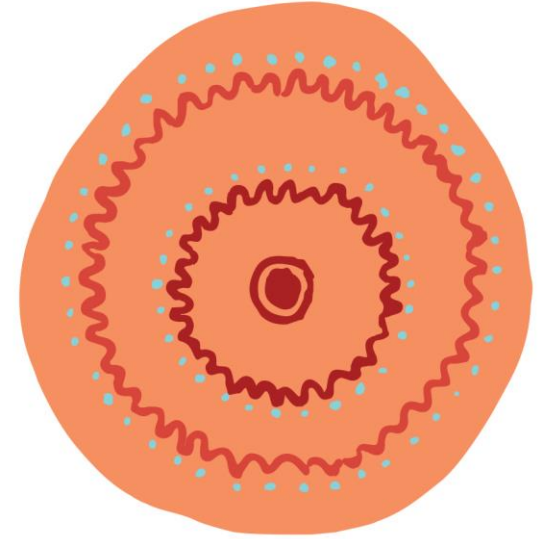




Australian Government

National Mental Health Commission

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



**Perth, WA
10 July 2019**

68 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:

- Fear of judgement, worried what people will think
- The shame and stigma that come with the term 'mental'
- Trying to get help whilst juggling childcare, transport, money, business hours etc
- Not being understood, not being heard, being 'fobbed off'
- Wait-lists and wait-times for help
- Navigating the system is difficult, not knowing where to go
- Getting the motivation and energy / bravery to get out and access services
- Push back from services, apparently 'not sick enough', apparently 'too sick' for services
- Pride

Big Ideas or Initiatives

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

Direct comments included:

- 'A welcoming place well known in every community where people can go and connect with others who care and support, with no shame or stigma'
- 'Support and education of the family of people who need help. Help develop personal support networks, eg: a teenager who is mentally ill has help working with their family to develop supportive relationships'
- 'Make mental health everyone's issue. We all have a stake in good mental wellbeing. Stop it from being a problem of others for others'
- 'Invest in mental health spaces in work places where people are encouraged to go'
- 'Peer workers (lived experience experts) working in every emergency department, psych hospital and community mental health organisation'
- 'Fund the National and WA State Mental Health Plans'
- 'Have a Youth Stream that is implemented by Federal and State. Part of the approach is Youth Hubs that can cover prevention, mild, moderate and severe and can cover both mental health and drug and alcohol services. A single referral navigation'
- 'Policy change with Local Governments to encompass Wellbeing and Suicide Awareness'

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:

- 'It should be looked at as the wellbeing of a person, no matter mental or physical'
- 'That it is no longer shameful to admit you need help or to seek help. That it is normalised in a way that you take Panadol for a headache or see a doctor for a broken bone. No shame in those'
- 'Holistic approach to all health for all. All people are involved in the process of developing and sustaining their wellbeing and the wellbeing of their community'
- 'A navigable one-stop-shop system that inspires hope and can be accessed when needed. Mental health can change day by day, week by week, and month by month...'
- 'Holistic, person-centred approaches where people tell their story and can learn new skills of self-reflection, choice, boundaries'
- 'Just a normal part of life. That we understand health to be a continuum'
- 'More discussion at schools on boundaries, how to say no, mindfulness, DBT (Dialectical Behaviour Therapy), coping with stress, etc'

Thank You, Perth

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



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