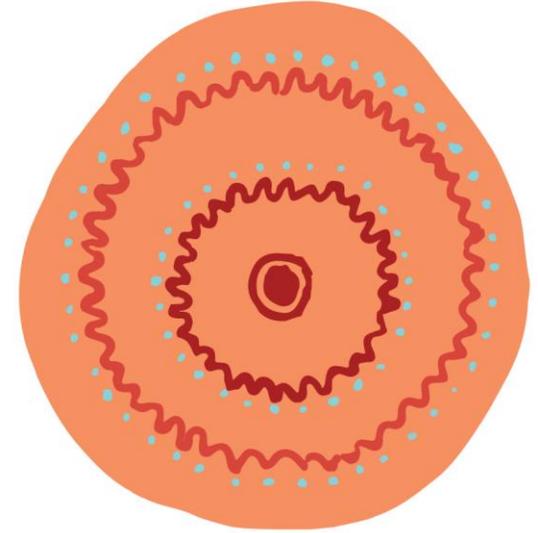




Australian Government

National Mental Health Commission

Making Connections with your Mental Health and Wellbeing



Melbourne, VIC

25 July 2019

61 Participants

This snapshot identifies key points from a session conducted at the National Suicide Prevention Conference in Melbourne.

The content was generated from Conference attendees and stakeholders.

Exploring Mental Health



Participants were asked to share 3 words that come to mind when thinking of mental health:

- Shame and discrimination emerged as common responses, with the discrimination factor strongly linked to LGBTIQQA+ discrimination
- Other common responses included costly and challenge

Help Seeking

Participants were asked what stops them or someone they know from seeking help.

Direct comments included:

- 'Self-stigma / internalised shame'
- 'Trying to figure out what places won't actively discriminate against me'
- 'Negative consequences – being diagnosed with a mental illness may mean loss of children in courts or loss of employment'
- 'Trust or confidence that the person I am confiding in will keep it confidential'
- 'Trauma from bad experiences and fear of being retraumatised'
- 'Having complex needs that can only really be met by separate parts of the system completely and together – for example physical and mental health issues'
- 'I think the most disheartening thing about it all is having to tell your story again and again, it is just exhausting'
- 'There's no family respite, we would love to be managed and have someone come to us'
- 'The system is letting down some of the most vulnerable and marginalised people in our society'

Big Ideas or Initiatives

Participants were asked for one big idea or initiative to improve mental health in their community.

Direct comments included:

- 'Funding flip – transition back to community and preventative support'
- 'Safe spaces / safe havens – something that is embedded in our community that is a safe space for families and individuals and it is relaxing for people'
- 'Wouldn't it be great if you could book in and connect with any mental health service just as you do for physical health services'
- 'Counsellor moderated support groups – an opportunity for young people to connect with one another that is relevant to their age group'
- 'Individualised mental health plans'
- 'Transgender is no longer a diagnosable illness'
- 'Flexibility of MBS'
- 'Mental health education on every school curriculum with rites of passage programs to work alongside prevention programs'
- 'Every workforce has safe talk and mental health training at induction'
- 'Mandatory suicide intervention training in workplaces and communities such as LivingWorks ASIST training for all populations'

Thank You, Suicide Prevention Australia

The Commission thanks the National Suicide Prevention Conference attendees 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

