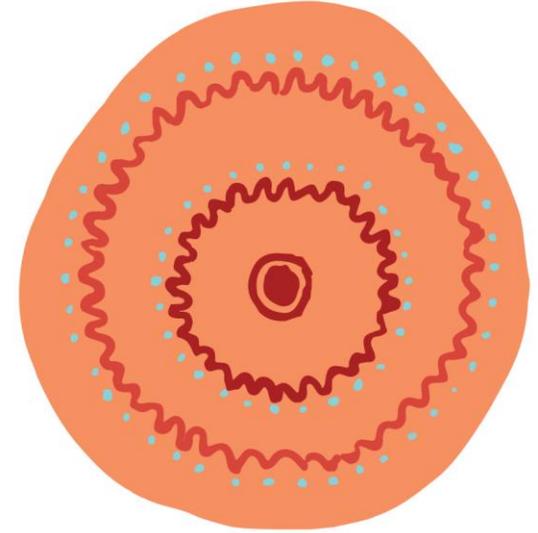




Australian Government

National Mental Health Commission

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



Brisbane, QLD

29 July 2019

54 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.

Direct comments included:

- 'Fear. Fear of the system, fear of being labelled, fear of the reactions I may get. Fear of losing my job, fear of losing my kids'
- 'My GP invalidating my experience and misdiagnosing the situation'
- 'Lack of timeliness to support, eg: time taken to get an appointment with a psychiatrist'
- 'Nowhere to go and no-one to ask. No holistic family services where people can come to your home. We need more services like Big Brother Big Sister for siblings and to help kids, before they get suicidal. People for carers to talk to and offload to'
- 'Self treat with substance use then the shame associated with the substance use'
- 'Inconsistencies between mental health professionals, in regards to conditions, medications, etc'
- 'Belief that it is the bad consequence of previous bad deeds'
- 'GPs are overloaded with 'brochures' for support services but not equipped to deal with the person in front of them'

Help Seeking

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

Further direct comments included:

- 'The support services available are designed to help people in absolute, acute crisis not for early, proactive intervention. Patients aren't taken seriously until it's reached an extreme level'
- 'Mental health support isn't accessible, without comfortable finances'
- 'The advice is insincere, the hope for recovery is hollow, and the narrative is unrealistic and noisy'
- 'Shame from the feeling that I should be able to cope without help'
- 'Mental health workers not having a lived experience of mental illness – focussed on the diagnosis rather than the person'
- 'It takes so much effort to appear well and function like someone who can easily access support'
- 'Bosses don't do wellness at work, they do supervision. Most workplaces burn and churn and don't care about their employees' needs'
- 'If a young person opens up about mental health issues, their career options are reduced'
- 'Getting stuck in the referral loop'

Big Ideas or Initiatives

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

Direct comments included:

- '25% of the mental health budget compulsorily legislated to the community'
- 'You know what would be awesome? Senior Leaders (eg: the Prime Minister) talking about their own experiences with mental health regularly and publicly'
- 'Fund more community organisations that adopt the Clubhouse model of community support. Group-based engagement that fosters relationships and connection, assists to prevent hospital admissions, and provides support to navigate the system if necessary'
- 'A public education program conducted in prime time. Perhaps after the New Zealand model'
- 'Mental health nurses in all schools, 5 days a week'
- 'Every GP and medical centre legally obliged to provide access to a Mental Health GP'
- 'A wellness central hub – not attached to hospitals – that can deal with crisis and people who are unwell. The hub would operate as a hub and spoke model and connect to established services which run programs easily referred into'
- 'A measure of wellbeing as part of our Federal economy. Look to New Zealand and the 'well being budget' that values people over profit'
- 'Consistent funding for every type of mental health issue, from community to crisis, from social to support. No defunding of one model (community) to divert to 'crisis only' services'
- 'Mental health first aid and suicide prevention training to be available and as mandatory as physical first aid in all workplaces, educational settings, sporting clubs and faith based organisations'

Big Ideas or Initiatives

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

Other direct comments included:

- 'Establish community based services across the country which include public, private and NGO providers operating together and including AOD, employment and housing services. Each centre to have 6-8 beds up stairs which are not hospital admissions'
- 'All hospitals should have a mental health ward'
- 'Follow the Aboriginal medical services model of wholistic care with regular health assessment for health and wellbeing, with a single point of access to all services, including social and emotional wellbeing officers'
- 'Everyone who needs it has a paid-for guardian angel who helps them directly and helps them navigate the system. This person may be a 'case-worker' but the case-worker only manages as many people as they can manage'
- 'Education and screening programs beginning in primary schools to foster compassion and facilitate early intervention, continuity of care and indeed prevention'
- 'For Police engaging community members with possible MH concerns; Police could consider mental health quick assessment tools like interRAI's brief mental health screener – and then change their direct behaviour and associated language'
- 'Criminal justice reform – reform prisons in to therapeutic healing spaces / end youth detention'
- 'Reconstruct the way our communities are built (eg: communal gardens shared in the middle corners of every 4 houses)'

The Developing Vision

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

Responses included:

- Humanising
- Innovative and forward thinking
- Financially affordable
- Pragmatism

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:

- 'Thriving not just living'
- 'Agile and responsive'
- 'Holistic and evolving'
- 'Person centred care that is individualised to value each person'

Thank You, Brisbane

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
- Follow us on Facebook (@NMHCAustralia) and Twitter (@NMHC)
- Join the conversation online using #ConnectingWithYou

