



From: Deb [brainambulance@bigpond.com]
Sent: Thursday, 30 June 2011 4:32 PM
To: deb@brainambulance.com.au
Subject: Brain Matters Edition 1 1 July 2011

July 1st 2011 Weekly News Email Edition 1



1. **Tonic ABC24** – This Sunday, **3rd July, at 7:30pm on ABC24**, the second program in the series called TONIC, **stars Deb**, the Principal Driver of Brain Ambulance. In this episode, Deb will be talking about her experience with suicidal thoughts, emergency depts and MHFA. Hope you can watch it.
2. **The Dalai Lama** was a huge surprise when I went to see him last Sunday at the Burswood Dome. It appeared to me like he had been to our Keeping Sane in a Busy Workplace workshop! He spoke of mindfulness, resilience, mental health problems and connectedness. If the Dalai Lama gets it then it must be good! Book your workplace in soon for a Keeping Sane workshop.
3. **Perth Prisons – they have actually been letting us out!** Brain Ambulance won a successful tender for the Dept of Corrections and Jude & Deb have been delivering MHFA to peer support prisoners in seven metro prisons. These peer support folk help to orientate new prisoners, support and assist those experiencing different issues including mental health problems and mental wellbeing. The visits have not been without lots of laughter, listening to amazing journeys, organisational mishaps and constant fear of one of us accidentally setting off our belt duress alarm when going to the loo. They have been extremely enthusiastic (eventhough they have nowhere else to go), very open (a little too much sometimes) and keen for information and skills. We have experience one lokak out and one lock in!!
4. **Pause for a Ponder** – During one of my afternoon pondering naps this week, I made a list in my head of the all the successful behaviours that start with 'C'.....I had memorised the list from a book called 'The Power of Healthy Thinking', by Dr Tom Mulholland. I gave 8 of them a big tick and 2 I put a question mark next to for a ponder later. Here are the words. Do you  or  each one.....competence, courage, constructing a plan, compassion, charm, control, contentment, commitment, communication, confidence. Enjoy your ponder.....
5. **Highly Recommended** – Anne Holloway & Associates – Participants are always asking me where they can either go themselves or send someone else to a professional psychotherapist without the waiting list from hell.....
 Anne & associates provide Medicare rebate under the mental health plan. Anne's approach is practical, no-nonsense therapy that has clients appreciative and moving forward. Contact Anne on 0407 991495 or email



hollowayassoc@inet.net.au

See you in your inbox on July 14th for Brain Matters Edition 2

DEB REVELEY <i>Master Instructor MHFA & YMHA</i>		m 0417 181 462 f 08 9582 9741 e info@brainambulance.com.au w www.brainambulance.com.au PO Box 1325 Mandurah Western Australia 6210 ABN 68 420 615 116
BrainAmbulance MENTAL HEALTH EDUCATION		

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.