

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: THURSDAY 31 MARCH 2011

ATTENTION: Chiefs of Staff, News Directors



New resource to help students with experience of mental illness

A new handbook that will assist tertiary (University and TAFE) students with experience of mental illness transition into employment will be launched today.

Mountain Climbing: A resource for tertiary graduates with lived experience of mental illness making the transition to employment, is the first of its kind.

Debbie Hindle, National Disability Coordination Officer in the UTAS Support and Equity Unit, said it is envisaged *Mountain Climbing* will become an important national resource.

“It draws together a wealth of strategies, tips and approaches, as well as references to handy websites and a number of engaging case studies.

“The handbook helps students decide what kind of work would suit them and shows them an experience of mental illness is certainly no barrier to a productive and fulfilling career.”

Mountain Climbing also includes advice about disclosing mental illness to employers, tips on job seeking and where to find support.

The hard-copy resource will be widely distributed throughout Australia as well as being placed on the web.

The key-note speaker at the launch is Keith Mahar, a social worker and human rights activist in Canberra who was diagnosed with bipolar disorder in 1996. He has been active in local, national and international mental health initiatives. Keith is creator of the online mental health resource www.mentalympians.org.

The launch event will be held on Thursday 31 March 2011, 3.30 - 5pm at the Hobart Function and Convention Centre. Senator Carol Brown will launch the resource.

The project was funded by the Australian Government Department of Education, Employment and Workplace Relations (DEEWR) through special project funding to the National Disability Coordination Officer Program (NDCO).

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