



Tips for using the My Mental Health website

Looking for services?

On the www.mymentalhealth.org.au home page, click on the 'looking for services' button to access the services map where you can search various categories for the assistance you require.

Looking for a group or activity?

Click on the 'what's on' button on the home page to access the events page. You can search by catchment/type/month/participant to find what is most suited to your needs. You can also access this page by clicking 'events' from the main menu at the top of the home page.

Got an event to upload?

Click on the 'add event' icon on the home page to use our quick and easy template to upload your event. There is a recurring feature to upload repeat events and an option to add a picture or flyer. Please ensure you keep the email receipt for approved events as this enables you to edit details.

Can't find the event?

All our events are uploaded using the event template via 'add event'. We rely on service providers and event organisers to upload their events to the website. If you can't find an event or have any problems with the event section, please use the 'contact us' option.

Looking for news?

Click on the 'what's happening' button on the home page to access the latest news. You can also get to the news page via the 'news' item from the main menu at the top of the home page.

Got a news item?

A news item can include a large event, launch, forum, research report, program or project funding announcement relevant to mental health in North Brisbane. Use the 'add news' button on the home page to upload a news item using our online template; It's quick and easy!

Want to stay updated?

To receive weekly updates, 'subscribe' to our news and events.

Are you on Facebook?

Please like and share our Facebook page to enable others to find us. Either click 'follow us on Facebook' from the home page or follow the following link - www.facebook.com/MyMentalHealthNB/.

Want to talk and share with others?

Connect with other people experiencing similar circumstances, ask questions, get advice and share your story. Click on the 'consumer and carer' main menu item on the home page, then go to online forums and check out the SANE forums for people with lived experience and carers. These forums are anonymous.

Looking for consumer and carer information?

Click on 'consumer and carer' on the home page main menu, and select either 'peer participation' or 'carer and family support' to find resources, services and a summary of what's happening in North Brisbane.

Searching for resources?

Click on the 'resources' item on the home page menu and browse the pages in this section that cover:

- organisations delivering mental health and related services
- pathways tools
- GP tools
- key policies, research and networks
- a glossary of terms and more!

Troubleshooting

If at any stage you require assistance with the my mental health website, please use the 'contact us' section from the main menu on the home page.