

CONSUMER & CARER ADVISORY COUNCIL

NEWSLETTER



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About the newsletter

We are thrilled to welcome you to the latest edition of the CCAC newsletter. In this issue, we are excited to delve into the pivotal principles of the new Mental Health and Well-being Act of 2022, highlighting the transformative impact it promises to bring to mental health support and care.

Our commitment to mental health education remains unwavering, and in this issue, we will engage in an in-depth discussion about depression, exploring its causes, symptoms, treatment options, and providing you with valuable resources to enhance your understanding.

Furthermore, we are pleased to present a wealth of community resources and the latest news to keep you informed and empowered in your journey towards mental health and well-being. We hope you find this issue insightful and resourceful as we continue our shared mission to promote mental health awareness and support within our community. Thank you for your ongoing support and dedication to this vital cause.

Your insights, stories and perspectives matter!

We believe in the power of collective wisdom and shared experiences. As we strive to make our CCAC newsletter an invaluable resource for all, we invite each one of you to contribute your insights, stories, and perspectives. Whether you are a consumer, a carer, or a dedicated hospital staff member, your unique experiences and knowledge can greatly enrich our content.

Your contributions will not only help us shape a more meaningful and informative newsletter but will also provide valuable support and inspiration to others in our community. Please feel free to reach out and share your valuable insights; your voice matters. Thank you for your continued dedication to our mission.

PRINCIPALS OF THE MENTAL HEALTH AND WELLBEING ACT 2022



WWW.IMHA.VIC.ORG.AU

The Mental Health and Wellbeing Act 2022 contains a number of principles to guide the provision of mental health services.

Psychiatrists, doctors and staff at mental health services, as well as the Mental Health Tribunal, must consider these principles when deciding what happens to you.

The principles as stated in the Mental Health and Wellbeing Act 2022 are:

Dignity and autonomy principle:

The rights, dignity and autonomy of a person living with mental illness or psychological distress is to be promoted and protected and the person is to be supported to exercise those rights.

Diversity of care principle:

A person living with mental illness or psychological distress is to be provided with access to a diverse mix of care and support services.

This is to be determined, as much as possible, by the needs and preferences of the person living with mental illness or psychological distress.

this includes their accessibility requirements, relationships, living situation, any experience of trauma, level of education, financial circumstances and employment status.

Least restrictive principle:

Mental health and wellbeing services are to be provided to a person living with mental illness or psychological distress:

- with the least possible restriction of their rights, dignity and autonomy, and
- with the aim of promoting their recovery and full participation in community life.

The views and preferences of the person should be key determinants of the nature of this recovery and participation.

Supported decision making principle:

Supported decision making practices are to be promoted.

Persons receiving mental health and wellbeing services are to be supported to make decisions and to be involved in decisions about their assessment, treatment and recovery including when they are receiving compulsory treatment.

The views and preferences of the person receiving mental health and wellbeing services are to be given priority.

Family and carers principle:

Families, carers and supporters (including children) of a person receiving mental health and wellbeing services are to be supported in their role in decisions about the person's assessment, treatment and recovery.

Lived experience principle:

The lived experience of a person with mental illness or psychological distress and their carers, families and supporters is to be recognized and valued as experience that makes them valuable leaders and active partners in the mental health and wellbeing service system.

Health needs principle:

The medical and other health needs of people living with mental illness or psychological distress are to be identified and responded to.

this includes any medical or health needs that are related to the use of alcohol or other drugs. In doing so, the ways in which a person's physical and mental health needs may intersect should be considered.

Dignity of risk principle:

A person receiving mental health and wellbeing services has the right to take reasonable risks in order to achieve personal growth, self-esteem and overall quality of life.

Respecting this right in providing mental health and wellbeing services involves balancing the duty of care owed to all people experiencing mental illness or psychological distress with actions to afford each person the dignity of risk.

Wellbeing of young principle:

The health, wellbeing and autonomy of children and young people receiving mental health and wellbeing services are to be promoted and supported.

- this includes providing treatment and support in age and developmentally appropriate settings and ways.

It is recognized that their lived experience makes them valuable leaders and active partners in the mental health and wellbeing service system.

- **Diversity principle:**

The diverse needs and experiences of a person receiving mental health and wellbeing services are to be actively considered noting that such diversity may be due to a variety of attributes including any of the following:

- gender identity
- sexual orientation
- sex
- ethnicity
- language
- race
- religion, faith or spirituality
- class
- socioeconomic status
- age
- disability
- neurodiversity
- culture
- residency status
- geographic disadvantage.

Mental health and wellbeing services are to be provided in a manner that:

- is safe, sensitive and responsive to the diverse abilities, needs and experiences of the person including any experience of trauma; and
- considers how those needs and experiences intersect with each other and with the person's mental health.

Gender safety principle:

People receiving mental health and wellbeing services may have specific safety needs or concerns based on their gender. Consideration is therefore to be given to these needs and concerns and access is to be provided to services that:

- are safe
- are responsive to any current experience of family violence and trauma or any history of family violence and trauma
- recognize and respond to the ways gender dynamics may affect service delivery, treatment and recovery.
- recognize and respond to the ways in which gender intersects with other types of discrimination and disadvantage.

Cultural safety principle:

Mental health and wellbeing services are to be culturally safe and responsive to people of all racial, ethnic, faith-based and cultural backgrounds.

Treatment and care is to be appropriate for, and consistent with, the cultural and spiritual beliefs and practices of a person living with mental illness or psychological distress.

- regard is to be given to the views of the person's family and, to the extent that it is practicable and appropriate to do so, the views of significant members of the person's community.
- regard is to be given to Aboriginal and Torres Strait Islander people's unique culture and identity, including connections to family and kinship, community, Country and waters.

Treatment and care for Aboriginal and Torres Strait Islander peoples is, to the extent that it is practicable and appropriate to do so, to be decided and given having regard to the views of leaders, traditional healers and Aboriginal and Torres Strait Islander mental health workers.

Wellbeing of dependents principle:

The needs, wellbeing and safety of children, young people and other dependents of people receiving mental health and wellbeing services are to be protected.

How an advocate can support you

If you are receiving compulsory treatment, you may feel you need help to understand and act on your rights in the mental health system. Independent Mental Health Advocacy (IMHA) supports people who are receiving compulsory psychiatric treatment to have as much say as possible about their assessment, treatment and recovery. IMHA's independent advocates can:

- listen to what you want and talk to you about your options
- give you information and support to act on your rights
- work with you so you can have your say
- refer you to other services if needed.

Find out more about how IMHA can support you at imha.vic.gov.au/how-we-can-support-you

IMHA do not provide legal representation or specific advice about how the law applies in your particular situation. If you require legal help, ask your advocate to put you in touch with Victoria Legal Aid.

ONE STORY AT A TIME

A Journey from Darkness to Light: My Battle with Depression

Depression first knocked on my door unexpectedly, like an uninvited guest. It arrived quietly, settling in the corners of my mind, and gradually, its weight became too heavy to bear. Looking back, I can pinpoint the moment it began—a culmination of stress at work, strained relationships, and the relentless pressure to succeed. It was as though a cloud of sadness hung over my life, casting a shadow over everything I once enjoyed.

The symptoms of depression were insidious, creeping into every aspect of my existence. Sleep became an elusive friend, and when it did come, it was accompanied by haunting nightmares. Fatigue clung to me like a second skin, making even the simplest tasks feel like monumental challenges. My appetite waned, and food lost its flavor. I withdrew from friends and family, preferring the solace of isolation to the overwhelming social interactions I once cherished.

As the darkness deepened, I realized I couldn't fight this battle alone. The turning point came when a close friend, who had noticed the changes in my behavior and mood, gently encouraged me to seek help. It was a daunting step, but I knew I had to take it. I scheduled an appointment with a mental health professional, and after a series of conversations and assessments, I was diagnosed with clinical depression.



Receiving that diagnosis was both a relief and a wake-up call. It validated what I had been feeling and, more importantly, offered a glimmer of hope. My therapist, a compassionate guide on my journey, helped me understand that seeking help was not a sign of weakness, but an act of courage. We embarked on a treatment plan that combined therapy, medication, and lifestyle changes.

Recovery wasn't immediate; it was a gradual process. I learned to challenge my negative thought patterns and develop healthier coping mechanisms. My support system, including friends and family, played a crucial role in my healing. They offered their unwavering love and understanding, helping me rebuild the connections I had lost.

Over time, the symptoms of depression began to lift. The clouds started to part, allowing rays of sunlight to filter through. I regained my appetite and my zest for life. Sleep, once my adversary, became a restful sanctuary. I rekindled old hobbies and discovered new ones, nurturing a sense of purpose and fulfillment.

Today, I stand as a testament to the power of seeking help when facing depression. My journey was challenging, but it led me to a place of resilience and strength. I want others to know that they are not alone, and there is hope even in the darkest moments. Depression is not a battle to be fought in silence; it is a journey that can lead to recovery, growth, and a renewed appreciation for life.



INSPIRING WORDS OF WISDOM

"Even the darkest night will end, and the sun will rise." – Victor Hugo, from "Les Misérables"

"You may have to fight a battle more than once to win it." – Margaret Thatcher

"The darkest hour has only sixty minutes." – Morris Mandel

MENTAL HEALTH EDUCATION

Depression

What is depression?

Depression is a psychological disorder that can cause feelings of sadness and a loss of motivation. People who live with depression may lose interest in activities they once enjoyed. Depression can have a negative effect on your day-to-day functioning, and the symptoms will vary from person to person. Treatment for depression is usually effective.



What are the symptoms of depression?

Depression symptoms vary and may include any of the following:

- Sadness
- Loss of excitement or interest in previously enjoyed activities
- Unexplained weight loss or gain
- Sleep disorders such as sleeping too much or not enough
- Reduced energy
- Restless behavior such as fidgeting or pacing
- Difficulty concentrating
- Feelings of worthlessness, guilt, and shame
- The urge to harm oneself or suicidal ideation
- If you're experiencing signs of depression, speak to your healthcare professional

What causes depression?

Various risk factors make individuals more likely to develop depression, including biochemistry, genetics, personality, and even environmental factors. The makeup of certain chemicals in the brain can contribute to your likelihood of developing depression. Those who have immediate family members with depression are more likely to develop depression, given that it has a genetic tendency. People with certain personality traits such as low self-esteem or those who are easily overwhelmed by stress are more likely to develop depression than others. Some environmental factors may also contribute to a depression diagnosis, such as violence, abuse, or poverty.

- **Biological** – People with depression may have too little or too much of certain brain chemicals called "neurotransmitters." Changes in these brain chemicals may cause or contribute to depression.
- **Cognitive** – People with negative thinking patterns and low self-esteem are more likely to develop clinical depression.
- **Gender** – More women experience depression than men. While the reasons for this are still unclear, they may include the hormonal changes women go through during menstruation, pregnancy, childbirth, and menopause. Other reasons may include the stress caused by the multiple responsibilities that women have.
- **Co-occurrence** – Depression is more likely to occur along with certain illnesses, such as heart disease, cancer, Parkinson's disease, diabetes, Alzheimer's disease, Multiple Sclerosis, and hormonal disorders.
- **Medications** – Side effects of some medications can bring about depression.
- **Genetic** – A family history of depression increases the risk of developing the illness. Some studies also suggest that a combination of genes and environmental factors work together to increase risk for depression.
- **Situational** – Difficult life events, including divorce, financial problems, or the death of a loved one can contribute to depression.

Types of depression?

Depressive disorders are a category of mood disorders that involve extended periods of feeling extremely sad or empty and disrupt a person's ability to enjoy life. Some of the most common depressive disorders include:

- **Major depressive disorder (clinical depression):** a mental health condition characterized by an inescapable and ongoing low mood often accompanied by low self-esteem and loss of interest or pleasure in activities that a person used to find enjoyable. To meet the criteria for major depressive disorder (MDD), symptoms must be present nearly every day for at least two weeks. MDD is also often referred to as major depression.
- **Persistent depressive disorder:** refers to a longer-lasting form of depression. While major depressive disorder is diagnosed if an individual experiences symptoms for at least two weeks, persistent depressive disorder is used when symptoms of depression are present on most days for at least two years but do not reach the severity of a major depressive episode. Prior to the release of the DSM-5 this was more commonly known as dysthymia.
- **Post-partum depression:** depression that starts after childbirth and lasts at least two weeks and up to a year.

- **Premenstrual dysphoric disorder:** a form of pre-menstrual syndrome that is diagnosed when a woman experiences severe symptoms of depression, tension, and irritability in the week prior to menstruation. While it isn't uncommon for most women to experience emotional and physical changes prior to menstruation, women who meet criteria for PMDD experience changes that impact their lives in more profound ways.
- **Seasonal affective disorder:** a mood disorder involving symptoms of depression associated with varying levels of sunlight during fall and winter months which subsides during spring and summer.
- Depression is also a feature of bipolar disorder.

How do you treat depression?

Depression is very treatable, with the overwhelming majority of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy, or a combination of the two. Providers should test individuals for thyroid issues and vitamin deficiencies before diagnosing depression or prescribing antidepressants. These treatable conditions can cause symptoms similar to those of depression. Medications prescribed for depression include SSRIs, antidepressants, anxiolytics, and antipsychotics. Therapies such as cognitive behavioral therapy and psychotherapy can also be effective methods for treating depression. In some extreme cases, providers may use medical procedures such as electroconvulsive therapy to treat depression. This procedure involves sending shock waves through the brain to trigger seizure-like activity.

The choice of treatment also depends on the pattern, severity, persistence of depressive symptoms, and the history of the illness. As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences. Depression must be treated by a physician or qualified mental health professional. For some people, depression can be very stubborn to treat and may require additional treatment options.

References and some additional resources:

- **Beyond Blue:**
<https://www.beyondblue.org.au/mental-health/depression>
- **Black Dog Institute:**
<https://www.blackdoginstitute.org.au/resources-support/depression/>
- **Better Health Channel:**
<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/depression>
- **Australia Psychological Society:**
<https://psychology.org.au/for-the-public/psychology-topics/depression>
- **SANE:**
<https://www.sane.org/information-and-resources/facts-and-guides/depression>
- **Headspace:**
<https://headspace.org.au/explore-topics/for-young-people/depression/>

MENTAL HEALTH RESEARCH

Effects of Mindfulness-Based Stress Reduction on Blood Pressure, Mental Health, and Quality of Life in Hypertensive Adult Women: A Randomized Clinical Trial Study

Introduction:

Hypertension is one of the most significant causes of cardiovascular diseases. Research has shown that the prevalence of hypertension is on the rise in all countries, especially Iran, with the disease accounting for 7.1 million deaths annually worldwide. Based on epidemiologic studies, the prevalence of hypertension in the adult population of Iran is 23.2%. Hypertension, like most chronic diseases, is closely related to lifestyle, mental health, and quality of life, and if not controlled appropriately, it can cause various issues, including disability, reduced productivity, and ultimately diminished mental health.

Recent studies have shown that patients with hypertension have a lower quality of life than individuals with normal blood pressure. Quality of life is an issue that determines the level of satisfaction with daily life because it affects different life aspects, including physical, mental, social, and spiritual. In most previous studies, individuals with hypertension had low scores in all aspects, including physical strength, social function, mental health, mental function, and energy, compared with healthy subjects.



In addition to chronic disease, individuals' quality of life is also affected by stress. It increases emotions and behavioral changes and interferes with cognition and biological mechanisms. Stress could also be a major cause of mental diseases. Mental health, one of the most significant aspects of health in populations, is affected by different factors, such as age and stress. Recent decades are synonymous with lifestyle changes, endangering many aspects of physical and mental health and leading to more physical and mental illnesses. According to statistics released by the World Health Organization (WHO), mental illness affects about 250 million people, of whom 52 million suffer from severe mental illness.

A psychological intervention to alleviate stress is mindfulness-based stress reduction (MBSR). Mindfulness meditation has the potential for the treatment of clinical disorders and might facilitate the cultivation of a healthy mind and increased well-being. Mindfulness practice improves emotion regulation and ameliorates stress. Research has shown that practicing mindfulness alters the physical structure of the brain. Investigations have indicated that the fronto-limbic network involved in these processes shows various patterns of engagement by mindfulness meditation. Some studies have investigated the effectiveness of mindfulness training in reducing stress and blood pressure and increasing quality of life and mental health.

The principal mechanism of the effectiveness of mindfulness meditation is stress alleviation. Various studies have evaluated the effectiveness of stress reduction in lowering blood pressure, which could lead to enhanced quality of life. These changes have been evaluated separately in previous studies. Nonetheless, given the significance of hypertension and its impact on quality of life and stress, we aimed to assess the effects of mindfulness meditation on blood pressure, mental health, and quality of life in patients with hypertension.

Methods:

This randomized clinical trial was performed in 2019 in Isfahan. Eighty adult women with Stage I or II hypertension were included and assigned randomly to 2 groups: 12 weeks of mindfulness-based stress reduction (MBSR) and routine care. At baseline and 1 week after the end of the intervention, blood pressure, stress, depression, anxiety, and quality of life of the studied participants were measured using the Depression, Anxiety, and Stress Scale-21 (DASS-21) and 36-Item Short Form Survey (SF-36) questionnaires. The data were analyzed using the independent t-test, the paired t-test, and the MANCOVA test.

Results:

After the intervention, the mean systolic and diastolic blood pressures decreased significantly in the intervention group compared with the baseline (142.82±11.01 mmHg vs 133.7±510.43 mmHg for systolic pressure and 86.12±8.24 mmHg vs 79.15±6.26 mmHg for diastolic pressure) and the control group (140.18±14.27 mmHg vs 142.15±10.23 mmHg for systolic pressure and 84.62±9.22 vs mmHg 88.51±8.54 mmHg for diastolic pressure; $P=0.001$). There was also a significant increase in quality of life, stress, anxiety, and depression scores in the intervention group ($P<0.05$).

Conclusion:

A 12-week MBSR program resulted in a significant reduction in mean blood pressure and improvements in different aspects of quality of life and mental health. Health care providers could use the results of this study regarding MBSR to furnish hypertensive patients with better care.

Reference: Babak A, Motamedi N, Mousavi SZ, Ghasemi Darestani N. Effects of Mindfulness-Based Stress Reduction on Blood Pressure, Mental Health, and Quality of Life in Hypertensive Adult Women: A Randomized Clinical Trial Study. *J Teh Univ Heart Ctr* 2022;17(3):127-133.

HOW TO PRACTICE MINDFULNESS?

There are many simple ways to practice mindfulness. Some examples include:

- **Pay attention:** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment:** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself:** Treat yourself the way you would treat a good friend.
- **Focus on your breathing:** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.
- **Meditation:** You can also try more structured mindfulness exercises, such as, Yoga, lying, sitting or walking meditations. <https://heas.health.vic.gov.au/government-policies-and-guidelines/healthy-choices-policy-directive-and-guidelines-for-hospitals-and-health-services/>

COMMUNITY RESOURCES



Healthy Choices

You may have noticed some changes to the foods and drinks stocked in GV Health's staff dining room and Glasshouse Café recently. This is an important step in meeting the Victorian Government's Healthy Choices policy directive.

Look out for the **GREEN**, **AMBER** or **RED** labels on food and drink items to help you make an informed choice. **GREEN** foods and drinks are the best choice, as they provide us with essential nutrients. **AMBER** foods and drinks should be consumed occasionally, as they often contribute to excess energy (or kilojoule) intake. **RED** foods and drinks should be limited, as they are not essential in a balanced diet.

This mean you will see more foods with a green label and fewer foods with amber or red labels.

For more information on the Policy directive, please scan the QR code.



2023

HEALTH WELLBEING

EVENT

sheppartonnews#aziz.omer@gmail.com

sheppartonnews#

CELEBRATE WHAT WELLNESS MEANS TO YOU

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WELLNESS PROFESSIONALS.



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OCTOBER

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headspace shepparton is turning 10!

Join us to celebrate
headspace Day, Mental Health
Awareness Month, and 10 years of
supporting young people and families
in the Goulburn Valley region.

Food, games, activities, trivia,
smoothie bikes, henna painting,
popcorn, slushies, photobooth,
live music and more for **free!**

Drop in for a bit or stay for the day -
we can't wait to see you!

Thank you to Greater Shepparton City
Council for supporting this event.

when

Thursday Oct 12th,
10am - 2pm

where

129 High Street,
Shepparton, 3630

rsvp

please register via
the QR code below





SHEPPARTON

MENTAL HEALTH WEEK

ABOUT

Mental Health Week is a week to acknowledge that we all have mental health that can fluctuate between positive and negative. It's a time to identify within us and loved ones, that support service may be needed.

Wellways is committed to supporting people who would like more information about mental health services are available to them.

At these events, we will aim to support and service navigate what may be available to you, given your circumstances.

Wellways will have a range of employees available to support these conversations, including lived experience members of mental health.

When & Where

Date: 10th October 2023

Location: BBQ area, next to SAM

Time: 11:00AM – 2:00PM



INFO

- Free, No RVSP Required
- All community members are invited to attend.
- BBQ with Veg and Vegan options

CONTACT

Contact: (03) 58228 660

Email: sheppinfo@wellways.org



Mental Health Week

WHAT IS MENTAL HEALTH WEEK?

Mental Health Week is a week to acknowledge that we all have mental health which can fluctuate between positive and negative.

It's a time to identify for ourselves and our loved ones if support services may be helpful.

Wellways is committed to supporting people within our communities and will host three service-navigating events.

At these events, we can have conversations to explore what may be available to you, given your circumstances.

Wellways will have a range of employees available to support these conversations, including members with a lived experience of mental health.

WHEN IS MENTAL HEALTH WEEK?

Mental Health Week starts from the 9th until 15th of October 2023

WELLWAYS HOSTED EVENTS

- **SERVICE NAVIGATING** | SHEPPARTON LAKE, BBQ AREA, NEXT TO SAM
10TH OCT 11:00AM – 2:00PM
- **SERVICE NAVIGATING** | WALLAN Wellington Square Shopping Centre, 81/89 HIGH ST WALLAN
11TH OCT 11:00AM – 2:00PM
- **SERVICE NAVIGATING** | BENALLA Hub, 52 CARRIER ST BENALLA 3673
13TH OCT 11:00AM – 2:00PM

KEY INFORMATION

- All community members are invited to attend.
- No RSVP is required.
- Contact PH:58228 660 or email: sheppinfo@wellways.org if you would like more information

SCAN FOR MORE INFORMATION ABOUT WELLWAYS AUSTRALIA





HAPPY SAD MAN

a Gerwiede Bailey film



**FREE
EVENTS**

Shepparton Screenings & Filmmaker Q&A

Tuesday 17 October 2023 7:00pm - 9.30pm
Wednesday 18 October 2023 1:00pm - 3.30pm

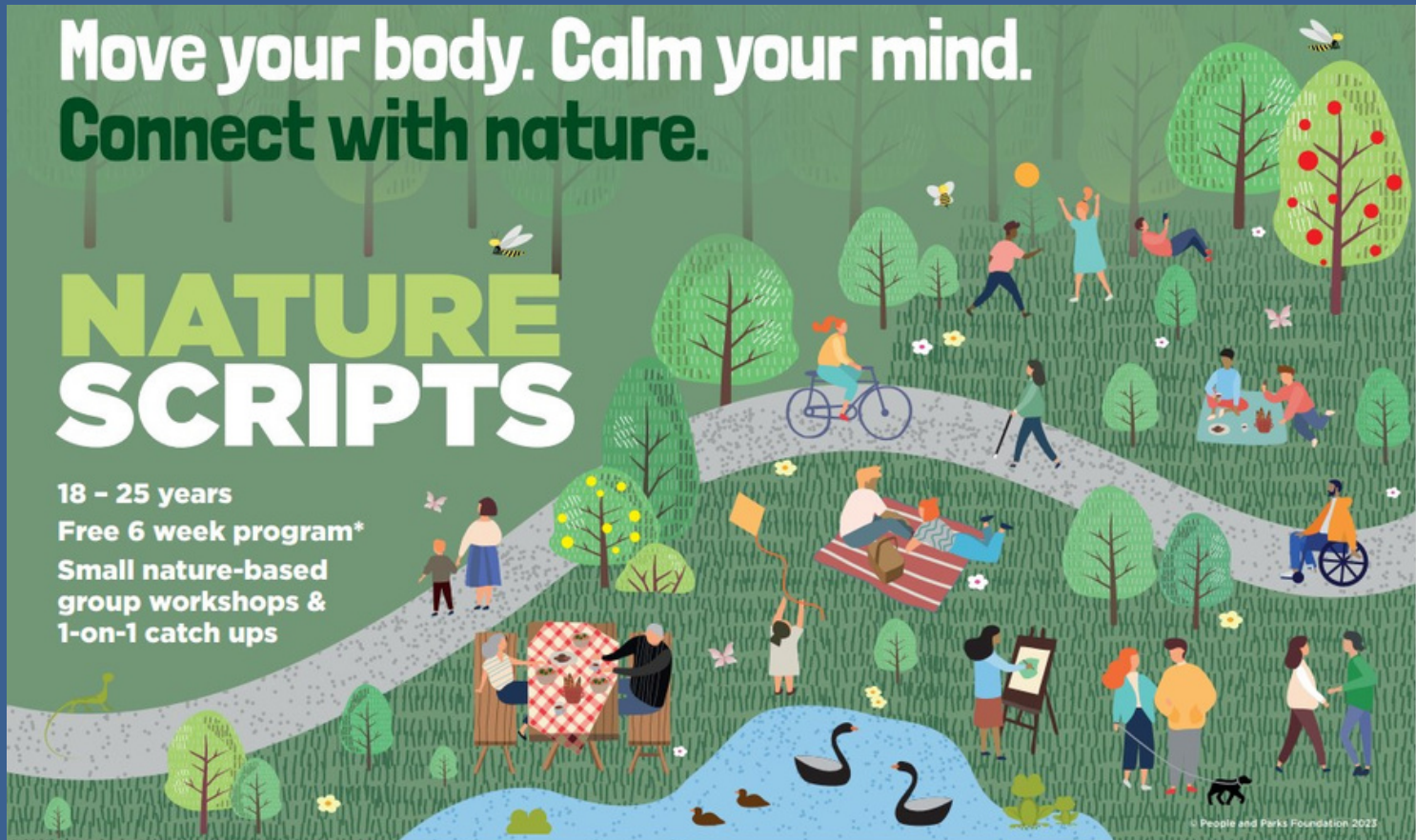
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Call headspace Shepparton on 5823 8800 if you are keen to join in!
*Times and dates vary, please contact headspace Shepparton to find out more.



Contact us:

We value your feedback and questions. If you have any inquiries, suggestions, or simply want to connect with us, please feel free to reach out. You can contact us through the following channels:

AZIZ.BHATTI@GVHEALTH.ORG.AU
SENIOR CONSUMER CONSULTANT
PHONE: 03 58 32 2111
MOBILE: 0448 283 596