
From: Prasheela Karan
Sent: Thursday, 9 January 2025 5:34 PM
To: Committee Social Issues
Cc: Richard Baldwin; Jonathan Harms
Subject: CM: Re: Prevalence, causes and impacts of loneliness in New South Wales - Post-hearing responses – 12 December 2024
Attachments: TRANSCRIPT - Social Issues - Loneliness - January 9 2025_Mental Health Carers NSW.pdf; OurWordsMatter_Guidance-Cards_Final_260423_05_MH.pdf; OurWordsMatter_Guidance-Cards_Final_260423_02_Self_harm.pdf; OurWordsMatter_Guidance-Cards_Final_260423_01_SuicideFF.pdf; misred---report-1---review-of-existing-australian-stigma-and-discrimination-initiatives-and-evidence.pdf; misred---report-2---targeted-consultations---interim-report.pdf; misred---report-3---lived-experience-consultations.pdf; misred---report-4---indigenous-consultations.pdf; misred---report-5---final-summary-and-recommendations.pdf; stigma-strategy---abstarr-workshop---final-report.pdf; stigma-strategy---cald-engagement---final-report-for-publication.pdf

Dear Teneale

Thank you. Richard and I have looked through the transcript. We would like to note one correction, which we have indicated on page 58 (see third paragraph where '2015' is replaced with '2017'). I have attached the transcript in this email.

We'd like to thank the Committee for the opportunity to discuss the contributions of mental health carers, and important ways to recognise and support them.

Please don't hesitate to contact me should you have any questions.

Kind regards, Prasheela

Prasheela Karan (she/her) – Senior Policy Officer and Team Coordinator
Mental Health Carers NSW (MHCN) – Working Days Mon, Tues, Wed & Fri, 9am - 5pm

Carer Connections Line: 1300 554 660 - Available Monday - Friday, 9.00 - 4.30

W: [mentalhealthcarersnsw.org](https://www.mentalhealthcarersnsw.org)

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**Mental Health
Carers NSW**



I acknowledge the Gadigal people of the Eora Nation as the traditional custodians of this land and pay my respects to the Elders both past and present. Sovereignty was never ceded. Always was, always will be: Aboriginal Land. I also acknowledge the unique and invaluable experience of those with lived experience of mental distress, and the insight and wisdom of those who love and care for them. I pledge to prioritise and honour this expertise in my work.