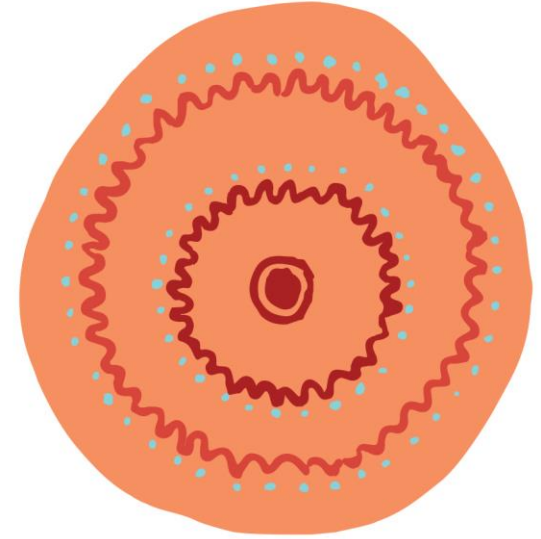




Australian Government

National Mental Health Commission

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



Kalgoorlie, WA

11 July 2019

39 Participants

This snapshot identifies key points from the
Town Hall Meeting

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

Help Seeking

Participants were asked what stops them or someone they know from seeking help. From general discussion, responses included:

- Embarrassment, stubbornness, denial, shame and stigma
- Fear of losing my job, confidentiality in a small town
- Lack of culturally safe places, racism
- Fear of the unknown
- No trust or confidence in the professionals
- Substance abuse
- Cost of good services and support
- Not sure how to recognise own mental health
- Debilitating condition – unable to get out of bed

Big Ideas or Initiatives

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

Direct comments included:

- 'Nan's House' community safe space: Food always available, a warm bed and a roof. Can bring your kids if you need to or just yourself. Programs to build resilience and connection available. Can rock up and stay as long as you need. Services can drop in. Culturally safe spaces for LGBTQIA+ people and First Nations people. Tools for self care and self management outside of the facility. Homey vibe, caring staff. Reduce the reliance on the family'
- 'Community education with aim of all people in the community understanding mental health and feeling empowered and capable of supporting family and friends in at least some capacity'
- 'A community to cover all aspects of wellbeing (spiritual, health, mental health, culture, etc). Funded by local, Federal, State and private. Everyone, at all levels, taking responsibility for the community's needs'
- 'Separate mental health emergency department or 24hr crisis centre'
- 'One oversight for mental and physical health. Funding has a KPI of working together with other support groups, ie: Housing, Drug & Alcohol, Depression/anxiety. Support groups having the capacity to work alongside others, ie: MH Clinic social worker with Centrecare '
- 'Medical health model PLUS holistic treatment, including recognising and using traditional healing
- '5 star concierge service to help you find what fits you. Consumer chooses the service, the clinician is not assigned a case'
- 'Act - Commit - Belong funding to prevent problems of isolation and disconnectedness'

The Developing Vision

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

Responses included:

- The need for the system to shape around the needs of our community and the people within it
- Getting connection between all the organisations that support us
- A system that is accessible, consistent and safe

Perceptions in 2030

Participants were asked for input on how they would like people to perceive mental health and suicide prevention in 2030.

Direct comments included:

- 'Everyone taking responsibility for the community's needs'
- 'Leadership from the top'
- 'Big, safe spaces and hubs that cover all aspects of wellbeing'
- 'Building resilience so people can self-manage'

Thank You, Kalgoorlie

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

