depression Awareness Week

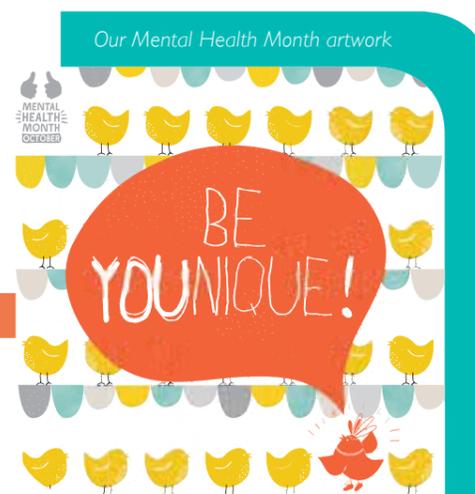
Postnatal Depression Awareness Week is held in the 3rd week of November each year and is a great opportunity to raise awareness about perinatal mental health issues in your local community.

mentalhealth.asn.au

Public Education Forums

MHA holds free public education forums across the state about anxiety and other mental health and wellbeing issues. The events are free to attend and to request, and provide information to local communities about mental illness, mental health and wellbeing, and treatment and support options available in their area.

understandinganxiety.org.au



Julie running a Small Steps Seminar

Information Services

The Mental Health Association provides information and support through phonedines, the WayAhead Online Directory, other websites and factsheets.

WayAhead Directory - Online

The WayAhead Directory is a comprehensive mental health resource that has been updated annually since 1985. It has been provided by the Mental Health Association of NSW, as part of the Mental Health Information Service (MHIS). It is used widely by MHA staff members, as well as the general public and service providers.

The WayAhead Directory has information on over 5100 mental health related services throughout NSW, and some interstate services. During 2013-2014 the directory was only 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. wayaheaddirectory.org.au

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 with the difficulties to manage her daughter's illness.

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 also was able to use WayAhead regularly for her benefit as it includes many helpful resources and information for both consumers and carers, including fact sheets, regulations, and Medicare benefits.



Cathy Kwok, one of our telephone service operators.

Our Information Service Phonedines

Both the Mental Health Information Service (MHIS), and the Anxiety Disorder 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 carers (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.

Example of person calling our Information Lines

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 that it is difficult to find intervention, but should there be any signs of self-harm or violence that 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 to her friend.

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 handle 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.

Example of person calling our Information Lines

We may receive a call 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 aged care facility and she is finding great difficulty in managing both her mother's complications and her own anxiety disorder.

We may enquire as to whether the woman is seeing a psychologist regularly at the present time, 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 is entitled to 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. 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.

Last year our staff responded to 3500 enquiries.

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 the NSW community.

Awards are available across 10 categories:

- Consumer involvement and engagement
- Cross sector collaboration
- Culturally and linguistically diverse (CALD) communities
- Excellence in service or program delivery
- Family and carer involvement and engagement
- Indigenous social and emotional wellbeing
- Media (Local and State-wide)
- Mental health promotion and wellbeing
- Mental health promoting workplace
- Research and evaluation

Award winners received a prize of \$1000 and an award plaque.

In 2014, the Mental Health Matters Award nomination form was promoted in the Starter Kit and via e-news to over 4,000 contacts and was also available on the MHA website.

The Mental Health Commission NSW once again presented the Community Champion Award. This category applied the same process as used in its inaugural year as a separate addition to our Mental Health Matters awards and Commissioner himself nominated the recipient. The aim was to commend the effort and commitment of a distinguished individual and their work in promoting mental health initiatives for their local community.

The NSW Mental Health Commissioner awarded the second Community Champion Award to Jimmy Forrest for his work in Wambool Aboriginal Suicide Prevention Team at the Dubbo Neighbourhood Centre.



Jimmy Forrest with the NSW Mental Health Commissioner John Feneley

Mental Health Matters Award Winners

Excellence in Service or Program Delivery

Specialist Rehabilitation Service/ Mental Health Drug & Alcohol, Northern Sydney LHD

Culturally and Linguistically Diverse Communities

Arabic Mindfulness CD – by Hend Saab from St George Mental Health Service

Cross Sector Collaboration

South West Sydney Partners in Recovery – Schizophrenia Fellowship of NSW & South West Sydney Medicare Local

Family and Carer Involvement and Engagement

The Australian Kookaburra Kids Foundation

Mental Health Promotion and Wellbeing Award

Response Ability - Hunter Institute of Mental Health

Mental Health Promoting Workplace

Mates in Construction NSW

Research and Evaluation Award

UNSW/ BDI Workplace Mental Health Research Program

Indigenous Social and Emotional Wellbeing

The Glen – Alcohol or other Drug Rehabilitation Centre for Men by Ngaimpe Aboriginal Corporation

Consumer Involvement and Engagement

Safety for all & The Yakkalla Hub (joint winners)

Media – National/Statewide

All in the Mind- Lynne Malcolm

Media – National/Statewide

Taming the Black Dog by Sean Parnell



Jai Rowell MP, Liz, Dr. Nick O'Connor, Dr. Meg Smith OAM and John Feneley – Mental Health Commissioner



Lynne Malcolm - All in the Mind



Natalie Cutler - Safety for All



Hend Saab - Arabic Mindfulness



Recipients of the Cross Sector Collaboration Award

2014 Mental Health Matters Awards Certificate winners

Aboriginal Social and Emotional Wellbeing Award	Shoalhaven Aboriginal Mental Health Respite Care Service - Healing House
Aboriginal Social and Emotional Wellbeing Award	Monique Wiseman
Aboriginal Social and Emotional Wellbeing Award	One Good Day
Aboriginal Social and Emotional Wellbeing Award	Journey of Healing
Aboriginal Social and Emotional Wellbeing Award	Hell 2014
Aboriginal Social and Emotional Wellbeing Award	Susan Moylan Coombs
Consumer Involvement and Participation Award	The Community Mobilisation Project/ NSW Consumer Advisory Group- Mental Health Inc
Cross Sector Collaboration award	ProActive for Children with anxiety training in schools
Cross Sector Collaboration award	The CAPTOS Clinical Services, supervision and education program
Culturally and Linguistically Diverse Communities Award	Respite Services Inner West
Excellence in Service or Program Delivery #1	CANSAS Conversation
Excellence in Service or Program Delivery #2	St Vincent's Hospital Handbook of Clinical Psychogeriatrics
Excellence in Service or Program Delivery #3	Annesley House, Building Capacity
Family and Carer Involvement and Engagement award #1	Demetia: The Long Goodbye
Family and Carer Involvement and Engagement award #2	Our Lady of Consolation - Aged care services
Media – National/Statewide	Twilight Songs -Tv Documentary
Media – National/Statewide	Joel Meares 'Weight of the World', article published in Good Weekend, The Sydney Morning Herald and The Age, March 2014
Media – National/Statewide	ABC Grandstand Depression in Sport Feature
Media – Local Media	Mental Health Minute
Mental Health Promotion and Wellbeing award	Youth Life Wise Intervention Education Program
Mental Health Promotion and Wellbeing award	Focus on Pregnancy & Connecting Families
Mental Health Promotion and Wellbeing award	Kogarah Neighbourhood Centre
Research and Evaluation award	NSW Mental Health Clinical Benchmarking Program
Research and Evaluation award	Dr Alisha Williams, Combining Imagination and reason in the treatment of depression
Research and Evaluation award	The Centre of Research Excellence in Suicide Prevention (CRESP)
Mental Health Promoting Workplace Award	Staff Support Program
Mental Health Promoting Workplace Award	The Children & Young People's Staff wellbeing project

Mental Health Month

Mental Health Month is a popular mental health promotion campaign held in October that helps give mental health the same prominence and acceptance as physical health.

In 2014, the Mental Health Association NSW (MHA) was proud to be appointed as the coordinating body for Mental Health Month marking its 30th year in promoting mental health to the NSW population. Its main 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 2014, the theme of Mental Health Month was "Be YOUUnique". This theme promoted acceptance and encouraged all individuals to consider their strengths and weaknesses as well as the act of nurturing one's own 'unique worth'. The message also allowed for the opportunity to promote the importance of supporting each other in our lives and celebrating their own individual qualities that make them unique.

The theme was developed with input from the Mental Health Promotion Reference Group and a survey consultation with the general public.

Mental Health Month Partners

In 2014, we continued our partnerships with peak organisations that work with diverse populations and assist us in encouraging the community engagement for mental health.

In 2014, the MHA continued its commitment to including people from culturally and linguistically diverse (CALD) communities in Mental Health Month through our partnership with the Transcultural Mental Health Centre (TMHC). We would like to acknowledge TMHC for their great assistance in the promotion and judging of the small grants available for CALD groups to coordinate an event in October. The TMHC also generously updated their previous translated factsheets which we were able to provide on a USB as a free resource for people working with CALD groups. This resource was incredibly popular in 2014 and was ordered to full capacity.

The MHA also continued to partner with ACON, who kindly sponsored 5 small grants, totalling \$5,000, targeting lesbian, gay, bisexual, transgender and intersex (LGBTI) communities.

We also continued our communication and working partnership with the Aboriginal Health & Medical Research Council who not only assisted with providing feedback in the early planning stages of the campaign, but also helped promote our mental health month initiatives to Aboriginal & Torres Strait Islander communities and provided great feedback in the judging of the small grants. Beyondblue once again provided the 'Keeping Strong' flyers for Aboriginal and Torres Strait Islander people which was an extremely popular resource in its pilot year; therefore an increased amount of collateral was needed in order to meet demand.

Another partnership that was formed in 2014 with MHA was with the Blackdog Institute who had provided community education seminars for organisations & communities holding events during October. Through promoting this initiative via our starter kit and other channels. Positive feedback was received from participants who had accessed the seminars and thus gave reason to expand on this partnership in the following year.



Staff and volunteers from MHA, Being and ARAFMI celebrating Mental Health Month



Resources

In 2014, we produced a number of resources to assist local organisers in planning and implementing Mental Health Month activities.

These included:

- A Starter Kit,
- Posters, postcards and balloons
- Factsheets on the theme
- Online Events calendar
- Email signatures and desktop image
- Stress less challenge on social media
- A total of 45 small grants



Stress Less tips

Demand for free promotional resources again increased in 2014, with shortfalls rising from 2013. Even though more promotional materials were desired by local organisers, the range and number of resources that can be provided was limited by budget and demand for resources consistently exhausts supply. However, MHA will continue to seek opportunities for providing a greater range and number of resources.

Quantities distributed 2013 and 2014

Resource	2013	2014
MH Month Posters	12,728	13,000
MH Month Postcards	127,978	124,804
Stress Less Posters	15,971	15,600
Stress Less Postcards	159,990	159,940
Balloons	3,046	32,690
Printed Factsheet	18,078	19,978
'Keeping Strong' Factsheet	7,992	9,836
USB of translated material	373	400

Mental Health Month Small Grants Program

The Mental Health Month small grants are provided to assist local organisers with the costs associated with running their Mental Health Month event. In 2014, a total of 45 Grants of \$500 and \$1,000 were available, totalling \$23,500.

Grants were available in 4 categories:

- 25 grants totalling \$10,000 for events targeting the general community
- 6 grants totalling \$3,500 for events targeting culturally and linguistically diverse (CALD) communities (sponsored by TMHC)
- 8 grants totalling \$5,000 for events targeting Aboriginal communities
- 6 grants totalling \$5,000 for events targeting LGBTI communities



Mental Health Month theme postcard and poster



Mental Health Matters award winners with The Hon. Jai Rowell MP - Minister for Mental Health, Assistant Minister for Health

Postnatal Depression Awareness Week

Postnatal Depression Awareness Week raises awareness and understanding of perinatal depression, anxiety and other mental illnesses in women and men.

The Mental Health Association NSW (MHA), with support from the Mental Health and Drug and Alcohol Office & MH-Kids (NSW Health), began coordinating the NSW Postnatal Depression Awareness Week (PDAW) campaign in 2011 as part of the National Perinatal Depression Initiative (2008/9-2012/13). From 2013, The National Perinatal Depression Initiative ended and the Mental Health Association NSW held PDAW independently on a reduced budget in order to maintain the momentum that the campaign had established.

In 2014, MH Children and Young People kindly supported the campaign which fell on the 16-21 of November. The 2014 PDAW campaign promoted and supported local community events in NSW during the week. These events were held across diverse regions in NSW, with a focus on promoting peri-natal mental health to new mums, dads, young parents and CALD groups. These 'Parents Events' aimed to provide information about perinatal mental health, and offering social support, information about services and creating a safe space for parents to share experiences.

The focus of this campaign revisited key messages from the 2012 'Pledge for Parents' campaign. Some of the messages being promoted were:

- The importance of parents looking after themselves, watching out for each other, taking notice of what their needs are and asking for help if needed.
- Incorporating the mental health and wellbeing of dads and partners as well as mums.
- Making parents aware that information is available for parents who are feeling overwhelmed

Free resource orders and distribution

In 2014, our perinatal free resources pack had to be reduced due to costs; therefore we were able to provide 5 promotional posters and 30 brochures to order. A total of 584 PND packs, containing a total of 17,520 brochures and 780 posters were ordered for

use during PDAW 2014. This was a decrease from our 2013 results where a total of 930 packs were ordered. Given this however, we can highlight that in 2014 individuals ordered a reduced number of packs than in other years. Another potential reason may be due to promotional postcards being a much popular resource than the replicated promotional poster.



The number of individual organisation ordering resources increased from 147 individual orders in 2013 to 161 individual orders in 2014. This is an increase of 9.5% from 2013 and 32% from 2012. These findings are shown below.

In previous years, we were able to distribute our remaining resource collateral to relevant service contacts in NSW provided by PANDA. This was however this was ceased in 2014.



Mums on Drums event as part of PDAW

Public Understanding Anxiety Forums

Mental Health Association's free Understanding Anxiety Education Forums are attracting large crowds in rural and remote NSW.

Mittagong Public Education Forum



Associate Professor Rocco Crino and Jenny Learmont

The MHA Health Education Officer organises and participates in Public Forums. On the 31st March, 2015 the MHA in partnership with Associate Professor Rocco Crino of Charles Sturt University, Mr Tom Carroll of WHAM (Wingecarribee Health Association for Men) conducted a Public Forum in Mittagong on Anxiety Disorders. The Forum was attended by 237 people. The audience was made up of 27.9% consumers, 32.2% parent/carers, 33.6% were health professionals.

The speakers on the night were, Association Professor Rocco Crino from Charles Sturt University, Julie Leitch as the consumer speaker and Jenny Learmont spoke from the perspective of a carer. Tom Carroll was our MC on the night. We also had Rachel Flint and Matthew Keighery from MHA and Laeonie Forster (Support Group Facilitator Moss Vale) helping with the registration desk, taking photos and responding to the many questions at the MHA information table.

The evaluations reported that 83.0% of attendees found the forum to be extremely beneficial.

We would like to thank our speakers and in particular Tom Carroll for all his help prior to the forum and of course on the night.

Comments from the Mittagong Public Forum

- "Very informative and well organised"
- "Written information fabulous and will be very helpful"
- "I am going to get to a support group now, thank you"
- "Good to hear Dr Crino and very good to hear people's first hand experience. So valuable"
- "Thank you for the information evening. I was very impressed with the attendance – well done"
- "Thank you for a great night. So appreciative this was available in the Southern Highlands"
- "Thank you for such a well run and informative public forum"
- "A very worthwhile presentation – there should be more like this"
- "Excellent forum. Thank you for everything"
- "What a refreshingly informative and well run forum. Thank you, many of my questions were answered and the contacts for help and support may become useful in the future"
- "Brilliant. Thank you"
- "Three great speakers, excellent night"



Mr Tom Carroll - WHAM our MC for the night at Mittagong

Small Steps

These popular seminars provide information and support about Anxiety in school children to primary school teachers and parents.

Small Steps is an education program that presents information seminars to teachers and parents of primary school aged children. 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.

During the year 82 Small Steps Seminars have been presented, which is an increase 4.8% on last year. 2205 people attended the seminars, an increase of 7.2% on last year. The participants were made up of 750 teachers and 1455 parents. Due to the unavailability of the Health Education Officer the Support Group Co-ordinator presented 22 seminars with the Health Education Officer completing 60 schools.

The evaluations showed that 51.0% of parents and 45% of teachers Strongly Agreed that the seminar improved their ability to recognise signs of anxiety disorders with another 47% of parents and 54.5% of

Comments from Parents

"Very well presented and very informative"

"Lots of practical examples"

"Down to earth, clear"

"I liked the written information (handouts)"

"Succinct information, friendly approachable presenter"

"I liked the Presenters professionalism and personal stories"

"The stories and examples by the presenter were great in understanding if my child fits into any types of anxieties described"

"Very simple and clear information with good real life examples"

"Easily understood and applied. Presenter kept interest throughout and welcomed questions"

"Thank you so much! You have helped my family in a million ways today. Please keep these seminars going. Great Seminar"

"An engaging presentation linking to personal experiences"

Comments from Teachers

"Simply put, everyday language, easy to follow and presented in a fun way"

"Practical, relevant, put into context"

"Addressed the needs of our teachers"

"Presentation provided anecdotes to back up examples of behaviour in anxious children."

Presentation obviously came from someone who has worked in this area for a long time, well delivered, common sense, REAL not just scientific evidence."

"Julie's presentation was easy to understand and following the reaction of staff was incredibly positive – I could tell by the quietness in the room and attentive listening that the staff really wanted to gain as much information on this important topic as possible"

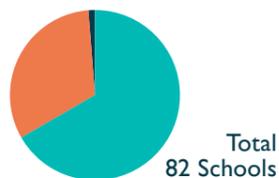
"I was able to identify some children in my class that I am now confident to talk to their parents about how their behaviour could be caused by anxiety"

Seminars Presented

Public Schools

Catholic Schools

Community Schools



Total
82 Schools

The Small Steps presentations were held in the below specified Local Health District Areas with the following numbers of parents and teachers in attendance.

	Schools	Parents	Teachers
Central Coast	8	156	77
Western Sydney	6	125	54
South East Sydney	15	212	91
Sydney Local	13	307	68
Nepean/Blue Mountains	4	52	30
Illawarra/Shoalhaven	4	66	34
Hunter New England	8	144	76
South Western	13	124	153
Northern Sydney	11	269	167
Total	82	1455	750

Self Help Groups

The 12 week Anxiety Disorders program focus on a step by step approach to addressing the elements of a person's anxiety.

For the period September – December 2014 18 Australian College of Applied Psychology (ACAP) placement students co-facilitated groups finishing their placement in December 2014.

These groups were located at: Dee Why, Surry Hills, Parramatta, Dapto, Bondi Junction, Burwood, Botany, Crows Nest, Wyong, Canberra,

For the period May – August 2015 a new group of 17 ACAP Placement students commenced groups and will finalise their placement in December 2015.

These groups are located at Surry Hills, Bondi Junction, Crows Nest, Dee Why, Gosford, Burwood.

Six students undertaking placement from May to December 2015 are each co-facilitating two groups each week.

During 2014-2015 4 volunteers (previous placement students) were enlisted to fill Facing Anxiety self help group leader vacancies which couldn't be filled by ACAP students.

Since 2014 it has been a requirement of ACAP that the groups have at least eight people in the groups.

It has been challenging to keep the participants in the group for the full twelve week program.

Self help group training was held in March 2015 for ACAP students.

This training was held at ACAP with Elizabeth Mason, which was followed up by a workshop on group work by an ACAP educator with group work facilitation expertise.

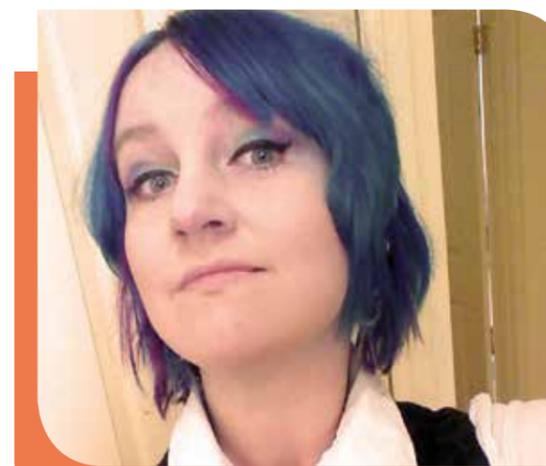
Suzie Toccock -

Being a Self Help Group Facilitator

I first began facilitating the anxiety groups as part of my student placement hours, to meet a requirement necessary to graduate from my counselling degree. What I anticipated being involved in was a simple program, one that may not work- "how could basic behaviour therapy be that much help, I'd wondered?"- but this placement would give me much-needed experience in counselling a group in the real world rather than in exercises in academia. Instead, what I found myself partaking in was a program that not only identified pieces of the puzzle that I hadn't even known were involved in the presentation of an anxiety disorder, but also provided the framework, week by week, for my clients to start fitting them all together- often with a kind of independence and willingness to persist that they didn't know they had.

At times, it felt less like I was there to facilitate, and more as if I had been called as a witness to a transformation, one that had often been building up over the group participant's entire lifespan. The changes often began early, subtle enough that I would sometimes have the opportunity to bring it to their attention- a lift in the language they used when talking about themselves, smiling more when they shared their experiences, beginning to socialise more. It was always one of the most exciting moments: the lightning strike of hope and joyful promise, when a group member truly realised that the work that they were doing was changing their life, especially when they'd been afraid at the outset that it mightn't.

What I also never anticipated was how much I would get out of the group myself- both the facilitation and the subject matter, which I came to use extensively in my own life. I have been afflicted by severe anxiety and depression for the majority of my life, down to the earliest memories I have, and though I am often able to become skilled- even excel- in the avenues I pursue, it was very difficult to feel any confidence all the same. However, when you've spent three months guiding your group through what might be the most significant changes in their lives, and hear their thanks for the part you played, it may just be impossible not to start truly feeling like the world is a happier place for having you in it. That you, the facilitator, also have skills and qualities that matter, just like you've taught your clients- and that lesson hitting home for me has turned out to be just as much of a fire-starter in my own life as it was in many of theirs. This is an excellent program from any angle you look, with many personal rewards that you may not even anticipate until you're received them.



Suzie Toccock - Self Help Group Facilitator

Anxiety Support Groups

Nearly 40 Anxiety Disorder Support Groups for consumers and carers meet once a month providing a friendly, caring and supportive environment to share experiences.

The Anxiety Disorders 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 the MHA ran 35 support groups for people with anxiety disorders, which provided 1506 occasions of visit to participants during the year. This is a 10% increase on last year.

New groups were established in Newtown, Brookvale, Marrickville, Merimbula, Mona Vale, Albury and Campsie. This resulted in a 25% increase in the number of support groups.

Attendees were asked to complete an evaluation form about the support group. Most respondents said their anxiety levels decreased after attending their first support group meeting. 99% of respondents reported that the support group had contributed to their recovery. Respondents participated in the support group meetings to learn more about their disorder, interact with others and find out strategies to manage their anxiety disorder.

For the groups to be effective we need participants. This year we promoted the groups at the Uniting Care

Nepean Anxiety Forum at Windsor, the Bankstown Wellness Festival and the Sutherland Healthy Minds Expo by support group facilitators. Several radio interviews were conducted on 2NBC and public service announcements were made on Power FM to promote the groups. Regular adverts were placed in community notices/calendars section of local 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 MHA.

MHA trained 27 volunteers for the support group facilitator role. 10 of these volunteers 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 and Rachel Flint from MHA.

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 established in Campsie in partnership with Fusion Australia. Fusion Australia kindly donated their café space for the support group and two Fusion volunteers to facilitate the support group.



Participants at the Support Group Facilitator Training Day - Led by Associate Professor Rocco Crino

Facilitator Case Study

"I am a 68 year old lady.....a very young 68 year old lady, I have had trouble growing up" is how Laeonie cheekily describes herself. Laeonie is currently the facilitator of two Anxiety Disorder Support Groups. Laeonie's own experience of anxiety motivated her to volunteer with MHA. "I know firsthand how alone and confused one can feel and how difficult it is to talk about what you are experiencing" recalls Laeonie. Laeonie successfully manages her own fear of new situations and recognises the courage of others who face their fears.

Laeonie attributes the success of the Anxiety Disorder Support groups to removing the isolation felt by many of the members. "Member's feelings of being alone are diluted to some extent, the support groups bring people together that speak a similar language" says Laeonie. During the time Laeonie has been facilitating the support groups she has seen members make friendships which extend beyond the support group. Laeonie strongly recommends that anyone struggling to cope with an Anxiety Disorder to find and attend an MHA support group and describes the experience as "finding your own tribe".

"The growth of the person, to me is magical" says Laeonie. She finds there are many rewards associated with running a support group. "As their confidence in themselves blossoms, they begin to master their anxiety, it is a beautiful thing to watch and be a part of". Laeonie is grateful to MHA for the opportunity to facilitate a support group and is looking forward to continuing to assist people in their recovery from an Anxiety Disorder.



Laeonie - Support Group Facilitator

Member Case Study

When Todd first attended an Anxiety Support Group he was at a low ebb. "Panic attacks had crippled me," Todd recalls. "I went from a happy, outgoing, confident person to a deeply anxious quivering mess." At age 37, Todd had his first panic attack and despite a family history of the disorder, he was taken aback by what was happening to him.

Todd's panic attacks hit abruptly and with the full suite of physical symptoms. "I was convinced I was dying. That my heart was going to give out at any moment," he said. "I had chest pains, I couldn't breathe and I was constantly dizzy. The full gamut of medical tests did little to relieve my fears despite being told I was in good health."

Seeing a psychologist took the edge off Todd's fears, but it wasn't until he attended a Support Group that he really noticed an improvement. "Psychologists have read all about what an anxiety disorder does to a person, but all that knowledge doesn't mean they can empathise with you," he said. "When you're talking about your symptoms, they just smile and nod as if to say, "I haven't read about this, this guy is clearly nuts!"

For Todd attending an Anxiety Support Group was the first big step he took forward. "Suddenly I was in a place where people understood what I was going through," he said. "They understood the irrational fear the physical symptoms create. For the first time since that initial panic attack I felt like I wasn't alone."

It was this empathy and understanding that Todd views as the major benefit of the Support Groups. "Anxiety can be so isolating, so bewildering. It can't really be understood unless you have lived through it," he says. "The Support Groups allow you to tap into this understanding. They allow you to draw on the strength and success of others in the group. You come out of the sessions a better, more empathetic person yourself. For that I am eternally grateful

"You come out of the sessions a better and more empathetic person yourself"

Workplace Health Promotion Network

By resourcing employers to implement strategies supporting the mental health and general wellbeing of their staff, WHPN aims to create workplaces that are inclusive of people with lived experience of mental illness and that enhance the health and wellbeing of all employees.

The Workplace Health Promotion Network (WHPN) was formed in 2006 in Sydney and 2012 in Brisbane with the aim of improving the health & wellbeing of the Australian working population.

At the end of June WHPN (Sydney) had 57 paying members. In the last financial year we lost 3 members but gained 17.

At the end of June WHPN (Brisbane) had 14 paying members. In the last financial year we lost 3 members but gained 7.

We also have 2 members in Melbourne and 1 in Perth.

Our Membership falls into the following categories-

- Tier 1 - online only membership
- Tier 2 - individual/charity/small business 1-20 staff
- Tier 3 - medium business 21-200 staff
- Tier 4 - large business 201 and above staff
- Tier 5 - corporate health providers (provide paid health & wellbeing services to workplaces)

The majority of our members in Sydney are tiers 2+4. In Brisbane our users are spread across tiers 2-5.

WHPN Annual Members Survey

Members said WHPN had helped them to do their job in workplace health and wellbeing by increasing their knowledge of workplace health and wellbeing via our quarterly meetings and eNews (47%), providing practical resources (53%), introduced them to others in their field (42%), encouraged them to try different initiatives (40%), access to new research (37%), confidence to address mental health/wellbeing issues in the workplace (28%).

Since joining WHPN 81% of respondents said they are more confident to apply changes to their work environment that supports good mental health and wellbeing for their employees and 74% are more confident in managing the needs of employees experiencing stress and mental ill health.

The program received strong positive feedback about our approachability, organisation and response to enquiries.



Sharon with Anna-Louise Bouvier - Creator, Happy Body at Work



WHPN Members at the Happy Body at Work event in April



NSW Ambulance Service at WHPN Annual Members Forum



John Feneley - Mental Health Commissioner NSW, Robyn Hughes - Aon Hewitt, Liz and Robyn Hobbs OAM - Small Business Commissioner NSW

Partners in Workplace Health

NSW Mental Health Commission

The Black Dog Institute

QLD Mental Health Commission

Anna-Louise Bouvier (Physiocise) and ABC Commercial on the workplace project "Happy Body at Work"

Active Living Senior Co-ordinator from the Heart Foundation

WHPN Website

As part of strengthening the WHPN website into a clearinghouse of workplace wellbeing resources we have made some important changes to the website. We have added four logos on the home page to encourage cross promotion of other MHA projects to introduce the WHPN audience to the different services we provide. We now have 943 links to different types of resources under a variety of tags to enable easier searching of information for our members. We created an events day calendar to help our members plan their workplace health and wellbeing initiatives over the year based on national and state based health days. We also created a workplace health conference calendar to help with planning their professional development so members can see what conferences are coming up and enables them to allocate money to put towards it. Finally we also added a new events page under a section called Annual Forum 2014. We used video footage from last year's event to demonstrate some of the topics we provide at our meetings.

WHPN Annual Members Forum, Sydney 2015

We had 90 attendees this year, representing 36 different organisations. We had two special guests, the Mental Health Commissioner for NSW and the Small Business Commissioner NSW. We had 5 corporate health providers book tables with us this year. The general feedback for the event was that the content of all the speakers and the panel discussion was good, useful and relevant. The event went well with our new hosts Aon Hewitt and we are looking forward to developing our relationship next year.

Google Analytics for www.whpn.org

Over the last year there has been more than a 30% growth in our website's unique visitors and total visitors which means more new people are looking at our website and more are using it for longer periods of time.

WHPN eNews

We have had over a 50% increase in our bi-monthly eNews subscribers this year.

MHA Staff Wellbeing

As part of sharing knowledge and starting to develop best practice in workplace health and wellbeing a range of workplace wellbeing initiatives for MHA and its partner organisations were organised.

Some of these included;

- A shared team lunch is held at the end of every month and staff are encouraged to attend morning teas, farewell get together's and celebrations of achievement e.g. graduations
- Encouragement to be part of a regular walking group run by the Heart Foundation for anyone in the building
- A regular yoga class run by the Heart Foundation
- Joining the blood donation group
- Providing flu shots in association with the Heart Foundation
- A financial awareness talk from HESTA
- Free weekly meditation lunch time class kindly run by a MHA staff member
- providing standing desks to see if it made a difference to staff productivity and wellbeing.
- A 10 week group fitness class at a local gym.
- Free webinar about how to use Twitter was opened up to all staff.
- Free training on working with LGBTI communities was opened up to all staff and volunteers.
- New chairs provided for staff experiencing back and neck pain due to their height which made a difference to their pain and comfort within the first week of using them.

Trevor Hattersly at his new standing desk



Media and Online

Our media and online presence reach thousands of people and is quickly evolving to stay relevant and engaging.

During the year we managed to get quite a lot of media coverage

The Mental Health Matters Award winners were particularly sought after. Jimmy Forrest the Community Champion Award winner, Chair of Wambool Aboriginal Suicide Prevention Network, from Dubbo was interviewed on ABC702 by Linda Mottram. As well, the Aboriginal Social and Emotional Well Being Award, The Glen - an alcohol and drug rehabilitation centre facility for indigenous and non-indigenous men featured on ABC 7.30 report and a number of Sydney radio stations. The winner of the Culturally and Linguistically Diverse communities Award winner was St George Community Mental Health's Heng Saab for a Mindfulness Audio CD spoken in Arabic. Heng featured on various radio stations and the publicity meant that her CD was sought after around the world.

The personal stories of consumers and carers continue to provide compelling content for any media. For Postnatal Depression Awareness Week, we were able to alert ABC's 7.30 Report with a national story on the need in NSW and some other Australian States to provide public hospital beds for acutely unwell post-partum mothers as well as their babies and as well, provide them one mother's experiences with postnatal psychosis who was willing to speak with them. A few months later Premier Baird announced that beds were going to be made available for this specific purpose.



Mental Health Association's online presence grew during the year

Next year we will implement more changes across our sites bringing a more consistent branding to them but perhaps more importantly, make them easier for use by search engines such as Google .

Social Media

Social media continues to grow in popularity and we have followers across our Facebook, Twitter and most recently Instagram accounts.

 www.facebook.com.au/mentalhealthnsw

 [@mentalhealthNSW](https://twitter.com/mentalhealthNSW)

 [@WayAheadMentalHealth](https://www.instagram.com/WayAheadMentalHealth)

understandinganxiety.org.au

We developed a new site to support our work with anxiety disorders. This was made possible through a small grant from the NSW Mental Health Commission. The site utilises numerous video clips to supplement the written information, drawing on the expertise of leaders in Anxiety Disorder treatment, such as Professor Ron Rapee, Director of the Centre for Emotional Health and a member of the Psychology Department at Macquarie University, Associate Professor of Clinical Psychology at Charles Sturt University, Rocco Crino, and David Rouen, Senior Clinical Psychologist at Bankstown Anxiety Clinic. We were very grateful for their assistance as well as the consumers who share their stories.

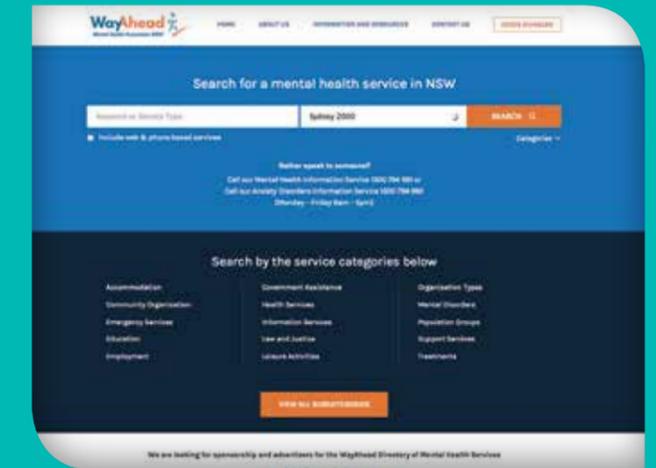


bluealert.org.au

Also, in anxiety we were entrusted with the site www.bluealert.org.au from the Anxiety Disorders Association NSW. We will integrate this site with our anxiety offer and it is a good compliment; while the Understanding Anxiety site has information on anxiety disorders in children targeted at parents, Blue Alert is designed to attract the children or teenagers themselves and give them the information they need.

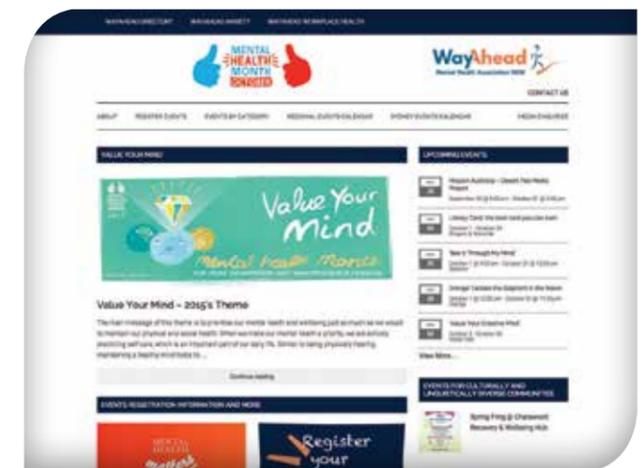
wayaheaddirectory.org.au

We are very pleased with changes we made to improve our website, the WayAhead Directory of Mental Health Services. The site is quick and easy to use and provides a really good technological platform from which we can expand the services and geographies we cover.



mentalhealthmonth.org.au

We also intend to build a site for Mental Health Month in 2015 which will allow Mental Health Month event organisers to add their own event to the calendar and choose to list it



Partners in Change

The primary aim of the PiMH is to provide the highest quality and most efficient services to the communities we serve. Since April 2014 the CEO's have initiated a change project titled "Partners in Change" exploring and progressing options for a sustainable future through wider collaboration.



Liz, Peri, and Jonathan with Alex Greenwich - State Member for Sydney

Partners in Change (PiC)- formally Partners in Mental Health (PiMH)

Since 2006, the MHA has co-located with our partners, Mental Health Carers (ARAFMI) and BEING (formally NSW CAG), calling ourselves Partners in Mental Health (PiMH)

In December 2013 the shift to developing shared services and expanded partnership projects took a significant step forward.

This requires careful planning and innovation for future sustainability and optimum effectiveness. We believe that given the current strategic and funding environment this will be most successfully achieved through intensified collaborative efforts, pooling and making the best use of combined skills and resources, creating greater efficiencies and avoiding unnecessary duplication.

A much broader and significant initiative was the establishment of a mental health hub located in the current premises which was extended and refurbished. This was made possible through the Premier's Department Community Builders Grant of \$150,000 awarded to us by the NSW State Member for Sydney, Alex Greenwich. We thank him and his office for this generous grant.

We have called this Hub "Collective Purpose" and we moved into the new premises in April 2015.

Currently we are trialling shared services in finances, human resources and administration and if this is successful we intend to open it up to others in July 2016.



Partners in Change Collective Purpose



Eloisa Cullington at the front desk



Liz holding a new sign with the partner logos



Meeting rooms now available for hire



"Quiet Corner" of the office space

Official Visitors Answering Service

Official visitors 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.

The Mental Health Association NSW 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 incoming and outgoing 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 from a range of cultural, professional and personal backgrounds.

They 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, 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 Official Visitors through our answering service.

Volunteers and Students

Volunteers and students are an integral part of what we do, and we greatly appreciate their support and assistance in delivering our programs.

Mental Health Association NSW 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 85 volunteers working with us. This number includes the 65 volunteers who facilitate our 35 Anxiety Support Groups. Each staff member within MHA relies on the dedication and support of our volunteers, to whom we are extremely grateful. 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, WayAhead Directory, Mental Health Month, Workplace Health Promotion Network, policy, administrative work, Postnatal Awareness, media, communications and design. The creativity and dedication they bring to us is invaluable. They are from many backgrounds, some with lived experience of mental health issues, some are students, others wish to give back to the community after experiencing various mental health issues either personally or with a family member.

We also regularly take students at MHA on placements for them to gain experience working on different projects. Our students are dedicated, eager, and enthusiastic about learning and being involved in our work. We enjoy having students work with us as they bring knowledge and new perspective to our projects.

Our students are involved in our Self Help Anxiety Support Groups as facilitators, working with our media and communications staff on websites, publications and design, and other projects such as writing a training program for aged care mental health and wellbeing.

Most of our students come to us through our ongoing relationship with the Macquarie University Pace Program, and the Jansen Newman Institute of Psychology, as well as local TAFES and universities. We endeavour to have as many student placements as possible each year.

Personal profiles

One of our volunteers is a student who was unable to find a placement to meet his deadline, but because of his interest in mental health and his desire to increase his knowledge, he decided to work with us as an intern on a project to develop a training program on aged care mental health. He is a dedicated person who manages a full schedule of studying, as well as caring for a family member, and working in a part time job. He is an inspiration to us and we are very appreciative of his time and efforts on this project.

Another volunteer has been with us for nearly two years. She works mainly with our Workplace Health Promotion Network, but has also volunteered working with our Communications Officer. She travels for 2 hours each way to work with us and has a young daughter at home. She has been a great support to the team she works with and has become a welcomed and regular face in our office.

We also have a volunteer who has been with us for over a year. She has a lived experience of mental illness and is an ongoing contributor to the administration work of the anxiety support groups, and Small Steps program. She is organised, maintains registers and ensures that we always have enough materials available for presentations at schools for Small Steps, and for support group facilitators. She is well known and liked by everyone in our office and has become a regular face amongst us. Her work is not only appreciated but has enabled the coordinators of both these programs to focus on other work knowing that the admin side of it is being managed by this wonderful volunteer.

Our heartfelt thanks to all the volunteers who have helped us to do our work.

In the Office
Volunteers, Students, and Interns

General Volunteers:

Nicholas Horn
Vu Nguyen
Kristina Piroila

Health Promotion Volunteers:

Frank Ji
Jezreel Besterwitch
Samantha Eid
Nicholas Surjadinata (& Media Volunteer)

Media Volunteers:

Jackie Johnson
Nicholas Surjadinata
Harry Easton
Daniel Harris

Self Help Groups Students and Volunteers

Stacey Williams
Elizabeth O'Donovan
Alison McLeod
Francesca Palazzolo
Suzanne Tocock
Susan White
Claudia Beinhoff
Manna Maniago
Michele Morrison
Faye Bahsoun
Helen Banos
Sarit Krcmar
Kimberley Maxfield
Robyn Adams
Hayley Quist-Cullen
Fahad Shahid
Celia Roach
Irina Popescu
Annie Cheesman
Pam Lawrence
Morgan Kearney
Jessica Kairouz
David Jevtovic
Melanie Scott
Jagjit Kaur
Daria Florea
Jennifer Hogarth
Elizabeth Yopez

Volunteers Week Photos



Anxiety Support Groups Volunteers

Agnes Starnawski
Aileen Narayan
Akira Harinath
Alexandra Rodriguez
Alexandra Rodriguez
Alison Young
Bani Chami
Bhiravi Thambi
Carol Ford
Cathy Kwok
Cecilia Karika
Colin Bull
Colleen Faes
Dan Thompson
Daniel Francis
Danielle Koncz
Davida Ivey
Emma Smith
Felicity Kiln
Fiona Treacy
Heidi Fuller
Helen Welch
Huy Pham
Isabelle Adam
James Huynh
Jane Nisbet
Jasmine Llanes
Jenni Sheridan Latham
Jess Manfre
Jessica Jones
Jill Edmondson
John Risk
John Young
Joyce Ma
Julie Leitch
Kate Ridgway
Katie Dobinson
Karli Beswick
Laeonie Forster
Lauren Brady
Lindi Dunn
Maggie Morriss
Maree Richards
Mark Smith
Michelle Laving
Morgan Parsons
Nicola Williams
Nicole Warnaar
Nidhi Jayant
Olivier Delorme
Rachel Flint
Rawdon Waller
Rebecca Cefai
Sandra Ali
Samantha Eid
Steve Hansen
Susan Usherwood
Thomas Kelly
Tom Skelton
Trish Nowland

Board Members

At the 2014 AGM, the MHA members adopted a new legal identity – moving from a state association to a Company Limited by Guarantee. With that new identity came a new constitution that reduced the size of our board from 17 members to 9 elected directors with 2 co-opted positions.

This meant that some of the board members would not continue past the December AGM.

On that day, we lost 6 of our board members and we would like to thank them for their amazing support over the years and their commitment to MHA and to mental health.

The current Directors acknowledge the skills and experience they brought to the Association and wish them well for the future.

Those who stepped down were:
Peter Trebilco OAM after 37 years on the Board
A/Professor Janette Perz after 25 years
Megan Wintle after 22 years
Fred Kong after 11 years
Stephen Jasek after 3 years
Liz Mullinar after 2 years

This equates to a combined total of 100 years experience on the Board.



Attendance at Meetings

Board Member	Executive Committee Meetings	Board Meetings	Notes
Dr Meg Smith OAM – President	2	5	
Ms Jill Faddy OAM- Vice-President	2	7	
Mr Frank Flannery – Vice President	2	5	
A/Prof Janette Perz – Honorary Secretary	1	2	Resigned from Board December 2014
Mr Stephen Jasek – Honorary Treasurer	2	2	Resigned from Board December 2014
Mr Peter Trebilco OAM	-	2	Retired as Chairperson September 2013 Resigned from the Board December 2014
Dr Nick O'Connor	2	7	Deputy Chairperson until December 2014 and Chairperson from February 2015
Dr Leanne Craze	-	4	
Ms Sharyn McGee		7	
Ms Megan Wintle		2	Resigned from the Board December 2014
Ms Liz Mullinar		1	Resigned from the Board December 2014
Mr Gary Moore		4	Resigned from the Board December 2014 but then co-opted in March 2015
Mr David Harper	2	7	
Ms Judith Nicholas		3	Resigned from the Board December 2014
Ms Ci'an Kemp (Staff rep.)		4	Resigned from the Board following the adoption of a new constitution that did not allow for a staff representative.
Ms Natalie Cutler		5	
Mr Craig Locke		2	New board member, elected at AGM 2014
	2 possible meetings	7 possible meetings	

Our Staff

Elizabeth Priestley – Chief Executive Officer
Jamie Saltoon – WayAhead Senior Project Officer/Student Coordinator/Mental Health Information Service
Julie Leitch – Small Steps/Health Education Officer
Linda June – Facing Anxiety Self Help Groups Officer
Matthew Keighery – Media & Communications Manager (from November 2014)
Mehna Alacozy – Project Officer - Mental Health Promotion Officer
Rachel Flint – Anxiety Support Groups- MHIS/ADIS Information Officer
Sharon Leadbetter – Workplace Health Promotion Network Coordinator (WHPN)
Suzanne Weber – Administration/Membership Officer/ Bookkeeper
Terri Marsh – MHIS Information Officer/Resource Centre Officer
Vassilka Dimitrova-'Isbell –MHIS/ADIS Information Officer /Membership Officer



Some of our staff at christmas lunch 2014

Staff Farewells

Ci'an Kemp – Senior Project Officer; Communications
Lai Ha Wu – Finance Manager
Leah Weber – Advocacy & Policy Officer
Madeleine Fabian – Senior Project Officer; Mental Health Promotion
Murray Mayes – Advocacy & Policy Officer
Paola Rosales – Way Ahead Assistant/ MHIS

Staff Highlights

Personal highlights from some of our staff.

"I am extremely passionate that the message gets out to people that Anxiety Disorders are very treatable and that people can get their life back.

It never ceases to amaze me when I am at a support group meeting and someone who was crippled by an anxiety disorder, takes on board what was said at a Support group and then sorts out treatment and comes back to the group to let people know that they too can feel like life is worth living again after receiving the correct treatment. It is a lovely feeling to see the change in the person."

Julie



"The successes and feedback from our WHPN membership keeps me passionate and, also knowing we are making a real difference to peoples lives"

"The WHPN is a wonderful and invaluable source of ideas and information. The quality of the presentations and insights from members were incredibly relevant and helped us build an engaging and empowering health and wellbeing program. We were even selected as finalists at the Australian HR Awards after only a few months of the program being rolled out, a great and exciting achievement! A big thank you to Sharon and the WHPN team for great networking events and quality content!" *Laure Skybyk, Health, Safety & Wellbeing Manager, House with No Steps*

Sharon



"The inspiration for me when I come to work each day is answering the information telephone lines and speaking to people from all walks of life with all different problems. I spoke to a young girl who was in tears because she was frightened of her panic attacks. She was alone at home and told me that she just wanted them to stop. I didn't really say much to help her but listening to her and letting her talk about it enabled her to calm down and to see that she would get through it. After a few minutes she stopped crying, I told her to take a few deep breaths and relax, which she did as I waited on the phone. She then thanked me for listening to her and told me about her life, her studies, her boyfriend, and she said this is the first time I've been happy since I can remember. Just being there for someone in need is the most rewarding job that I could imagine."

Jamie



"I recently ran into one of the former members of an Anxiety Disorder Support Group. She told me she had just finished University and was happily working full time in her chosen field. She told me that she would never have completed University and found her "dream job" if it wasn't the support and encouragement which she experienced at the group. It struck me that our programs actually change people's lives and I was proud to have been a small part of the process."

Rachel



I get a kick out of being able to make a difference. At WayAhead we are fortunate to be linked in with people who are working in and passionate about mental health, from decision makers to service providers to the people that require services. We get to provide opportunities for people and services to make connections that will quite possibly make a measurable contribution to social outcomes.

Matthew



"There were many personal experiences that really made me feel incredibly proud to be part of this organisation, but this was the biggest highlight.

We awarded a grant to a community in Dareton which was a community that has a large indigenous population, mostly youth. Due to it being a remote community with limited access to Mental Health services, the gentleman that ran the event part of the mental health / drug and alcohol team spoke of his grief for his community and youth suicide. He told me that in the span of a month, 2 youths had committed suicide, which was an incredibly difficult loss for the entire community, and there were fears of more youth suicide. The Mental Health Info/ fun day they held meant that there was a broken silence around what happened and allowed youth to connect with health services

Quote: We also had a more positive response from the community, in relation to the community members feeling more comfortable with approaching and interacting with our staff. In our view, this has hopefully helped to close the gap a bit between the community and our organisation and also allowed us to understand how to target the needs of our community in a more effective way."

Mehna



"After exhibiting an information stall at an event, we were unpacking the car out the front of our building on William Street. I took the fact sheet trolley out in pieces and put it together on the footpath so I could wheel it back up to the office. A taxi driver who had stopped for the lights saw what we had, parked his taxi, got out and asked if we had something on Depression. I handed him the depression fact sheet, he was very grateful and jumped back into his cab and drove off. It would seem we were in the right place at the right time for that person and he was very impressed with our drive by service."

Terri



Financial Reports

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

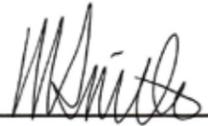
DIRECTORS' DECLARATION

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.

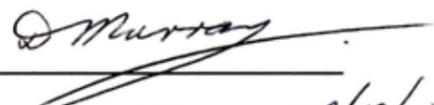
In the opinion of the Directors the financial report:

1. Presents a true and fair view of the financial position of Mental Health Association NSW Limited as at 30 June 2015 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:



Meg Smith OAM
President



Donald Murray
Treasurer 20/10/15

SYDNEY,

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224
STATEMENT OF FINANCIAL POSITION
AS AT 30TH JUNE 2015

	Notes	\$ 2015	\$ 2014
Current assets			
Cash assets	5	617,695	1,045,964
Receivables	6	223,512	53,242
Inventories	7	1,556	1,598
Total current assets		842,763	1,100,804
Non-current assets			
Property, plant and equipment	8	769,506	13,691
Total non-current assets		769,506	13,691
Total assets		1,612,269	1,114,495
Current liabilities			
Payables	9	204,642	142,417
Provisions	10(a)	63,784	66,506
Other	11	-	279,824
Total current liabilities		268,426	488,747
Non-current liabilities			
Provisions	10(b)	67,168	66,090
Total non-current liabilities		67,168	66,090
Total liabilities		335,594	554,837
Net assets		1,276,67	559,658
Members Funds			
Retained funds	15	1,276,675	559,658
Total Members Funds		1,276,675	559,658

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2015**

	Notes	\$ 2015	\$ 2014
Revenue from ordinary activities	2	2,522,611	1,694,903
Expenses from ordinary activities:			
Cost of goods sold	3	(1,179)	(1,478)
Depreciation and amortisation	3	(43,656)	(15,381)
Employee expenses		(842,742)	(922,007)
Professional and consultancy fees		(51,875)	(71,380)
Occupancy expenses	3	(291,024)	(240,236)
Other expenses from ordinary activities		(575,118)	(411,698)
Surplus / (deficit) from ordinary activities before income tax expense		717,017	32,723
Income tax revenue / (expense) relating to ordinary activities	4	-	-
Surplus / (deficit) from ordinary activities after related income tax expense		717,017	32,723
Other comprehensive income		-	-
Total comprehensive income attributable to the members of the entity		717,017	32,723

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 2015**

	Notes	\$ 2015 Inflows (Outflows)	\$ 2014 Inflows (Outflows)
Cash flows from operating activities			
Interest received		30,401	37,816
Receipts from government grants		1,653,141	1,389,928
Membership fees		43,404	19,082
Other receipts		428,683	152,342
Payments to suppliers and employees		(1,784,427)	(1,527,962)
Net cash provided by / (used in) operating activities	13(b)	371,202	71,206
Cash flow from investing activities			
Payments for property, plant and equipment		(799,471)	(1,950)
Proceeds from the sale of property, plant and equipment		-	-
Net cash provided by / (used in) investing activities		(799,471)	(1,950)
Net increase / (decrease) in cash held		(428,269)	69,256
Cash at the beginning of the financial year		1,045,964	976,708
Cash at the end of the financial year	13(a)	617,695	1,045,964

The Statement of Cash Flows 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 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.

	\$ 2015	\$ 2014
Note 2 - Revenue		
Revenue from operating activities		
Membership fees	36,106	19,082
Publication / Promotional sales	363	1,959
	<u>36,469</u>	<u>21,041</u>
Revenue from outside the operating activities		
Donations and bequests	301,425	58,762
Co-location grants received	333,849	325,745
Grants received	1,352,790	1,138,173
Interest received	30,401	37,816
Other income	59,075	73,956
Income - Support	408,602	39,410
	<u>2,486,142</u>	<u>1,673,862</u>
Revenue from ordinary activities	<u>2,522,611</u>	<u>1,694,903</u>

Note 3 - Surplus / (deficit) from ordinary activities

The current year surplus of \$717,017 mainly resulted from timing differences between the recognition of specific contributions received to fund the new office fit-out and the deferral of related costs to be recognised over the 5 year term of the office lease.

A grant of \$150,000 and a lease incentive amounting to \$323,000 have been recorded as revenue in full for the current financial year. However, the associated fit-out and furniture costs totalling \$550,000 that were funded by these contributions and which have been expended and capitalised in the year will be amortised over 5 years using a straight line method.

If the above contribution receipts of \$473,000 had not been recognised in full and amortisation for the fit-out and furniture of \$15,426 had not been expensed along with the recognition of prior year bequests of \$280,000 then a deficit of \$(20,560) from normal operations would have been recorded for the 2015 financial year.

Net gains and expenses

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

Expenses		
Audit fees	8,000	7,700
Cost of goods sold	1,179	1,478
Depreciation	43,656	15,381
Rental expense	291,024	240,236

	\$ 2015	\$ 2014
Note 4 - Income tax		
As indicated in Note 1, the company is exempt from income tax.		
Note 5 - Current assets - Cash assets		
Cash on hand	292	336
Cash at bank - Head office	276,747	280,819
Term Deposit – Security for lease	58,412	58,412
Term Deposit – Co-Location	88,874	-
Cash at bank - Shipp fund	648	1,015
Cash at bank - Gilgandra	255	255
Short term deposits	192,467	705,127
	<u>617,695</u>	<u>1,045,964</u>

Cash is bearing an interest rate of between 0% and 3.25%, (2014: 0% and 4.00%) depending on the terms and conditions in respect of the various accounts.

Note 6 - Current assets - Receivables

Security deposit	2,791	2,251
Sundry debtors	98,194	15,428
Trade debtors	122,527	35,563
	<u>223,512</u>	<u>53,242</u>

Note 7 - Current assets - Inventories

Stock on hand - publications	1,556	1,598
	<u>1,556</u>	<u>1,598</u>

	\$ 2015	\$ 2014
Note 8 - Non-current assets - Property, plant and equipment		
Leasehold improvements - at cost	395,798	-
Less: accumulated amortisation	(15,426)	-
	<u>380,372</u>	<u>-</u>
Plant and equipment - at cost	311,659	73,873
Less: accumulated depreciation	(84,099)	(68,538)
	<u>227,560</u>	<u>5,335</u>
Office furniture and equipment - at cost	355,577	200,074
Less: accumulated depreciation	(204,390)	(194,765)
	<u>151,187</u>	<u>5,309</u>
Telephone system - at cost	30,355	19,970
Less: accumulated depreciation	(19,969)	(19,969)
	<u>10,386</u>	<u>1</u>
Motor vehicles - at cost	25,654	25,654
Less: accumulated depreciation	(25,653)	(22,608)
	<u>1</u>	<u>3,046</u>
	<u>769,506</u>	<u>13,691</u>

Note 9 - Current liabilities - Payables

Income received in advance (Note 16)	33,498	43,882
Grants in advance	15,141	48,639
Trade creditors	-	7,035
Collective purpose fund	100,000	-
Sundry creditors & Accruals	56,003	42,861
	<u>204,642</u>	<u>142,417</u>

Note 10- Provisions

(a) Current

Provision for annual leave	63,784	66,506
	<u>63,784</u>	<u>66,506</u>

(b) Non-current

Provision for long service leave	67,168	66,090
	<u>67,168</u>	<u>66,090</u>

	\$ 2015	\$ 2014
Note 11 - Current liabilities - Other		
Wooton bequest	-	160,988
Cobbold bequest	-	51,836
S Nick	-	67,000
	-	279,824

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	292	336
Deposits at call	339,753	763,539
Cash at bank	277,650	282,089
	617,695	1,045,964

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

Operating surplus / deficit	717,017	32,723
Non-cash flows in operating surplus		
Depreciation and amortisation	43,656	15,381
Changes in assets and liabilities		
(Increase) / decrease in receivables	(170,270)	(10,831)
(Increase) / decrease in inventories	42	487
Increase / (decrease) in payables	62,225	46,190
Increase / (decrease) in provisions	(1,644)	(12,744)
Increase / (decrease) in other current liabilities	(279,824)	-
	371,202	71,206

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

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

\$ 2015	\$ 2014
------------	------------

Note 14 - Events subsequent to balance date

Mental Health Association NSW Limited will enter 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.

No other 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 2015.

Note 15 - Retained funds

Movements in retained funds are summarised as follows:

Retained funds at the beginning of the financial year	559,658	526,935
Current year surplus / (deficit)	717,017	32,723
Retained funds at the end of the financial year	1,276,675	559,658

Note 16 - Income received in Advance

Income received in advance represents subscription or other income received for the year beginning 1 July 2014.

The amounts included in Income received in advance are as follows

Income received in advance - others	33,498	43,882
	33,498	43,882

Note 17 - Non-Cancellable Operating Lease Commitments

Not later than one year	327,489	-
Later than one year but not later than two years	340,589	-
Later than two year but not later than five years	974,643	-
Minimum lease payments	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.

Note 18 - Change in Entity Structure

During the year the entity changed its name to Mental Health Association NSW Limited with the legal structure being transitioned to a public company limited by guarantee effective 5 November 2014.

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 2015, 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.

In conducting our audit, we have complied with the independence requirements of the ACNC Act.

Opinion

In our opinion, the financial report of Mental Health Association NSW Limited, is in accordance with section 60-40 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 2015 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.

J G RYAN PARTNER

Chartered Accountants

SYDNEY,
20th October, 2015

Liability Limited by a scheme approved under professional standards legislation.

THOMAS DAVIS & CO.
(ESTABLISHED 1894)

CHARTERED ACCOUNTANTS

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68 PITT STREET
SYDNEY NSW 2000

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 2015 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
20th October, 2015



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Acknowledgement of Donations

MHA's Board gratefully acknowledges the ongoing financial support of the Ministry of Health, South East Sydney LHD, and the NSW Mental Health Commission. We also very much appreciate the contribution of funds to our programs by our donors and members in 2014-2015.

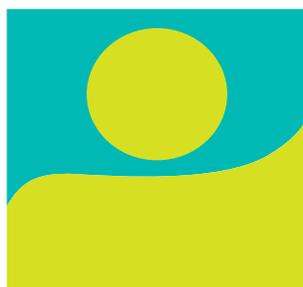
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