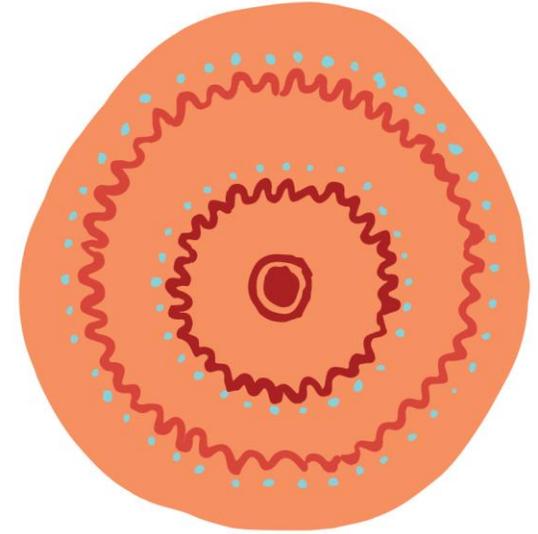




Australian Government

National Mental Health Commission

**Making
Connections
with your
Mental Health
and Wellbeing**



Thursday Island, QLD

03 July 2019

31 Participants

This snapshot identifies key points from the
Town Hall Meeting

Content from all Town Hall Meetings is being
collated by the Commission

Making It Better

Participants were asked for input on a better mental health system.

Direct comments included:

- 'Cultural recognition, training and reconnecting people to land, culture and spirituality'
- 'Strong family units, with less Islander men leaving their partners, and less alcohol in the community'
- 'Allowing the truth to be told and giving people the right to overcome past traumas; having the right people in the wellbeing and healing spaces'
- 'Strengthen elder and cultural healing knowledge'
- 'A focus on children being raised happily and healthily'

Include in the Vision

Participants were asked for key aspects to be included in the vision of a new system.

Direct comments included:

- 'Grassroots capacity building for members of the community to listen and watch out for each other. These people could be connected to schools or workplaces and really watch out and listen, and if need be, refer or escalate to formal services'
- 'Greater consciousness and community awareness of the signs and causes of mental health issues. If people isolate themselves, those two or three people that they're still in contact with need to know where help is'
- 'Have people who have gotten better as examples and workers to help those who are feeling low'
- 'Making sure a vision is beneficial for our community, that it will be realistic and acceptable for our community, be properly resourced and appropriate services are resourced; the vision should be voices from our community, grass roots level'

Thank You, Thursday Island

The Commission thanks the community for their comments and suggestions on improving our mental health system

Ways to stay connected:

- ✓ Attend a Town Hall meeting
- Read the snapshots from your community and other communities in Australia
- Take the survey online (coming soon)
- Follow us on Facebook (@NMHCAustralia) and Twitter (@NMHC)
- Join the conversation online using #ConnectingWithYou

