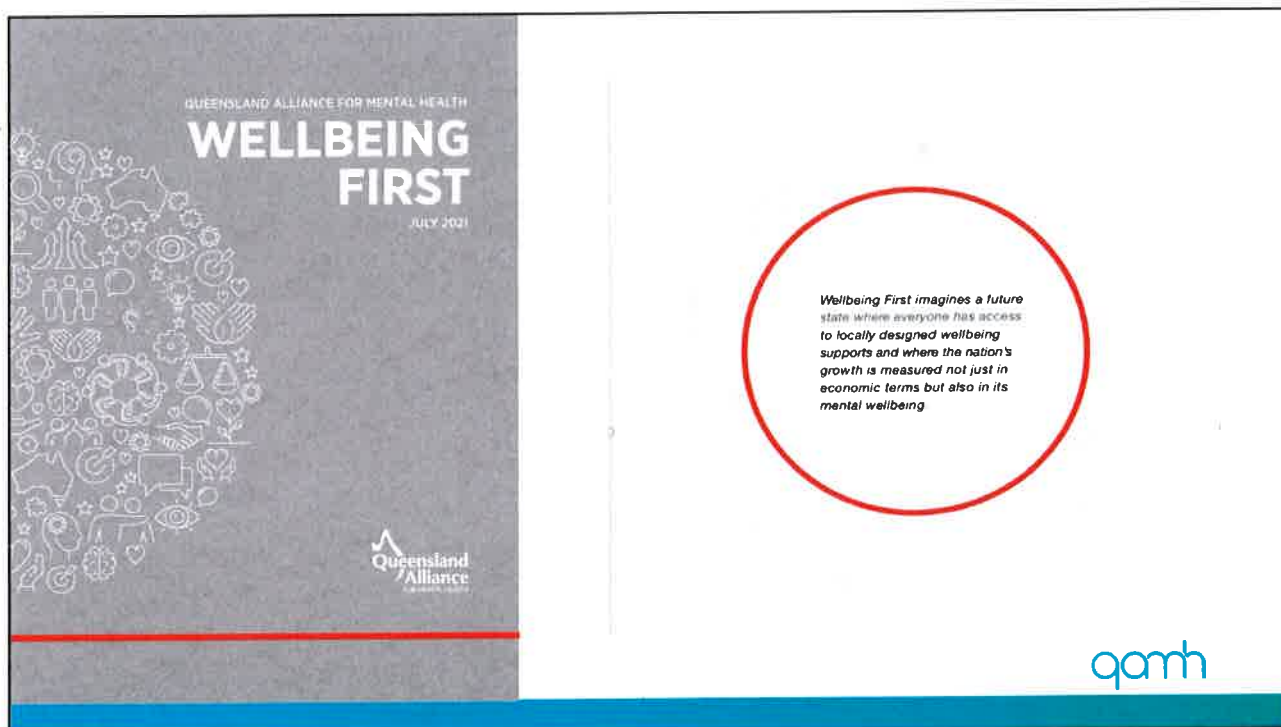





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## The Mental Health Crisis


- COVID-19
- Productivity Commission Report
- Human Rights Act

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## Impacts of COVID-19

- Amplified the problems in the system
- 40% Increase in calls to support lines
- 78% Australians report mental health worsened
- 80% moderate to extreme loneliness
- 55% Australians drinking alcohol at levels hazardous to health
- Impact on young people
- Impact on older people and socially disadvantaged
- Geography of QLD




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## The arguments

- Personal experience
- Economics
- Reduce the burden on acute services
- Culture and stigma
- Limitations of the system
- Identity of the sector
- The challenge of actioning reform

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## Imagine...

- Everyone has access to support, designed locally that prevents mental ill-health, languishing and distress.
- We have the skills and resources to successfully navigate the vulnerable, uncertain, complex, and ambiguous situations we face personally and collectively.
- Everybody in the community can ask for help regardless of ability, health, social, cultural, or economic status without being labelled a person with a mental illness.
- We all value and invest in community initiatives that foster collective wellbeing and our nation's productivity is measured not only in terms of economic growth but also its mental wealth.

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# Emerging opportunities

Community Mental Wellbeing Sector

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The absence of  
Mental Health is  
as bad as the  
presence of  
Mental Illness



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## Mental Wellbeing (health):

*"a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (WHO, 2004).*

**Mental Wellbeing** = Emotional Wellbeing + Social Wellbeing + Psychological Wellbeing

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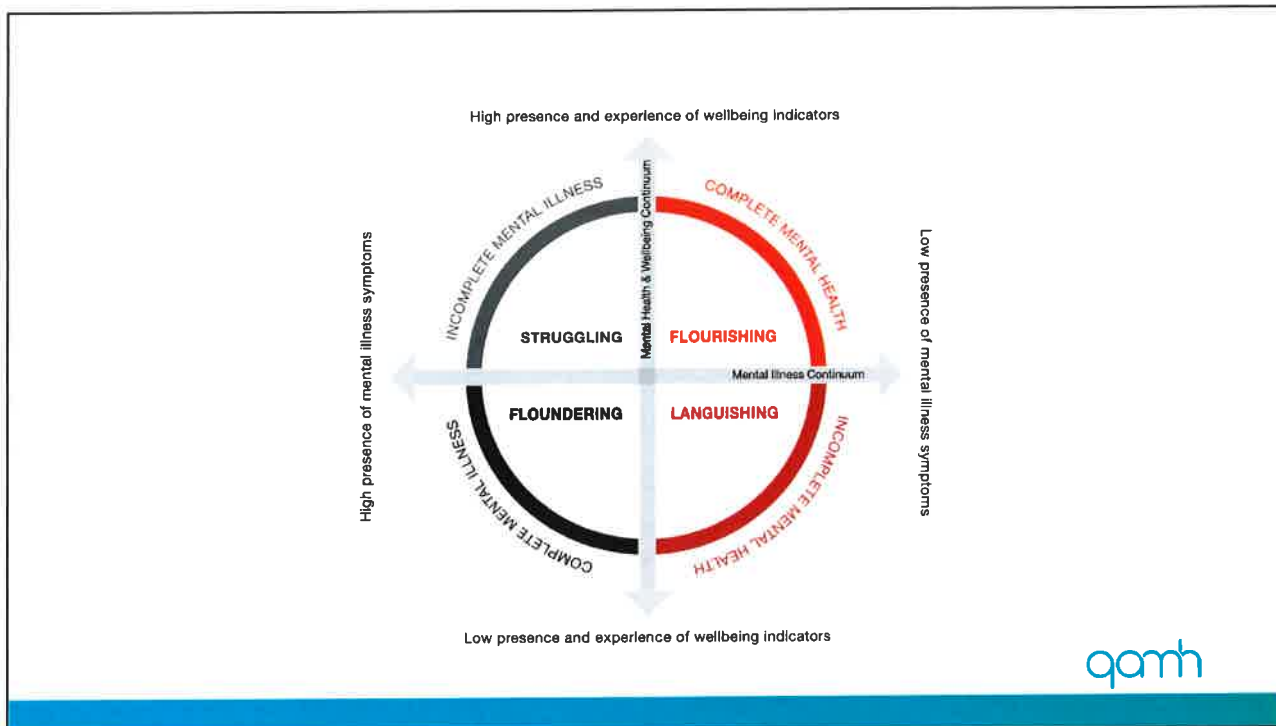
## Community Mental Wellbeing:

*"Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential."  
(Wiseman, 2008)*

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**Emotional Wellbeing**

- People are satisfied with life overall
- People are cheerful, interested in life, in good spirits, happy, calm, peaceful, full of life

**Social Wellbeing**

- Social acceptance of others, acknowledging and tolerating differences
- Social actualization acknowledging that people, groups and communities change and grow positively
- Socially contributes in ways that are perceived as useful by themselves and others
- Social coherence interested in society life
- Socially integrated, feeling a sense of belonging to a community and comfort from a community

**Psychological Wellbeing**

- Personal autonomy guided by socially accepted norms and values
- Environmental mastery, ability to adapt environments to meet personal needs
- Seek challenges that lead to personal growth and development
- Seek and maintain positive relations with others
- Articulated life purpose, direction and meaning is self-accepting

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## Community Centric Wellbeing Services

- Population focus
- Locally responsive to the needs of the community
- Direct entry point without medical intervention
- Strong customer service philosophy
- Relevant to people's needs
- Programs that foster wellbeing
- Early in distress support
- Coaching approach
- Person led not person centred
- Specialise in linking people with naturally occurring community resources
- Use technology where appropriate

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## Questions?

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