

WayAhead 
Mental Health Association NSW

Annual Report 2017



Contents

President and CEO Report	1
Who We Are	2
WayAhead Programs	4
Health Promotion	6
Mental Health Matters Awards	8
Information Services	9
Public Anxiety Awareness	10
Anxiety Support Groups	11
WayAhead Workplaces	12
Communications	14
Collective Purpose	16
Staff Wellbeing	17
Volunteers	18
Partnerships	19
Board Members	20
Staff Members	21
Financial Reports	22

Cover Photo - Michael Cobby - WayAhead volunteer.

President and CEO Report

Way Ahead celebrated its 85th birthday this year. The Association was formed as part of the Mental Hygiene movement in the 1930s.

The early years of the Association focussed on the improvement of conditions in the asylums of the day. With the revolution in psychotropic drugs in the 1960s, the Association became a leader in engaging with the experiences of people living with mental illness in the community. We fostered a number of groups addressing particular mental health issues; most notably, the experiences of family members living with mental illness or dementia. Our current programmes focus on anxiety, children living with anxiety, workplace mental health and public forums. Our key achievements have been the development of the WayAhead Directory of mental health services, resourcing new initiatives in community mental health and developing resources for particular mental health issues.

Our work could not have been so successful without the passionate involvement and expertise of our staff, volunteers and committed board members. Our innovative programs have always been initiated by our membership and staff. My special thanks go to the Mental Health Commission of NSW which has supported us since its inception. We have a strong working relationship with them and we value their involvement.

I look forward to an exciting year ahead and working with our members, staff and the mental health community to continue to develop our work.

Dr Meg Smith OAM

President



Liz and Meg at WayAhead's 85th Birthday

The last 12 months have been a period of stabilisation for WayAhead. After a period of considerable change, we have spent the last 12 months fortifying the foundations of WayAhead and the Collective Purpose project.

In recognising the changing environment in mental health, particularly the impact of the NDIS, we spent some time developing a new strategic plan for 2017-20. While the sector focus is on the rollout of the NDIS our board and staff agreed that despite pressures, there was no advantage to us or our stakeholders in shifting our emphasis towards providing

services for people with more serious mental health issues. There were advantages in continuing to provide programs that promoted early intervention and wellbeing, putting our expertise and resources into expanding those messages and continuing to improve how we convey those messages.

With the three year focus now decided, late in 2016 we had a change to our staff structure, employing a senior manager to take on the responsibility of staff support and skill development. This has included planning and developing projects against a business model and imbedding a culture of continuous quality improvement based on credible evidence. It has resulted in staff reporting greater satisfaction with their level of workplace support and pride in their achievements. I highly recommend this structure for small organisations like ours.

This year we, along with our key partners Mental Health Carers NSW and Being, participated in an external review of our programs, our operations and our governance. This was instigated by our funders, the Mental Health Commission of NSW. We appreciated the opportunity to reflect on how and why we do what we do and how we can do it better. The review highlighted many aspects of WayAhead and Collective Purpose that are working very well and provided valuable feedback on how we can make improvements. We are looking forward to actioning the review's recommendations and reporting back in 2018.

There are many people who make WayAhead such a great place to work, namely our wonderful staff and volunteers who are committed to WayAhead and to improving the mental health of people in NSW. Many have been working here for several years and are still as enthusiastic today as the day they started. Others are new and bring with them a fresh vision and different skills that provide inspiration to tackle the challenges ahead.

The WayAhead board are a group of committed people who not only give their time and skills freely to the organisation, but are a great source of support to me. I continue to enjoy working with them, asking for and actioning their advice. WayAhead is very fortunate to have such a skilled board and talented staff. They must take much of the credit for the recent success of WayAhead, building on those foundations from 85 years ago.

Elizabeth Priestley

Chief Executive Officer



Who We Are

WayAhead – The Mental Health Association NSW plays a vital role in the development of mental health initiatives and the provision of information, support and advocacy that increase community awareness and knowledge of mental health issues.

With the support of our board, staff, members, volunteers and students, we work towards a society free from prejudice and discrimination against people living with mental illness. We strive towards a society that understands, values and actively supports the best possible mental health and wellbeing for all people.

WayAhead is an ACNC registered charity and a company limited by guarantee. We are a member of the Mental Health Coordinating Council, NCOSS and Mental Health Australia. We are a quality accredited organisation as recognised by the Quality Improvement Council.

Vision

A society that understands, values and actively supports the best possible mental health and wellbeing for all people.

Purpose

We champion the wellbeing of all people, in particular their mental health and dignity, through education, information, support, and advocacy.

Values

- Empower people and communities
- Work for social justice
- Embrace diversity
- Act with integrity
- Deliver to the greatest effect

WayAhead Programs

October's Mental Health Month

Mental Health Month is a series of popular and important events celebrated each year in October. Mental Health Month is an awareness campaign, encouraging everyone in the community to think about their own mental health. Mental Health Month promotes the importance of good mental health for our daily lives and encourages the community to seek help when needed.

Perinatal Depression and Anxiety Awareness Week

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

OCD and Anxiety Awareness Week

This year WayAhead partnered with Anxiety Recovery Centre Victoria to support their lead in OCD and Anxiety Awareness Week. During the week WayAhead promoted the key message that managing OCD and anxiety through a mix of consulting medical practitioners and attending peer support groups, such as WayAhead's OCD anxiety support group, are important in improving the lives of people living with these conditions.

WayAhead Directory

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

Information Phonedines

WayAhead has two phone lines that people can call to find help. 1300 794 991 – the WayAhead Mental Health Information line is for information and referral on issues relating to mental health generally.

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

Fact Sheets

WayAhead's fact sheets cover a range of mental health issues, including information for carers and on maintaining mental health and wellbeing. The fact sheets can be read online and are free to download and print as an A5 booklet.



Anxiety Support Groups

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

Small Steps Seminars

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

Understanding Anxiety Forums

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

Mental Health Matters Awards

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

WayAhead Workplaces

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

772,024
website
views

"The [Mental Health Month] theme encourages communities to increase their level of mental health literacy and their understanding of how stigma can have a damaging impact on consumers as well as carers."

Health Promotion

Mental Health Month

Mental Health Month 2016 was WayAhead's major state-wide health promotion campaign. In 2016 'Learn & Grow' was selected as the focus of the campaign. The main message of this campaign was to encourage individuals to learn about their own mental health and to inspire people and address stigma by sharing lived experience stories. The small grants program distributed 45 grants totalling \$34,000. These grants supported community activities and events focussed on mental health awareness. A new small grants category was created, dedicated to youth events for Mental Health Month.

This grant was sponsored by the Department of Family & Community services, NSW Government.

Grants were available in 5 categories:

- 20 grants totalling \$14,000 for events targeting the general community
- 8 grants totalling \$5,000 for events targeting culturally and linguistically diverse (CALD) communities
- 5 grants totalling \$5,000 for events targeting Aboriginal communities
- 5 grants totalling \$5,000 for events targeting LGBTI communities (sponsored by ACON)
- 7 grants totalling \$5,000 for events targeting youth communities 14-24years (sponsored by FACS – NSW Government)

81% of people attending grant supported Mental Health Month events (409 responses received) said that participation at an event increased their knowledge about wellbeing and 30% of respondents answered said they would do something differently to look after their mental health. One in four respondents said that they would do something differently to support their family or friends or ask for help regarding their mental health and wellbeing.

10 Tips to Stress Less

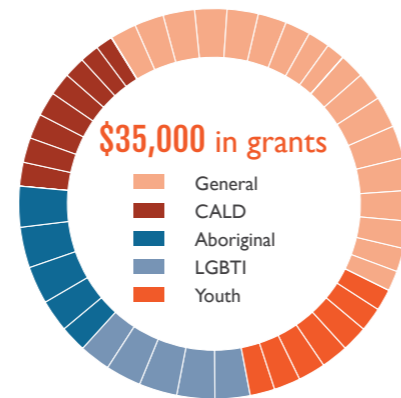
WayAhead once again promoted the Stress Less tips among the NSW community. One of the major ways this was achieved was through a ten week Facebook campaign which highlighted one tip per week leading up to Mental Health Month.

"It is essential to learn and grow when coming to terms [with] & understanding mental illness and its management."



Mental Health Month Launch

Mental Health Month was launched by then Minister for Mental Health, the Hon. Pru Goward M.P, at the Stranger's Dining room NSW Parliament House. The event included the presentation of the annual Mental Health Matters Awards and the NSW Community Champion award, which were again sponsored by the NSW Mental Health Commission. A total of 11 awards were awarded.



OCD and Anxiety Awareness

Obsessive Compulsive Disorder (OCD) affects around 3% of Australians and is a one of the more common anxiety disorders. WayAhead understands the impact that OCD plays in people's lives and runs a dedicated OCD anxiety support group to better help people living with the illness. This support group has been active for more than 27 years.



During 2016-17, WayAhead partnered with the Anxiety Recovery Centre in Victoria to support awareness of OCD and to promote help seeking during OCD Awareness Week.

A webpage containing factsheets, and postcards explaining OCD were promoted alongside a media statement. Julie Leitch, coordinator of Small Steps and Public Forums was interviewed on her recovery from OCD. This interview was very popular on social media, and viewed over 98,000 times.

Perinatal Depression and Anxiety Awareness

In November 2016, WayAhead ran the newly rebranded Perinatal Depression and Anxiety Awareness Week (PNDA Week) campaign with funding received from NSW Health and administered by Mental Health Children & Young People. WayAhead continued to raise awareness about depression and anxiety experienced during the perinatal period. With an increase in funding, WayAhead was able to expand the small grants program, update the starter kit booklet, renew the free resources available to order and redevelop the campaign website.

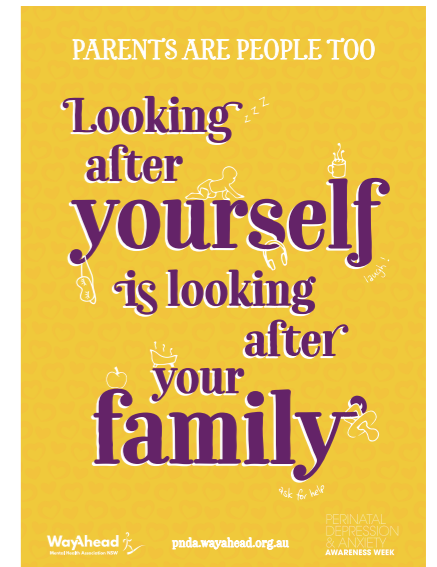
The 2016 campaign reported a total of 77 individual organisations ordering free resources. This number demonstrates a minor increase from 2015 when there were 76 individual orders. Based on the population data received from the resource orders, the majority of orders were from community centres and services followed by mental health organisations and Local Health Districts.

In 2016 the small grant program was expanded by targeting promotion at groups that have not previously taken part in the campaign such as Lesbian, Gay, Bisexual, Transgender, Intersex communities and extended caregivers, such as grandparents. WayAhead continued to reach Indigenous, Culturally and Linguistically Diverse groups, fathers and young parents aged 16-24. A total of 28 small grant applications were received in 2016, with the majority of applications targeting CALD communities and the general population.

Feedback from local organisers showed a diverse range of activities held to raise awareness in their local community. Many activities involved community networking and support, information seminars and creative therapies such as art therapy. A total of 68% of grant organisers said that the attendance rate at these events met their expectations with a majority of events having 10-20 or 30-40 people attending.

Another positive outcome from the small grants program was the facilitation of local partnerships between event organisers and support services in the local area.

Event participants rated a number of key areas highly such as increase of knowledge regarding PNDA, mental health and support services. Many appreciated the opportunity to build support networks with other mothers and services as well as share experiences in a safe environment. Event organisers highlighted that many attendees expressed their desire to attend more local support events and have the PNDA Week become an annual initiative.



Mental Health Matters Awards

Mental Health Matters awards recognise the achievements of individuals and organisations who have worked to improve the understanding, awareness, service provision and general mental health and wellbeing of people in NSW.

The awards for 2016 were presented by the Minister for Mental Health, the Hon. Pru Goward M.P. at NSW Parliament House during the launch of Mental Health Month. The event incorporated the presentation of the third NSW Community Champion award, who was selected by the NSW Mental Health Commissioner.

The event brought together more than 120 of our key Mental Health Month and organisational partners to celebrate the commencement of Mental Health Month and to acknowledge the 11 award recipients.

The categories and award winners are listed below:

Commissioner's Community Champion Award

Barry Taylor - South Western Sydney Local Health District

Excellence in Service or Program Delivery

Clinic and research initiatives - The Centre for Emotional Health

Excellence in Service or Program Delivery

Psychogeriatric SOS - St Vincent's Hospital Psychogeriatric Mental Health and Dementia Service

Cross Sector Collaboration

'Meet Jessica' Department of Psychological Medicine - The Children's Hospital at Westmead

Culturally and Linguistically Diverse Communities

Evaluation of the Arabic Mindfulness Intervention

Mental Health Promotion and Wellbeing Award

Mental Health And Wellbeing Student Ambassador Program - Western Sydney University



Quality Improvement Award

Filling The Hawkesbury Gap - St John of God

Mental Health Promoting Workplace

Healthy Minds - Optus

Indigenous Social and Emotional Wellbeing

SistaSpeak and BroSpeak Cultural and Mentoring Programs - Moree Secondary College

Consumer Involvement and Engagement

Taking a qualification to the Peer Workforce - The Mental Health Coordinating Council

Media – National/Statewide

Luca's Legacy - The Project (Channel 10)

Older Person's Mental Health Award

Richard Fleming & Kirsty Bennett - Environmental Design Education Service NSW/ACT Dementia Training Study Centre



Information Services

The WayAhead Directory continued to be a leading source of NSW-based mental health and community service recommendations throughout 2016/17. The WayAhead Directory allows anyone to search for resources and services in their own time without having to discuss it with someone else, which at times can be difficult. There are more than 6000 service listings, fact sheets and referral sources to assist with finding appropriate support and to inspire hope that help is available.

The directory's key function is to promote wellbeing and support for people with lived experience of mental illness by giving them access and control of the services they contact and the people they speak to. WayAhead offers our Mental Health Information Telephone Service in addition to the online directory in case the person would rather speak to someone for assistance and guidance. WayAhead's key priority is to try and find the best solution with the least amount of distress and complication, and to give the person hope and confidence.

Key areas of activity for the WayAhead Directory for 2016/17 included:

- Continuously updating the directory with new services and current information, making it efficient and easy to use for anyone seeking resources or help.
- Continuing to answer phone service lines quickly.
- Providing support, empathy to all callers. Often callers told our staff that we were the first ones to actually listen to them and give them information that is helpful. The staff are familiar with many services and generally know which is the most suitable for the directory's callers.
- Ending each call confirming that the caller understood the information provided to them, that they had what they needed, and that they were welcome to contact the team again if they needed further assistance.

"We have looked at other directories and yours is the most comprehensive and up to date. It is an excellent resource."



over
6000
services
listed



wayaheaddirectory.org.au

1300 794 991

Anxiety Awareness

Anxiety Support Groups



WayAhead is committed to helping people understand anxiety, assisting them or the person they care for, and providing recovery oriented management options. During 2016/17, this was primarily done through the Small Steps program and Understanding Anxiety public forums. Small Steps is a program that aims to raise awareness and improve the recognition of anxiety disorders in children. WayAhead does this by offering free 'anxiety awareness' seminars for primary school teachers, principals, administrative staff and parents. WayAhead's Understanding Public Anxiety Forums are held in partnership with Charles Sturt University. Speakers include WayAhead's Julie Leitch speaking about her experience living with and her treatment for Obsessive Compulsive Disorder and Associate Professor Rocco Crino, Clinical Psychologist from Charles Sturt University to provide an overview of anxiety disorders.

"I now realise that awareness and early recognition of anxiety are the key to positive outcomes. Thanks so much for your time and energy, Julie!"

"I appreciate knowing that other people have the same experience as me and I'm not the only one."

WayAhead's Anxiety Support groups encourage members to adopt self-management and self-help strategies in addition to seeking clinical help. Participants learn these strategies by sharing their experiences with other members of the group. Support Groups attendees report a decrease in feeling anxious after attending one or more support group meetings. Many of the facilitators have a lived experience of anxiety. Some facilitators have been members of an Anxiety Support Group prior to leading the group. 1814 people attended support groups during the 16/17. The Campbelltown and Surry Hills groups were also added during this time.

Highlights include:

- Professional workshops which were held throughout NSW which explained the latest in the treatment of anxiety disorders.
- Public forums were held in various locations throughout NSW raising awareness of anxiety disorders.
- A Mental Health Expo was held in Chatswood. Responding to Community Need factsheet and the Small Steps Parent Manual were translated into Mandarin.
- 87 Small Step seminars were held throughout NSW to 2,184 participants.

2174 Parents and teaches attended Small Steps Seminars

People who attended Support Groups = **1814**

348 People attended Public Forums **4**



understandinganxiety.org.au
1300 794 992

Workplaces

"I really valued interacting with people with common interests and learning about what is happening in different workplaces."

Enjoyed the conversations and your objective to inspire was met for me!

It was energising."

WayAhead Workplaces' goal is to help improve the health of Australia's working population. WayAhead does this by resourcing and supporting organisations to create healthy workplaces. While mental health issues are key concerns within Australian workplaces, the program focuses on all aspects of employee wellbeing more broadly. WayAhead Workplaces' members are located across Australia, with the primary networks and meetings in Sydney and Brisbane. WayAhead welcomes members from any organisation that has an interest in, and commitment to, workplace health and wellbeing. In 2016, WayAhead Workplaces celebrated its 10th birthday.

Key achievements and activities in the WayAhead Workplaces program included:

- Attending the International Initiative for Mental Health Leadership Conference (Workplace Stream) in Melbourne.
- Being invited to join the Work Well Working Group to inform the strategic plan on workplace mental health for The Early Action: Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015-17 (Action Plan) hosted by Queensland Mental Health Commission.
- Being invited to join an advisory panel in Queensland for Mental Health at Work Community of Practice co-ordinated by Workplace Health and Safety Queensland.
- Hosting and facilitating the NSW Workplace Mental Health Network group with beyondblue, made up of 13 key stakeholders in workplace mental health in NSW. This group has resulted in improved communication and partnership working in the workplace mental health sector in NSW.
- Meeting numbers at Brisbane meetings increasing.
- Hosting a workshop for WayAhead Workplaces members on the aging workforce.
- Providing presentations to organisations and for workplace training days including the NSW Ministry of Health Staff Health and Wellbeing Day.
- Launching rebrand of the program name and new website with positive feedback from members and key stakeholders.
- Adding more resources to the member's only section on our website to help them find the information and tools they need to create healthy and safe workplaces.

WayAhead
Workplaces 

wayaheadworkplaces.org.au

Communications

51
Mental Health Matters Articles



5581
Followers



4
Public Statements



6156
services listed



6113
Newsletter subscribers



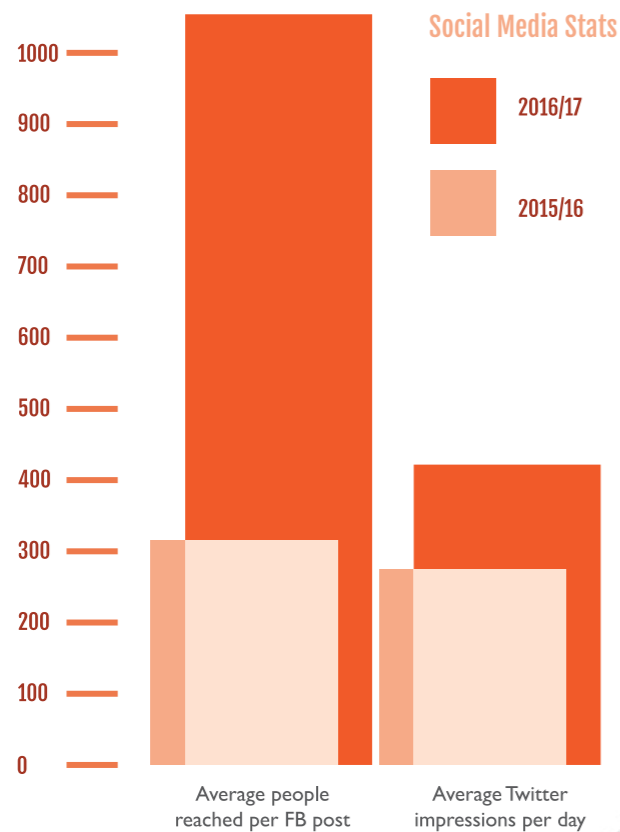
20481
Social Media Interactions



11,296
Followers



772,024
Website views

Communications and marketing efforts at WayAhead continued to strengthen during 2016-17. While maintaining the current level of communications support, the team also looked at building capacity to produce innovative and new ways the organisation can communicate mental health messaging to the people of NSW.

Capacity was increased significantly through the creation of two new part-time roles to assist with day-to-day marketing and promotional work of the organisation's programs, services and general mental health and wellbeing messaging.

The main communication platforms WayAhead utilised during 2016-17 were:

- WayAhead website wayahead.org.au
- WayAhead Workplaces website wayaheadworkplaces.org.au
- Understanding Anxiety website understandinganxiety.org.au
- WayAhead Facebook account [@mentalhealthNSW](https://www.facebook.com/mentalhealthNSW)
- Mental Health Month website mentalhealthmonth.org.au
- WayAhead Twitter account [@mentalhealthNSW](https://twitter.com/mentalhealthNSW)
- Perinatal Depression and Anxiety Awareness Week website pnda.wayahead.org.au
- WayAhead Mental Health Matters magazine
- Monthly Mind Reader eNews

Collective Purpose

Collective Purpose was established in early 2015 by WayAhead and our partners, Being- Mental Health and Wellbeing Consumer Advisory Group and Mental Health Carers NSW (Previously ARAFMI). It is financially supported by the Mental Health Commission of NSW. Oversight of the project is by the Collective Purpose Governance Committee, made up of the 3 partner CEOs, 2 board members from each partner organisation, the WayAhead treasurer and chaired by the WayAhead Chair or Deputy Chair.

Collective Purpose came about with the realisation that as a combined group we may be able to reduce our costs, potentially increase our impact and deliver a vibrant and contemporary workplace. Our shared services provide us with a team of human resources,

finance and administration personnel offering us back office support, alleviating the administrative burden faced by similar small organisations. This enables us to focus our limited resources on delivering projects and services that meet our mission.

Our office, now known as the Collective Purpose Hub, affords the opportunity for other social sector organisations and purpose-driven professionals to locate their operations in a professional work environment at extremely affordable prices. During the last 12 months, we have opened the office to 2 new organisations, International Social Services (ISS) and Smart Recovery, both community managed organisations that share our vision for a fair and just society.

The Hub also offers meeting room spaces for hire, fully equipped with audio-visual presentation and teleconference facilities. We have regular hirers, most coming to us through word of mouth.

WayAhead thanks all of our partner organisations and our shared staff for making this such an enjoyable workplace. We look forward to the future with Collective Purpose and to others coming into this space and enjoying it with us.



"The messages Jamie has brought to us recently such as mindfulness and self-healing have been a boon to me and fit with part of the reason I took the opportunity to start volunteering."

Meditation group participant

Staff Wellbeing

As a leading mental health organisation in NSW, WayAhead makes particular effort to ensure the good mental health and wellbeing of its employees and of the Collective Purpose partner employees. Throughout 2016/17, employees were provided opportunities to concentrate on their mental health and wellbeing, including:

- Three money management talks and free 30 minute private personal financial consultations to help staff and volunteers with their personal finances.
- More staff now utilising standing desks.
- Taking part in the Marbles Challenge, a Community Development Initiative by the SUPER Group at the O'Brien Centre, St Vincent's Hospital. (Collective Purpose staff won the challenge.)
- The free weekly meditation lunch time class which is now into its third year, it is the longest and most successful staff wellbeing initiative.
- New wellbeing initiatives; book club and knitting group.
- Weekly yoga class at lunch time.
- Weekly walking group with the Heart Foundation.
- Weekly Zumba class after work run by the Heart Foundation.
- Monthly morning tea quiz on different topics.
- Monthly drinks and nibbles in the office.
- Monthly birthday celebrations for all the staff and volunteers, as well as farewell parties and celebrations of achievement.

- Yearly flu shots for staff in association with the Heart Foundation.
- 5km Wellness Walk over the Sydney Harbour Bridge
- Morning teas to celebrate Australia Day and Waitangi (NZ) Day for all staff, volunteers and students with cultural quizzes to teach each other about our different cultures.

WayAhead and its Collective Purpose partners also continued efforts to become an LGBTI inclusive workplace during 2016-17, including:

- Becoming accredited through the Safe Place Program run by ACON. The program lists organisations and services on a google map as LGBTIQI safe places on ACON's website to help break down barriers for those seeking services who are concerned about experiencing prejudice/discrimination when accessing mainstream support services.
- Promoting awareness days for International Day against Homophobia and Transphobia Day, Wear it Purple Day and Transgender Day of Remembrance
- Continuing to participate in the MiNDOUT program, facilitated by the National LGBTI Health Alliance. The program provides leadership in LGBTI mental health and suicide prevention. It also delivers national suicide prevention initiatives aimed at building the capacity of the mental health and suicide prevention sectors, to meet the support and wellbeing needs of the LGBTI population.



Volunteers

As a small not-for-profit organisation, we would not be able to do the work that we do without the passion and dedication of our volunteers, many of whom have been with us for a number of years.

Anxiety Support Group Volunteers

- Sandra Ali
- Simone Ancilleri
- Karli Beswick
- Colin Bull
- Bani Chami
- Erica Chow
- Jessica Coe
- Marisa Copperwaite
- Sharon Cullington
- Olivier Delmore
- Katie Dobinson
- Jill Edmondson
- Heather Fairfax
- Carol Ford
- Laeonie Forster
- Danniel Francis
- Lindy Gemmell
- Stephanie Hunt
- Dauida Ivey
- Ludamila Jin
- Thomas Kelly
- Felicity Kiln
- Alison Lam
- Jenni Sheridan Latham
- Joanne Lee
- Julie Leitch
- Nina Long
- Jess Manfre
- Luke McGrath
- Brooke McIntyre
- Rachelle Michalow
- Eliza Morgan
- Trish Nowland
- Owen O'neil
- Alessia Pagano
- Morgan Parsons
- Maree Richards
- Kate Ridgway
- Rebecca Seah
- John Shipway
- Peter John Stanley
- Agnes Starnawski
- Kat Sun
- Deanne Tyrell
- Parima Vyas
- Nicole Warnaar
- Nerida Watson
- John Young

Information

- Marsha Hubbard
- Alex Hamilton
- Anxiety Program
- Laura Knight (Secondment)
- Nerida Watson
- Bi Yun Wood

Workplaces

- Jacqui Johnson
- Ali Vinall

Events

- Caryn Shipp

Advocacy

- Hallah Albayati

Mental Health Expo

- Monique Shipp
- Taylor Jai
- Joel Cowling
- Marjan Oloumi
- Audrey Fletcher
- Helen McMurray
- Trudy Ford
- Elizabeth O'Donovan
- Zuacan Liu (Nancy)
- Abeyan Rajadurai (Abe)
- Concordio Pumar (Coco)
- Pui Man Cheng (Mavis)
- Julia Scott
- Yiyi Zhou (Zoe)
- Chengxi Liu (April)
- Shuxing Yan (Sharon)
- Jake Deng
- Hung nhung Dang (Rose)
- Naomi Abigail
- Rachel Michalow
- Michael Cobby
- Joanne Lees
- Natasha Cutler - Photographer

Communications

- Dana Saltoon
- Anita Senaratna
- Alanna Melvin
- Samantha Lock
- Susan Keighery
- Emily Hill
- Danielle Hanrahan
- Paula Garrido
- Nikki Chen
- Cat Casanova
- Cindee Duong
- Johnny Wang

Partnerships

We appreciate that we achieve our objectives with the ongoing support of our many partner organisations and value the relationships we have with others.

We have formal partnerships in place with:

- The Black Dog Institute
- NSW Mental Health Commission
- LGBTI National Health Alliance
- Aboriginal Health & Medical Research Council NSW
- ACON
- Family and Community Services – Youth
- Department of Health
- Official Visitor Service

We belong to a number of networks and Professional Associations that also support us in our work.



Board Members



Dr Meg Smith OAM
President



Dr Nick O'Connor
Chairperson



Dr Leanne Craze



Ms Jill Faddy OAM



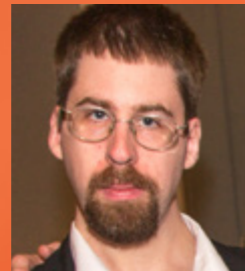
Ms Natalie Cutler



Ms Ashleigh Costa



Mr Frank Flannery



Mr David Harper



Mr Craig Locke



Ms Sharyn McGee



Mr Don Murray
Treasurer



Mr Gary Moore



A/Prof. Viviana Wuthrich

Board Member	Attendance at meetings
Dr Meg Smith OAM - President	6/8
Dr Nick O'Connor - Chairperson	5/6
Dr Leanne Craze AM	1/3
Ms Ashleigh Costa	3/5
Ms Natalie Cutler	0/3
Ms Jill Faddy OAM	8/8
Mr Frank Flannery	7/8
Mr David Harper	7/8
Mr Craig Locke	0/3
Ms Sharyn McGee	6/8
Don Murray - Treasurer	7/8



Celia Rais
HR Manager



Trevor Hattersley
Finance Manager

Staff Members



Elizabeth Priestley
Chief Executive Officer



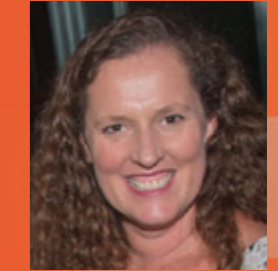
Marge Jackson
Senior Manager



Sharon Leadbetter
WayAhead Workplaces Coordinator



Julie Leitch
Small Steps / Health Education Officer



Rachel Flint
Support Groups Coordinator



Jamie Saltoon
WayAhead Directory Coordinator



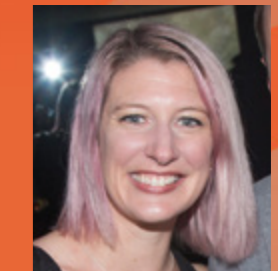
Mehna Alacozy
Health Promotion Officer



Terri Marsh
Mental Health Information Service Officer



Matthew Keighery
Communications Manager



Leanne Kelly
Graphic Designer



Benjamin Graham
Writer



Tasnim Hossain
Writer



Sanju Gangolli
Directory Officer



Sam Eid
Health Promotion Assistant



Ali Vinnall
Projects Officer



Maureen O'Keefe
HR Assistant



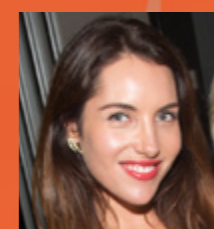
Suzanne Webber
Book Keeper



Anna Heldorf
Operations Manager



Alyce Cannon
Administrator and Promotions Officer



Eloisa Cullington
Hub Coordinator

Collective Purpose Staff -working for WayAhead, Being and Carers NSW

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.

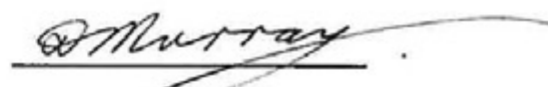
In the opinion of the Directors the financial report:

1. Presents a true and fair view of the financial position of Mental Health Association NSW Limited as at 30 June 2017 and its performance for the year ended on that date.
2. The financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act).
3. At the date of this statement, there are reasonable grounds to believe that Mental Health Association NSW Limited will be able to pay its debts as and when they fall due.

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



Meg Smith OAM
President



Donald Murray
Treasurer

SYDNEY,
31 November 2017

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

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2017

	NOTES	\$ 2017	\$ 2016
Current assets			
Cash assets	5	963,897	743,443
Receivables	6	76,158	74,246
Inventories	7	1,413	1,744
Other	8	39,217	42,607
Total current assets		1,080,685	862,040
Non-current assets			
Property, plant and equipment	9	607,250	711,503
Total non-current assets		607,250	711,503
Total assets		1,687,935	1,573,543
Current liabilities			
Payables	10	328,787	221,959
Provisions	11(a)	97,907	67,046
Total current liabilities		426,694	289,005
Non-current liabilities			
Provisions	11(b)	68,859	66,590
Total non-current liabilities		68,859	66,590
Total liabilities		495,553	355,595
Net assets		1,192,382	1,217,948
Members Funds			
Retained funds	15	1,005,989	971,672
Collective Purpose reserve	16	186,393	246,276
Total Members Funds		1,192,382	1,217,948

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2017**

	NOTES	\$ 2017	\$ 2016
Revenue from ordinary activities	2	2,639,014	2,355,292
Expenses from ordinary activities:			
Depreciation and amortisation	3	(136,715)	(129,795)
Employee expenses		(1,220,477)	(1,045,061)
Professional and consultancy fees		(27,948)	(80,834)
Occupancy expenses	3	(338,518)	(328,995)
Other expenses from ordinary activities		(940,922)	(829,334)
Surplus / (deficit) from ordinary activities before income tax expense		(25,566)	(58,727)
Income tax revenue / (expense) relating to ordinary activities	4	-	-
Surplus / (deficit) from ordinary activities after related income tax expense		(25,566)	(58,727)
Other comprehensive income		-	-
Total comprehensive income attributable to the members of the entity		(25,566)	(58,727)

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 2017**

	NOTES	\$ 2017 Inflows (Outflows)	\$ 2016 Inflows (Outflows)
Cash flows from operating activities			
Interest received		20,408	24,294
Receipts from government grants		1,891,347	1,773,042
Membership fees		33,514	39,037
Other receipts		872,292	822,569
Payments to suppliers and employees		(2,560,832)	(2,473,002)
Net cash provided by / (used in) operating activities	13(b)	256,729	185,940
Cash flow from investing activities			
Payments for property, plant and equipment		(36,275)	(71,792)
Proceeds from the sale of property, plant and equipment		-	11,600
Net cash provided by / (used in) investing activities		(36,275)	(60,192)
Net increase / (decrease) in cash held		220,454	125,748
Cash at the beginning of the financial year		743,443	617,695
Cash at the end of the financial year	13(a)	963,897	743,443

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

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2017

\$
2017

\$
2106

NOTE 1 – STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

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

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

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

a) Current investments

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

b) Plant and equipment

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

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

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

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

c) Inventories

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

d) Employee entitlements

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

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

e) Taxation

The activities of the Company are exempt from income tax.

f) Revenue recognition

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

(i) Government grants

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

g) Receivables

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

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

h) Deferred income / divisional results

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

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

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

i) Bequests

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

NOTE 2 – REVENUE

Revenue from operating activities

Membership fees	30,467	35,488
Publication / Promotional sales	6,219	1,085
	<u>36,686</u>	<u>36,573</u>

Revenue from outside the operating activities

Donations and bequests	40,271	56,511
Co-location grants received	400,784	343,961
Grants received	1,362,895	1,241,412
Interest received	20,408	24,294
Other income	159,662	70,099
Income - Support	618,308	582,442
	<u>2,602,328</u>	<u>2,318,719</u>
Revenue from ordinary activities	<u>2,639,014</u>	<u>2,355,292</u>

NOTE 3 – SURPLUS / (DEFICIT) FROM ORDINARY ACTIVITIES

Net gains and expenses

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

Expenses

Audit fees	8,500	8,250
Depreciation	136,715	129,795
Rental expense	338,518	328,995

NOTE 4 – INCOME TAX

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

\$
2017 \$
2016

NOTE 5 - CURRENT ASSETS - CASH ASSETS

	\$ 2017	\$ 2016
Cash on hand	827	104
Cash at bank - Head office (Westpac bank)	206,361	95,304
Cash at bank - Head office (Bendigo bank)	358,668	499,995
Term Deposit – Security for lease	58,412	58,412
Term Deposit – Co-Location	88,875	88,874
Cash at bank - Shipp fund	500	499
Cash at bank - Gilgandra	255	255
Short term deposits	250,000	-
	963,897	743,443

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

NOTE 6 - CURRENT ASSETS - RECEIVABLES

	\$ 2017	\$ 2016
Security deposit	2,230	2,830
Sundry debtors	-	8,953
Trade debtors	73,928	62,463
	76,158	74,246

NOTE 7 - CURRENT ASSETS - INVENTORIES

	\$ 2017	\$ 2016
Stock on hand - publications	1,413	1,744
	1,413	1,744

NOTE 8 - CURRENT ASSETS - OTHER

	\$ 2017	\$ 2016
Prepayments	39,217	42,607
	39,217	42,607

\$
2017 \$
2016

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

	\$ 2017	\$ 2016
Leasehold improvements - at cost	418,088	395,798
Less: accumulated amortisation	(94,852)	(55,006)
	323,236	340,792
Plant and equipment - at cost	239,344	305,297
Less: accumulated depreciation	(123,598)	(140,108)
	115,746	165,189
Office furniture and equipment - at cost	214,780	407,224
Less: accumulated depreciation	(71,796)	(235,027)
	142,984	172,197
Telephone system - at cost	10,385	30,355
Less: accumulated depreciation	(4,153)	(22,046)
	6,232	8,309
Motor vehicles - at cost	26,507	26,507
Less: accumulated depreciation	(7,455)	(1,491)
	19,052	25,016
	607,250	711,503

NOTE 10 - CURRENT LIABILITIES - PAYABLES

	\$ 2017	\$ 2016
Grants in advance	-	44,273
Trade creditors	114,030	25,622
Collective purpose fund	104,879	100,000
Sundry creditors & Accruals	101,958	52,064
Rental Bonds	7,920	-
	328,787	221,959

NOTE 11 - PROVISIONS

	\$ 2017	\$ 2016
(a) Current		
Provision for annual leave	97,907	67,046
	97,907	67,046
(b) Non-current		
Provision for long service leave	68,859	66,590
	68,859	66,590

\$
2017 \$
2016

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	827	104
Cash at bank	565,784	596,053
Deposits at call	397,286	147,286
	<u>963,897</u>	<u>743,443</u>

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

Operating surplus / deficit	(25,566)	(58,727)
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Non-cash flows in operating surplus

Depreciation and amortisation	136,715	129,795
(Profit) / loss on sale of fixed assets	3,813	(11,600)

Changes in assets and liabilities

(Increase) / decrease in receivables	(1,912)	107,602
(Increase) / decrease in inventories	331	(188)
(Increase) / decrease in prepayments	3,390	(943)
Increase / (decrease) in payables	106,828	17,317
Increase / (decrease) in provisions	33,130	2,684
	<u>256,729</u>	<u>185,940</u>

The Company has no credit stand-by or financing facilities in place.
There were no non-cash financing or investing activities during the period.

NOTE 14 – EVENTS SUBSEQUENT TO BALANCE DATE

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company in financial years subsequent to the financial year ended 30 June 2017.

\$
2017 \$
2016

NOTE 15 – RETAINED FUNDS

Movements in retained funds are summarised as follows:

Retained funds at the beginning of the financial year	971,627	1,276,675
Current year surplus / (deficit)	(25,566)	(58,727)
Transfer (to) / from collective purpose fund	59,883	(246,276)
Retained funds at the end of the financial year	<u>1,005,989</u>	<u>971,672</u>

NOTE 16 – COLLECTIVE PURPOSE RESERVE

Movements in retained funds are summarised as follows:

Balance at the beginning of the financial year	246,276	-
Transfer from / (to) retained earnings	(59,883)	246,276
Balance at the end of the financial year	<u>186,393</u>	<u>246,276</u>

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

NOTE 17 – NON-CANCELLABLE OPERATING LEASE COMMITMENTS

Not later than one year	354,213	340,589
Later than one year but not later than two years	368,381	354,213
Later than two year but not later than five years	255,411	623,792
Minimum lease payments	<u>978,005</u>	<u>1,318,594</u>

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



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

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

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2017 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.
THOMAS DAVIS & CO.
J.G. Ryan
J. G. Ryan Partner
Chartered Accountants

Sydney
21 November 2017

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF MENTAL HEALTH ASSOCIATION NSW LIMITED
ABN 11 326 005 224**

Opinion

We have audited the financial report of Mental Health Association NSW Limited, which comprises the statement of financial position as at 30 June 2017, the statement of profit or loss and other comprehensive income, statement of changes in members' funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the Directors' declaration.

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

- (a) giving a true and fair view of Mental Health Association NSW Limited financial position as at 30 June 2017 and of its financial performance for the year then ended, and
- (b) complying with Australian Accounting Standards to the extent described in Note 1 and the Australian Charities and Not-for-profits Commission Regulation 2013.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the company in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

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

Emphasis of Matter - Basis of Accounting and Restriction on Distribution and Use

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 Australian Charities and Not-for-profits Commission Act 2012. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Directors for the Financial Report

The Directors of the company are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the needs of the requirements of the Australian Charities and Not-for-profits Commission Act 2012 and is appropriate to meet the needs of the members. The Directors' responsibility also includes such internal control as the Directors determine 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.

In preparing the financial report, the Directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the Directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.



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Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Directors.
- Conclude on the appropriateness of the Directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Thomas Davis & Co.
 THOMAS DAVIS & CO.
J. G. Ryan
 J. G. RYAN PARTNER
 Chartered Accountants

SYDNEY.
17 November 2017

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In Memory of Jean Mackay

Jean Mackay wrote for WayAhead throughout 2016, firstly as a volunteer. She wrote about the prison system, refugees and our projects. Long form, short form and social media, she was talented, diligent, funny and social and quickly became a part time employee. She hated having her photo taken, so I had to play the boss and demand that she allow it while hoping she wouldn't refuse. That was fortunate – it was one of the few photos that her parents had of her as a grown up.

One day just before Mental Health Month she texted me to say that she wasn't well and wouldn't be coming in. With Jean, I knew she wouldn't take a 'sickie', so I accepted that and for the days that followed.

I think we become accustomed to people dying but not when they are so young. She was so full of promise. She so wanted to - and was, making the world a better place.

Rest in peace Jean.

Matthew Keighery
Communications Manager

Photography by Matthew Keighery

Except
Pg 1 - Natasha Cutler
Pg 2/3 - Leanne Kelly
Pg 4/5 - Natasha Cutler
Pg 9 - Stock photos

Design by Leanne Kelly





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