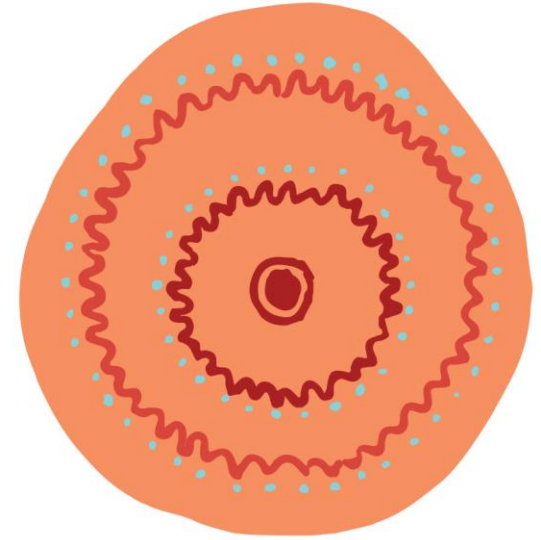




Australian Government

National Mental Health Commission

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



Nhulunbuy, NT

16 July 2019

14 Participants

This snapshot identifies key points from the
Town Hall Meeting

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

Exploring Mental Health



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

- Shame came up as the most common response
- Struggle, misunderstood and taboo were mentioned often
- Trauma, isolation, disconnection, loneliness, burden and stigma were mentioned a number of times

Help Seeking

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

Responses included:

- Embarrassment or feeling shameful about their lives
- Complicated referral processes, not knowing what to expect from services, most people have tried and become disillusioned
- Access to services out of hours is almost non-existent
- We can fix the physical but it is so much harder to address what we can't see or feel
- Not sure if it can actually help me, the hospital can't fix what is happening in my family
- The cost of psychiatry, counselling and all those things beyond what a GP can do
- The system doesn't come together, each clinical area operates on its own
- Massive turnover of staff, lower cultural understanding by short term professionals
- Family member or carer trying to get help gets abused as well, they also become victims
- Not seeing a primary health collective impact in practice, still a model of sickness, not health

Big Ideas or Initiatives

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

Direct comments included:

- 'Empowerment of clan based community structures to strengthen wellbeing'
- 'Local decision making, place based models – funded for success ...'
- 'Full time, long term, culturally trained (maybe even Yolngu Matha speaking) mental health professionals in clinics and community'
- 'Unification of funding streams and allocation of management responsibility of Mental Health Services in the Region under one roof:
 - Integration of SEWB / AOD Services
 - Improvement of Medical, Nursing, Allied Health Services in PHC and emergency services'
- 'Healing centre and knowledge centre that work together'
- 'Recognition and funding for a traditional healing centre'
- 'Mutual respect (reciprocal). Bala Ga lili (give and take)'
- 'More housing to relieve the housing crisis'
- 'Use the enormous untapped resource of the local Yolngu people by employing them in the hospital, clinics and service programs'
- 'Collective impact makes sense but it requires skillful champions and navigators to get it happening on the ground'

Thank You, Nhulunbuy

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

