



## St George Hospital and Community Health Services

22 February, 2017

### St George Community Mental Health launches wellbeing TV



- The Wellbeing Network's production team

**St George Community** Mental Health Service recently held the premiere launch of the Wellbeing Network, an initiative designed to work collaboratively with mental health consumers and provide them with important lifestyle and recovery information through an audio-visual format.

The pilot episode for the network was screened on 22 February 2017 and was attended by health consumers, staff and key stakeholders.

The network was founded by **Terry Rae**, Clinical Psychologist, St George Community Mental Health Services and was prompted by feedback received from consumers.

“Our clients identified that there were several topics that they would like greater information on, and the introduction of the Wellbeing Network provides an effective platform for us to achieve this,” Terry said.

“The first episode runs for an hour and includes information on mental health services, interviews with health consumers and tips on how to make positive lifestyle changes.”



**Health**  
South Eastern Sydney  
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The topics were chosen by users of the service and include details on employment support, relaxation techniques, bilingual services, healthy eating, tips for a good night's sleep and home exercises.

"We are hoping to produce a new video every six months and we strongly encourage input from our consumers to participate in the videos and suggest topics they would like to see featured." Terry said.

A consumer of the service said: "I feel privileged to be able to contribute in an active role during this pilot episode. We all walk away rewarded from this experience."

"We look forward to continuing to work with consumers to provide them with the support and information they require for their recovery journey," **Jeanine Smith**, Community Services Manager, St George Community Mental Health Service said.