



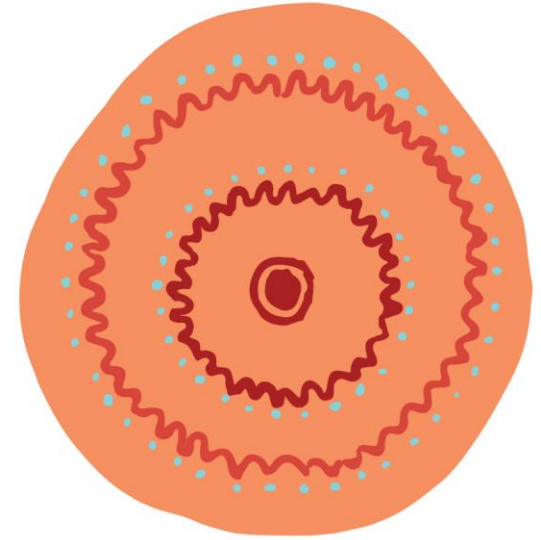
Australian Government

National Mental Health Commission

Palmerston, NT

05 July 2019

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



28 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 and Help Seeking



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

- Illness, stigma and anxiety were the most common responses
- Advocacy, self care and wellness were identified as important

Participants were asked what stops them from seeking help. Responses included:

- Lack of access to services and long wait times
- Don't know my rights
- Not understanding our particular and different cultural worlds
- It's hard to make decisions when you are unwell

The Developing Vision

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

Responses included:

- Include 'connectedness' between people, especially as so much of our communication is now technology based
- 'Connectedness' between and within organisations, to create a connected system
- Causative stresses and social determinants have a foundational effect on mental illness and mental wellbeing;
- the vision needs to recognise that these whole of life issues such as climate change, humanitarian issues and a lack of positive national dialogue all impact on how people feel about their mental wellbeing

Big Ideas or Initiatives

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

Direct comments included:

- 'Mandatory mental health education for every young person embedded into schools'
- 'Let's start hiring more people from different backgrounds in the system ... especially the young people, I believe they have the power to make a big difference with their experience and education'
- 'Ensure GPs and NGOs are mental health capable. Have a structured service map of mental health services across all sectors – public and private. Embrace technology and make services that are not accessible in the NT easily attainable through telelink'
- 'More therapeutic facilities, more areas with space to heal and to explore traumatic experiences'
- 'Health promotion agencies and services that help local businesses best build mental health awareness and support into their structure and staff management'
- 'Take Mental Health out of the NDIS'
- 'Invest in families. The value of MH Carers is \$13 billion per year - more than every other service put together'
- 'Service integration across wellness spheres and transparency through service mapping for both consumers and staff'

Perceptions in 2030

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

Direct comments included:

- 'Normalised human experiences that people are comfortable to talk about with others'
- 'When all health professionals treat mental health with respect, as part of their business and treat it with the same importance as other major health ailments'
- 'As preventable, as recoverable, as something that is easy to access the right level of support at the right time, with choices between medical, social, and psychological services'
- 'Suicide as a historical point of shame - it no longer exists. Mental health as a routine issue that some people endure like tonsillitis, with world class prevention, support and treatment'
- 'Holistic health. Mental health having the same awareness as physical health and having mental health assessments and professionals as part of an every day health process'
- 'Understanding and acknowledgement that whole-of-life may include times of mental health and physical health challenges and conditions, and are responded to accordingly'
- 'Seeing mental health challenges discussed in similar ways that the flu is discussed: clear pathways to recovery, self care strategies and additional supports'

Thank You, Palmerston

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

