

**From:** Deb [brainambulance@bigpond.com]  
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**To:** deb@brainambulance.com.au  
**Subject:** FW: Brain Matters Weekly News July 14th edition 2

## July 1<sup>4th</sup> 2011 Weekly News Email Edition 2



**Keeping Sane & Building Sane Teams** – Over the past five years, we have had hundreds of workers participate in *Keeping Sane in a Busy Workplace* and many past clients have asked us to provide a follow on. [Keeping Sane and Building Sane Teams \(1.5 hours\)](#) has been designed as the next step for those who have done *Keeping Sane in a Busy Workplace* and as a stand-alone presentation for workplaces, community associations and sporting groups. Follow it up with [‘Workshopping a Wellness Plan for Sane Teams’ \(1.5 hours\)](#). Download brochure from the website. Mary is off to Canberra to run this next month. Canberra – now there is a test for Keeping Sane!!!!!!

**The Mental Health Law Centre** [Some info you might not know](#) - They can provide advice to and represent any involuntary patient at MHRB hearings, and country ones are by videolink. They provide a telephone legal advice line for short advices to mental health consumers from anywhere in WA in any area of law that they cover. Note that if you ring from a landline, the call is free if you use their freecall number **1800 620 285**. They also provide a referral service in those areas of law that they do not cover, where a suitable service exists. For Mental Health Act matters, representation for any involuntary patient held under the Mental Health Act or the Criminal Law (Mentally Impaired Accused) Act they continue to provide legal advice all around WA, and representation in the Perth metropolitan area and its outer areas, to the extent that their resources permit from time to time.

**The Brain Ambulance Team** Brain Ambulance is pleased to announce that we have **two new MHFA instructors** who were accredited in Melbourne last week. Tracey will be working in W.A. and Karen will be the first trainer for Brain Ambulance in Victoria. Judy B is also celebrating as she has recently joined Deb to reach the accreditation of **Master Instructor**.

**Pause for a Ponder** – During one of my afternoon pondering naps this week, I decided to pick out the main things I had learned about life in the past 49 years. There were some big life lessons in there and enough therapy to complete a thesis. The main thing I noticed though was this – Every big lesson in my life has not been a new addition to my thinking but a **‘putting down’ and ‘letting go’** of things in my mind. I have learned to put down my judgements of other people and events and let go of the things that once ruled me. Again I think that this is a concept that the Dalai Lama has stolen from me! Enjoy your ponder.....

**Highly Recommended** – [The use of the term Triple Zero](#) rather than Triple Oh..... Why??? The website [www.triplezero.gov.au](http://www.triplezero.gov.au) explains that ‘h’ is a letter and ‘zero’ is a number. In today’s SMS-savvy world, you will note that the letter ‘h’ sits on the 6 key on most alpha-numeric keypads. For our younger generation, dialling Triple Oh will result in them actually dialling 666, and they will not access emergency services through that number. 666 does not direct to Triple Zero and there are no plans for this to happen in the future.

*Please email ‘unsubscribe’ if you do not wish to receive this newsletter*

**See you in your inbox on August 1st for Brain Matters Edition 3**

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