## enhancing canberrA’s mental health and wellbeing

The Office for Mental Health and Wellbeing is working closely with the community, including people with lived experience of mental illness, carers, service providers and government, to enhance the mental health and wellbeing of all Canberrans.

We aim to keep people well, living their best possible life. We also want to ensure that when people need help and support – they can access the right services, at the right time.

## THE CONVERSATION

We sought input from the community to helps us plan and prioritise the work of the Office for Mental Health and Wellbeing moving forward.

Throughout February and March of this year we held online and face to face conversations with stakeholders. These engagements also included three co-design workshops involving peak mental health community organisations.

The workshops and the feedback we received online enabled us to gain a strong understanding of what our community wants and needs in order to enhance their mental health and wellbeing.

## WHO ENGAGED

The face to face workshops were attended by 119 people including 22 people with lived experience of mental illness and 22 carers of people with mental illness and 33 people from non-government organisations.

Through online conversations we received 175 submissions on Your Say and 19 other written submissions.

We were also able to gather feedback from stakeholder discussions conducted by non-government agencies.

In addition to this we attended multiple forums with stakeholders across our community to ensure we really captured the information we needed to develop a comprehensive Work Plan.

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| Key insights from the community |
| Vision for Mental Health and Wellbeing   1. At the workshops, our vision for mental health and wellbeing was discussed. 2. Nineteen different vision statements were drafted. 3. The final vision reflects the breath of ideas explored during the workshops. |
| Theme one - Community wide mental health and wellbeing approaches   1. There was strong support for prevention and early support activities to maintain people’s wellbeing. 2. Nearly 30% of respondents to Your Say commented on the need for greater information, resources and knowledge on staying mentally well, building resilience or how to get help to access the right information and support when needed. 3. Children and young people were identified as a high priority. |
| Theme two – Assistance for people experiencing or impacted by mental health concerns   1. There is also strong support for improving capacity and accessibility of supports for people experiencing mental health concerns or mental illness. 2. The need to focus on the social determinants of health and how to support people and their carers holistically was emphasised. 3. Feedback identified the need to support carers in their carer role and for carer wellbeing. |
| Theme three – Mental health service system and workforce   1. Nearly 25% of respondents to Your Say identified the need for more connected and integrated services. 2. A further priority was workforce development including greater training and skills in trauma informed care. 3. The need for empathic supportive, accessible services was also highlighted in responses. |
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## What’s Next?

The Office for Mental Health and Wellbeing Work Plan is being launched in April 2019. The Work Plan sets out the actions and initiatives to be delivered over the next three years.

A number of key projects will be informed by and undertaken through further co-design processes. The involvement of people with mental illness, their family and carers as well as relevant non-government and government agencies will be critical for this work to be effective. We will continue to seek your interest via our networks and through YourSay, as appropriate, for further co-design opportunities.

If you would like to receive information about the work of the Office, including invitations for future public consultation and engagement meetings, please let us know by emailing [OfficeforMHW@act.gov.au](mailto:OfficeforMHW@act.gov.au)

To find out more about the Office for Mental Health and Wellbeing visit our website [www.health.act.gov.au/omhw](http://www.health.act.gov.au/omhw) To learn more about other initiatives, policies and projects in Canberra visit [www.yoursay.act.gov.au](http://www.yoursay.act.gov.au)

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| THANK YOU FOR YOUR FEEDBACK | | | | | |
| 213  213 individuals provided feedback through online conversations | **117**  119 individuals provided input through our co-design workshops | **70**  We met with 70 businesses, community groups, government and non-government organisations | **1750** We received 1750 unique pageviews on YourSay | **2,093**  We reached a social media audience of 2,093 |