Our vision is that all people in Australia achieve the best possible mental health and wellbeing.

“Even the most disadvantaged Australians should be able to lead a ‘contributing life’ – whatever that means for them – and this simple goal will be our touchstone and yardstick.

Allan Fels, Chair
What we do

We work across all areas that promote mental health and prevent mental illness and suicide – not just government and not just health services.

We know that people can – with the right supports at the right time – recover from or manage mental health difficulties.

Our job involves three main things:

> **Reporting:** We make an annual Report Card on Mental Health and Suicide Prevention which shows how all sectors are contributing to our mental health and wellbeing. This will give Australians a better idea of where we are doing well and where we need to do better. As well as looking at the facts and figures, we also tell the real and everyday experiences of Australians. Our first Report Card comes out at the end of 2012.

> **Advising:** We use our influence, relationships and reports to give honest and independent advice on where and how Australia can better support people with a lived experience of mental health difficulties, their families and support people.

> **Collaborating:** We work with others across all sectors to influence positive change. We also encourage more collaborative ways of working, by helping to bring people together who have the same goals and the same vision.

Who we are

Our ten independent Commissioners come from all over Australia and have different personal and professional expertise and experiences.

Professor Allan Fels is our Chair and Robyn Kruk is our CEO and an ex officio Commissioner. We have a small team based in Sydney who support the Commissioners and manage the day to day business. We have a budget of $32 million over five years.

We meet at least six times a year. At least half of our meetings are outside of the capital cities and one is dedicated to Aboriginal and Torres Strait Islander issues.

Learn more about the Commissioners and stay updated with our e-news subscription service at www.mentalhealthcommission.gov.au

Why we are here

We are Australia's first National Mental Health Commission. We were set up on 1 January 2012 to report independently to the Prime Minister on what’s working and what’s not.

Everything we do will be to improve the lives of Australians with a lived experience of mental health difficulties and suicide risk, their families, friends and other support people.

We do not...

Get involved in individual cases or advocate for individual people or groups: we are an advocate for system improvement and better accountability.

Provide services, grants or funding for major projects or campaigns: we are not a fund holding body.

"People with mental health problems want the same things as everyone else. A home, a decent education, good clinical treatment, a job or something meaningful to do, family, friends and healthy relationships, justice and rights.

Janet Meagher, Commissioner"

"We're a really small group and we don't control the money. But we can be a catalyst, a collaborator and an influencer. For example, we can't put how we measure and track real experiences of families in the too hard basket.

Jackie Crowe, Commissioner"

To find out more about what we're doing and what we plan to do in each of these areas, you can read our Strategies and Actions 2012-2015 at www.mentalhealthcommission.gov.au