

MENTAL HEALTH LIVED EXPERIENCE INC
MORNING TEA TO MARK MENTAL HEALTH WEEK 2023
REMARKS BY
HER EXCELLENCY THE HONOURABLE BARBARA BAKER AC,
GOVERNOR OF TASMANIA
GOVERNMENT HOUSE, WEDNESDAY 11 OCTOBER 2023

Good morning, everyone. I warmly welcome you all to this morning tea for Mental Health Lived Experience Tasmania (MHLET) to recognise your change of name and to acknowledge the contributions of MHLET's Lived Experience Volunteers.

I begin by paying my respects to the traditional and original owners of this land: the palawa people. I acknowledge the contemporary Tasmanian Aboriginal community and recognise their enduring culture and continued connection to land, sea and waters.

We all know that yesterday was World Mental Health Day, a day quote, "to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right."¹ And it is Mental Health Week in Tasmania with the theme of "awareness, belonging and connection."²

It is therefore fitting that we are here today to acknowledge Tasmania's peak body for people with lived/living experience of mental ill-health. May I acknowledge the valuable and valued work of Mental Health Lived Experience Tasmania (MHLET), formerly known as Flourish Tasmania. Your name change was recently announced, after you engaged in a well-thought-out process, seeking advice from the people you represent. It is a name that clearly defines what you do.³

¹ <https://www.who.int/news-room/events/detail/2023/10/10/default-calendar/world-mental-health-day-2023---mental-health-is-a-universal-human-right>

² <https://mhct.org/mentalhealthweek/>

³ Email from Tash Smyth to ADC 3/10/2023

You are a member-based organisation, managed by a team of committed individuals with mental health expertise – people with a personal lived experience of mental health. You have a skills-based Board that includes representatives from the community sector.

Your members are able to offer insights and expertise as your organisation engages with our State mental health system, service providers, and the community.⁴ You ensure that the rights, responsibilities and opinions of mental health consumers are respected by all.

Your members also shape the voice that speaks for those clients who do not have a voice. You work to counter marginalisation, discrimination, stigma and the sense of isolation that is often experienced by people living with a mental illness.⁵

The key activity of MHLET is your Consumer Representative Service, which provides a channel for mental health consumers to engage with our Tasmanian mental health system to benefit consumers and contribute to positive change for them.⁶

Your MHLET work is significant and extends beyond our Tasmanian community to the national level and Australian Government Agencies, providing representation for Tasmanian consumers into national mental health policies and programs.⁷

I thank you for all your work as you continue to aim for better outcomes for all Tasmanians with a lived experience of mental health challenges. Thank you also to all your members for speaking about their experience and being a voice for others.

I look forward to speaking with you as we enjoy this morning tea.

⁴ <https://mhlet.org.au/about/>

⁵ <https://mhlet.org.au/about/>

⁶ <https://mhlet.org.au/consumer-representative-service-crs/>

⁷ Email from Tash Smyth to ADC 3/10/2023