



Joint Regional Mental Health and Suicide Prevention Plan 2020 to 2024

ACT



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

About this book



This book was written by 7 groups

- Capital Health Network



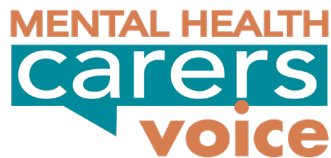
- ACT Health Directorate



- Office for Mental Health and Wellbeing



- Canberra Health Services



- ACT Mental Health Carers Voice



- Mental Health Community Coalition ACT

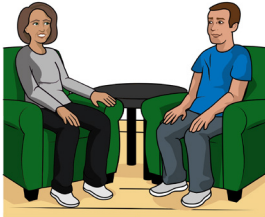


- ACT Mental Health Consumer Network.



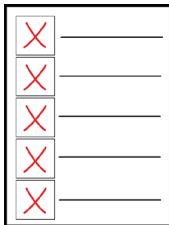
This book is about the Joint Regional
Mental Health and Suicide Prevention Plan.

We will call it **our plan**.



Our plan has information about

- mental health and **suicide prevention services** in regional ACT



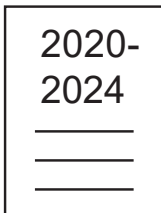
- problems with these services



- ways we will make these services better.



Suicide prevention services work with people
to help them get through hard times.



Our plan is from 2020 to 2024.

Why did we make our plan?



We want people with mental health issues to

- be treated with respect
- get the right services when they need them



- tell us their ideas so we can make services better.

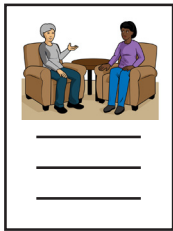


We also want services to work together to meet the needs of people with mental health issues.

How did we make our plan?



Our plan was made by 7 groups that worked together to make mental health services better.

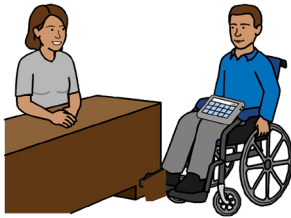


Our plan was written after we did **research**.

Research means we asked people questions to learn more about mental health services.

The research included

- meetings
- **feedback** on reports
 - feedback means we ask people their ideas



- **surveys**
 - a survey is a list of questions.

The research showed us

- how to fix some of the problems
- which problems to fix straight away.



What we will do

We will improve access and inclusion



We will make sure mental health services

- are easy to find and access

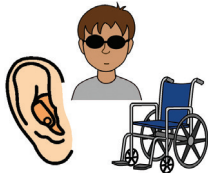
- are **inclusive**.

Inclusive means the services meet everyone's needs.

For example, people with different



- cultures



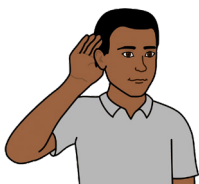
- abilities



- ages

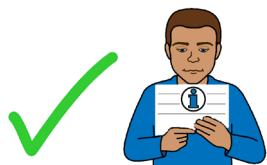


- education.



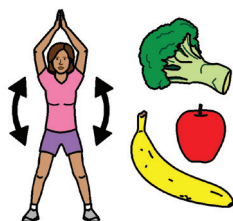
We will also listen to people who use mental health services and include their ideas in our plans.

We will share information



We will

- give people clear information about where to find help



- educate people about how to live a healthy life

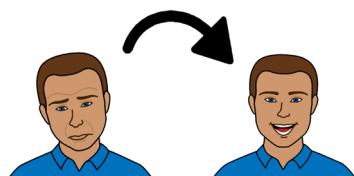


- train service providers to give the right mental health services to each person



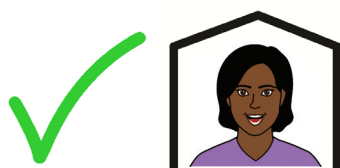
- educate people in the community about mental health.

We will connect people and services

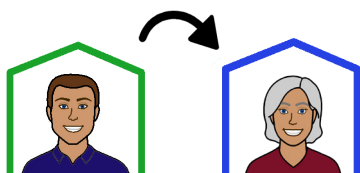


We will make it easy for people to

- get help when they have early signs of mental health issues



- connect to the right services



- move to different services if their needs change



- get good services from people they trust

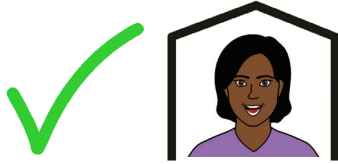


- use mental health services.



We will make it easy for service providers to

- work together



- deliver the right services

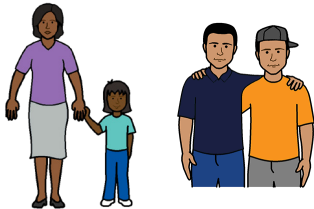


- understand things that affect each person's mental health and wellbeing.

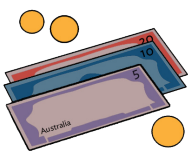


Things that affect mental health and wellbeing can include

- physical health



- connection with family and friends



- money



- work



- housing.

We will support people when they need it



We will support people who have tried to end their life.



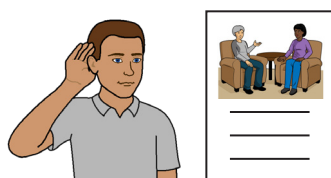
We will support families and carers of people who have ended their life.

What will happen next?

We will



- check our plan and write reports to make sure we achieve our goals



- listen to people who use mental health services and include their ideas in our plans.

More information



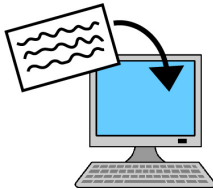
For more information contact
Capital Health Network.



Call 02 6287 8099



Website chnact.org.au



Email reception@chnact.org.au



If you need help to speak or listen use the
National Relay Service.

Call 1800 555 660



Website

communications.gov.au/accesshub/nrs



Give the relay officer the phone number you
want to call.

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