

2021–22 Federal Budget

Initiatives for parents and carers

Carers, family and friends of people living with mental health challenges can experience feelings of isolation, fear and doubt that can become overwhelming.

We encourage you to read the full mental health and suicide prevention budget document available on our website to understand the following information in context.

Key budget initiatives for parents and carers:

- **\$278.6 million** headspace youth treatment centres to continue to safeguard the wellbeing of young Australians aged 12–25 by strengthening, enhancing, and expanding the headspace network including: expanding the national headspace network by establishing 10 new headspace centres and upgrading 5 satellite services, bringing the total number of headspace services across Australia to 164, and working jointly with states and territories to boost clinical capacity at existing headspace services.
- **\$171.3 million** to ensure continued access to Commonwealth psychosocial support services for 2 years, from 2021–22, under a single consolidated program
- **\$111.4 million** to support the take up of group therapy sessions and participation of families and carers in treatment provided under the Medicare Better Access to Psychiatrists, Psychologists and General Practitioners initiative
- **\$47.4 million** to support the mental health and wellbeing of new and expectant parents including to:
 - expand existing support services provided by Perinatal Anxiety and Depression Australia,
 - provide continued funding to support digital perinatal mental health screening,
 - develop a perinatal mental health minimum data set to support the identification of gaps in screening and to support evidence-based investments in perinatal mental health services, and
 - deliver universal perinatal mental health screening in conjunction with states and territories

It's estimated that there are 240,000 Australians who provide ongoing unpaid care for an adult living with a mental illness, most commonly a partner or a child



- **\$26.9 million** to provide additional support for people with eating disorders and their families. This will build on existing interventions by improving quality and availability of care from early intervention to recovery. This includes:
 - delivering the final phase of the workforce credentialing project to ensure all Australians have access to high quality care delivered under the Medicare eating disorder items,
 - providing training to staff working in Adult Mental Health Centres improving access to free, timely and quality care,
 - establishing a National Eating Disorder Research Centre to coordinate and conduct world-leading research into eating disorders, and
 - continuing Eating Disorders Families Australia's strive program, providing mental health support for families and carers of people with eating disorders.
- **\$13.1 million** to support ReachOut Australia to continue delivering free, high quality digital mental health services to young Australians aged 12–25, their parents, carers and schools
- **\$11.1 million** to improve the experience of and outcomes for people with complex mental health needs, including cognitive disability and autism, through a range of targeted initiatives. This includes funding for SANE Australia to pilot specialised mental health services and interventions for people with complex mental health needs, and additional training and education for the mental health workforce to better meet the needs of people with cognitive disability and autism.
- **\$0.3 million** to work with mental health stakeholders to investigate and codesign future national peak body arrangements to provide consumers and carers with a greater say in the future of the mental health system.

Some of the key Budget initiatives for everyone:

- **\$487.2 million** to deliver critical community-based multidisciplinary, coordinated care for adults experiencing mental ill-health, including Head to Health adult mental health treatment centres to improve access to community-based mental health services.
- **\$158.6 million** for universal suicide aftercare services to all Australians discharged from hospital, and piloting of broader referral pathways to anyone who has attempted suicide or experienced suicidal distress that may not have presented to a hospital.
- **\$117.2 million** to establish a comprehensive evidence base to support real time monitoring and data collection for Australia's mental health and suicide prevention systems. **\$111.2 million** to create a world-class digital mental health service system, including:



- Commencement of the transformation of the existing Head to Health gateway into a comprehensive national mental health platform providing greater access to high quality, free and low cost digital mental health services and treatment.
- Providing support to existing digital mental health services, including to manage the continuing increased demand due to the COVID-19 pandemic and 2019-20 summer bushfires.
- **\$58.8 million** for growing and upskilling the mental health workforce, including:
 - Boosting the psychiatrist workforce by increasing the number of training places available, including in regional and remote areas
 - Increasing the number of nurses, psychologists and allied health practitioners working in mental health settings through 280 scholarships and 350 clinical placements
 - Sponsoring up to 390 peer workers to undertake vocational training
 - Reducing the stigma associated with mental health among health practitioners, and promote mental health as a preferred career option
 - Supporting greater representation of Aboriginal and Torres Strait Islander peoples in the mental health workforce through additional mental health-specific scholarships
 - Providing training to support healthcare workers to deliver culturally safe care
 - Continuing mental health training for practitioners working in aged care and supporting professional collaboration through the Mental Health Professionals' Network.

The Government is also leading work with state and territory governments, through the National Agreement on Mental Health and Suicide Prevention, to achieve stronger governance structures and clearer roles and responsibilities to support a more connected and accountable mental health and suicide prevention system.

National FREE 24/7 Crisis Services

[Lifeline](#) | [13 11 14](#)

[Suicide Call Back Service](#) | [1300 659 467](#)

[Kids Helpline](#) | [1800 55 1800](#)

[Coronavirus Mental Wellbeing Support Service](#) | [1800 512 348](#)

[Beyond Blue](#) | [1300 22 4636](#)

<https://headtohealth.gov.au/>

* Diminic et. Al. (2016) [The economic value of informal mental health caring in Australia](#)



Australian Government
National Mental Health Commission