

Mental Health Month Community Ambassadors



Rose Beard

Rose is a formidable force of hope, encouragement and recovery.

Rose is a mental health consumer, and has been a carer for her son throughout his life. Throughout her life Rose has survived domestic violence, suicide attempts and Ovarian cancer. She has fought for her family in court, for protection and full custody.

These all left an impact on Rose as she lives with post traumatic stress disorder, anxiety and mental ill health. But Rose has brought her hope and faith to the front of her recovery journey. These days Rose can be found advocating for and encouraging others on their mental health recovery journey as a representative with the Mental health Community Coalition ACT, ACT Mental Health Consumer Network, The Woden Community Services Way Back governance group and in speaking engagements at conferences such as the National Suicide Prevention conference.