

ACT MENTAL HEALTH AND SUICIDE PREVENTION PLAN AT A GLANCE

GUIDING PRINCIPLES



Person-centred:

Many factors contribute to a person's mental health and wellbeing. These may be physical, psychological or cultural factors. Also, the person's family, carers and social supports. Person-centred services consider mental wellbeing in the context of the person's life. They work with their strengths and adapt to meet specific needs.

Integration:

The way people experience mental health services relies on how we design policy, provide funding and deliver care. Integrated services mean that people will experience seamless care. Integration also means health and other services will work together to support mental health and wellbeing.

Collaboration and co-design:

Services benefit when people with different knowledge and skills work together. This relies on people with lived experience and providers creating services together. As well as all areas of government working together towards a common goal. Collaboration and co-design supports innovation and leads to services that are responsive to individual and community needs.

Continuous improvement:

People receive care from programs and services that incorporate continuous improvement. Programs and services are clear about their purpose and how to get the best results for people. The community has access to information they can trust on the progress of service improvements.

FOCUS AREA

Improved mental health outcomes for everyone

Services that are responsive and integrated

A highly skilled and sustainable mental health workforce

Early intervention in life, illness and episode

Whole of person care

Reduced self-harm and increased suicide prevention

Improving the social and economic conditions of people's lives

WHAT NEEDS TO BE DONE

Deliver services and programs that reduce barriers to access.

Provide culturally inclusive and responsive programs and services for:

- Aboriginal and Torres Strait Islander people;
- Multicultural communities;
- Families and Carers;
- LGBTIQ+ communities;
- People with Disabilities; and
- People in the Justice System.

Use standard outcome measures.

Provide feedback on engagement and experience of target groups.

Collect consumer and carer feedback.

Collaborate and partner in the planning, funding and delivery of services.

Hold regular forums for cross-sectoral engagement.

Share accountability for achieving outcomes.

Redesign services to address gaps and barriers.

Explore opportunities for co-location and interdisciplinary ways of working.

Explore the use of technology and digital solutions.

Establish clear pathways between programs and services.

Engage staff on workplace initiatives and improvements.

Develop and maintain a skilled and experienced workforce.

Implement initiatives that:

- Promote safety of the workforce;
- Are evidence-based; and
- Informed by the needs of the sector.

Partner with education and training organisations to develop programs and pathways into mental health work.

Explore innovative approaches to address workforce gaps.

Develop career pathways for peers and Aboriginal and Torres Strait Islander workers.

Support the workforce to deliver sensitive and culturally safe services.

Develop programs and services that promote wellbeing and prevent mental illness.

Establish the right mix of mental health programs and services across the lifespan and for different levels of need.

Develop and deliver mental health promotion in schools, workplaces and other community environments.

Deliver programs and services that focus on building resilience and coping skills.

Respond early to onset or relapse of illness.

Increase awareness of mental health programs and services in primary care and community services.

Improve the identification of mental health concerns early in life, illness, or episode and ensure easy access to services.

Remove financial barriers to appropriate services.

Develop co-ordinated approaches that are responsive to the whole person including their:

- Medical, psychological, functional and social needs; and
- Co-occurring issues such as disability and alcohol and drug use.

Explore opportunities to engage with agencies that influence the broader determinants of health.

Deliver programs and services to address the physical health of people with mental illness.

Promote healthy living and access to both physical and mental healthcare.

Develop innovative approaches to integrating primary care, community and hospital services.

Undertake joint planning, service design and delivery in collaboration with consumers and carers.

Establish a co-ordinated, systemic approach to self-harm and suicide prevention.

Deliver programs that raise awareness, build resilience, and promote help-seeking.

Engage across communities and sectors to develop a sustainable approach that is evaluated.

Deliver suicide awareness and response training for frontline staff.

Establish support programs for people following a suicide attempt or crisis.

Develop targeted approaches for people that may be at higher risk such as Aboriginal and Torres Strait Islander people and people who identify as LGBTIQ+.

Establish follow up support services for families and communities following a death by suicide.

Mental health and wellbeing is addressed in all policy and action.

Explore flexible models of funding and services.

Establish forums that facilitate collaboration across sectors.

Programs and services are available where people live, work, and learn.

Support for people within and exiting the justice system.

Promote "housing first" approaches.

Help to reduce the impact of social and economic disadvantage.

FOCUS AREA**OUTCOMES****Improved mental health outcomes for everyone**

All members of the ACT community experience optimal mental health and wellbeing.

All mental health and wellbeing programs and services are safe, responsive, and culturally appropriate.

Services that are responsive and integrated

People can find and access the help they need easily, and when they need it.

Programs and services work together to meet people's needs.

A highly skilled and sustainable mental health workforce

The ACT's mental health workforce feel safe, supported, valued and fulfilled in their work.

The ACT has the highly skilled, multidisciplinary workforce that is required to meet the needs of the population, now and into the future.

Early intervention in life, illness and episode

People receive the mental health support they need early in life, illness and episode.

Programs and services are designed to and respond early in life, illness and episode.

Whole of person care

People have access to holistic, wrap-around support, care and treatment to promote and protect their mental health and wellbeing.

People feel that their mental, physical and social wellbeing is well understood and supported.

Reduced self-harm and increased suicide prevention

People seek help when needed.

There are fewer suicides and incidents of self-harm.

Improving the social and economic conditions of people's lives

People live in communities that support them to connect, participate and contribute meaningfully.

The ACT community works in partnership to address the social, economic, cultural and environmental factors that contribute to mental health and wellbeing.