



MENTAL HEALTH HEROES NOMINATION FORM

#WMHDHeroes
#Worldmentalhealthday

Background

There are over 76,000 FTE members of the mental health workforce in Australia psychologists, psychiatrists, GPs, mental health social workers and mental health nurses and liaison officers, non-clinical workers and Lived Experience and peer workers. There are thousands more, such as educators and early learning professionals, social workers, youth workers and community leaders, who are dedicated to supporting the mental wellbeing of others. We're hoping you can help us celebrate them.

This Mental Health Month, the National Mental Health Commission will recognise the outstanding work of the Mental Health Workforce in keeping Australians safe.

Since the bushfires of Dec 2019, this workforce has kept rising to the challenges presented by COVID-19 and various natural disasters by stepping up to increase service delivery and be there to support Australians.

The Commission will encourage Australians to celebrate the workforce through a social media campaign that will recognise individuals from the mental health sector who have been nominated by their organisation for their dedication to their profession and outstanding commitment to the mental health of Australians over the last 18 months.

This is an opportunity to do a public shout out and show gratitude to a person on your team. Often this important work goes unrecognised, but its impact is long lasting and often lifesaving.

How to highlight a mental health hero

Step 1: Tell your staff member that they are awesome, and that you want to highlight their amazing contribution to the mental health sector. Ask them to complete the below form.

Step 2: Decide if you will send us a video or a photo of your hero to accompany their responses.

Step 3: Return to engagement@mentalhealthcommission.gov.au

PLEASE SEND THE COMEPLTED FORM BY 30TH SEPTEMBER 2021



Australian Government
National Mental Health Commission



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Name of the Mental Health Hero	
How can the Mental Health Hero be contacted? (email and phone)	
What organisation do you work for?	
What's your role?	
Who do you help?	
Why is access to mental health care important?	
What is one mental health tip you would like to share?	
What are your organisation's social media handles?	
Do you have any specific hash tags for your organisation?	

To complete the form, we require either a high-resolution image or a video response. If you would prefer to answer the above questions via video, please see our video tips.



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Filming Guidelines from a Smartphone

1. Set up

While landscape (horizontal) is preferred we are also happy with portrait (vertical) if that is easier for you. The phone should be fixed so there is no movement. Use a tripod if possible but if not you can use a plastic or paper cup. Simply turn it upside-down and cut a slot in the base so your Smartphone can sit in for an improvised tripod.

2. Settings

Ensure your video resolution is set to 4K if possible (1080HD is next best) and the frame rate is at 30fps. Ensure you are using the built in camera and NOT the selfie mode. Make sure your lens is clean.

3. Lighting

Ensure the main light source is facing the subject, never behind them. Natural filtered light is best (avoid direct sunlight), so shooting near a window or outdoors (weather pending) is preferred.

4. Sound

Smartphone microphones are not the best so ensure there is minimal external noise (TV, radio, people, traffic, wind, etc.). If ambient noise is still causing an issue, a second phone can be used to record audio. Place it in front of the subject but out of the shot and the audio can be synced in post.

5. Composition

Set the smartphone up at the chest height of the subject. Make sure there are no distracting or personal objects in the background. Check there are no unwanted reflections in the framed area. The subject should be in the centre of the frame (a little left or right is ok). From the top of the head to just below the chest needs to be in frame so we can see the hand on the heart (see example).

Example



6. Exposure and focus

With the subject in place, tap on their face on the screen to set the exposure and focus point. If you are the subject and also the videographer, place an object where your head will be.

7. Do a test video

Check the quality of the lighting, the sound, the composition and the focus and adjust the set accordingly.



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8. Shooting with an assistant

If you have assistance, ensure you are following the guidelines of social distancing as well as cleaning surfaces and using hand sanitizers.

9. Shooting alone

If you are shooting alone, press record before positioning yourself. Take a moment to compose yourself and begin. If you make an error, wait a few moments and begin again.