

Mental Health Month Community Ambassadors



Bianca Rosetti

Hi, I'm Bianca and I am a keen advocate for prevention health and wellbeing and understand the importance of including the community, friends, and family when living with mental health. I am passionate about raising awareness that people living with mental health are active members of society.

I am involved in advocacy and peer roles in various organisations such as being chair of the Mental health consumer network, a peer zone trainer, the Lived Experience Director on the ACT Mental health community coalition board, attend Lived Experience Forums nationally, and I work casually as a MleACT instructor delivering programs to high school students. It is a great privilege to work in collaboration with mental health services to identify gaps and together work on solutions to empower the community.

I am passionate about managing my mental health I often find I need downtime to reflect on the day and week. This can look different from day to day, sometimes I appreciate just having a HOT coffee whilst other days it is sitting outside enjoying the sunshine. I love finding a good book to escape into and also am a keen cross-stitcher. I have come to realise that appreciating the small successes gets me through the day, I like to check-in every few hours to reflect on this, rather than just focus on the whole day. With health and wellbeing it is important to find what works for you and your situation rather than what is often expected of you.

In lockdown I have found routine and planning to be important, as well as reflecting on values, life balances and priorities. Not focusing on the things I cannot change, but making the best in the situation we do have. It is not an easy task but with community support I feel it can be done. I have limited myself to how often I read emails, listen to the news and check facebook. I felt at first that I was being swamped with information and this was making me drown. Knowing my limitations and expectations helps to align them with my values. I like to feel valued and appreciated for my contributions so am thankful for opportunities to genuinely share my experiences.

To me being an ambassador is about empowering people to look at their mental health and seek support to improve their daily life. The theme navigating your mental health is about finding that pathway to suit you. Having someone to travel with you on the road and guide you when you ask. The guidance can come from either structured services or from people in your life or a combination of both. We as a community need to support people when they ask for help rather than letting them go blindly down the road. I was left going around roundabouts for several years before finding the right mentor to guide me to listen to self, build up health literacy and begin to drive my own path. I would like to provide hope that we can drive together down the road until you have the skills to take control.