Communications Kit

As Mental Health Coordinating Council celebrates its milestone 40th anniversary, the occasion provides an opportunity to reflect on the progress of the community-managed mental health sector in New South Wales over the last four decades.

Short history

Four decades ago, the mental health sector in NSW was changing dramatically. Old institutions were closing, funding for community services was growing and the emphasis shifting to recovery and hope.

- In 1983 a group of dedicated mental health advocates began meeting over lunch on a monthly basis. This informal meeting was motivated by a desire to turn a loose group of poorly funded community organisations into a sector that improved the lives of people with lived experience of mental health.
- The founding organisations in those early days were Aftercare (Stride), ARAFMI, Grow, NSW Mental Health Association (WayAhead), the PALA Society and Psychiatric Rehabilitation Association (taken over by Richmond Fellowship, now Flourish).
- In the early days, advocacy centred on the rights of individuals to live well in the community.
- Since then, MHCC has been at the forefront of advocacy, working to support the rights of individuals and building strong, quality community organisations able to support positive outcomes for people with lived experience of mental health.

Suggested copy

NEWSLETTER/EDM COPY

In the last forty years the community-managed mental health landscape has seen remarkable transformation. This year the peak body for community managed mental health organisations in NSW, Mental Health Coordinating Council, celebrates its 40th anniversary. The milestone is an occasion to reflect on the meaningful reforms that have changed the way people with lived experience of mental health are supported. Back in 1983 the mental health sector in NSW was changing dramatically. Old institutions were closing, funding for community services was growing and the emphasis shifting to recovery and hope. A visionary group of mental health advocates working in community organisations, many of whom are still members of MHCC today (@stride @grow @wayahead @flourish), identified the need to band together to create a stronger voice to shape the

future of service delivery. This led to the development of MHCC, one of the first peak body for community managed mental health organisations in the country. On the occasion of this milestone anniversary, we pay tribute to the passionate and dedicated individuals who had the vision and motivation to chart the course and lay the foundations of MHCC and thank those who continue to build on their progress. We wish the peak body and all its members a happy 40th birthday. You are invited to join the celebrations on Thursday 7 September at The Mint. Find out more: https://mhcc.org.au/publication/celebrating-40-years/

FACEBOOK

Back in 1983 the first version of Microsoft Word had just been released, a loaf of bread cost 77 cents and *Star Wars: Return of the Jedi* dominated the box office. At the same time a visionary group of mental health advocates working in community organisations was making history. Over a series of monthly meetings they developed a plan to help shape the future of mental health in NSW. Four decades on Mental Health Coordinating Council is celebrating that moment and paying tribute to the passion and foresight of their founding members (@stride @grow @wayahead @flourish). We think 40 years of positively impacting many lives by fostering hope, resilience and recovery is worth celebrating. Find out more: https://mhcc.org.au/publication/celebrating-40-years/

LINKEDIN

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X (TWITTER)

Happy 40th @MHCC_NSW. We pay tribute to the passionate and dedicated individuals who had the vision and motivation to chart the course and thank those who continue their work today. Wishing the peak body and its members a happy 40th Find out more: https://mhcc.org.au/publication/celebrating-40-years/

When posting on social media, please tag us via our social channels:

- Facebook
- Twitter
- LinkedIn

THE EVENT

Tickets are \$55 per person and can be booked here:
https://www.eventbrite.com.au/e/celebrating-40-years-tickets-686335226137?aff=oddtdtcreator

Thank you for your support.

We appreciate your support and hope that this anniversary is an opportunity for the sector to reflect on what has been before and where we are heading into the future.

For queries, please contact the MHCC Communications Team:
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