

Media statement

09 October 2014

New plan to improve mental health and wellbeing of all Queenslanders

A new vision for mental health services in Queensland has been launched in the Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019.

Developed by the Queensland Mental Health Commission (QMHC), the plan continues the drive towards a more integrated, evidence-based, recovery-oriented mental health and substance misuse system.

Queensland Mental Health Commissioner Dr Lesley van Schoubroeck said improving mental health and wellbeing is everyone's responsibility.

"Our job is to ensure funding goes to the right areas and to continue the government's focus on mental health and alcohol and substances abuse services in Queensland," she said.

"We certainly can't do that alone, and this plan is to try and get every Queenslander committed to change.

"To make a positive difference, we must balance our focus, investment and resources to include strategies that help people maintain their mental health and wellbeing, to seek help early and prevent problems from escalating.

"In the right environment with the right support people with mental health difficulties or issues related to substance use can and do recover to have a life with purpose.

"I am delighted that many government and non-government agencies and the private sector are already integrating mental health and wellbeing as part of their core business.

"I am also delighted to announce that there will be additional resources available to support implementation of the Plan at the local community level across the state," Dr van Schoubroeck said.

A \$500,000 Stronger Community Mental Health and Wellbeing Grants program will commence in 2014-15.

A QMHC initiative, it is part of our shared commitments to action that promote awareness about, and reduce the incidence, severity and impact of mental illness and substance use disorders.

Applications will open on 17 October. More information about the Grants Program will be available on the www.qmhc.qld.gov.au soon.

The plan was developed in consultation with government, non-government and community stakeholders, consumers, families and carers from across the State and aims to improve the mental health and wellbeing of Queenslanders.

Professor Harvey Whiteford, Chair of the Queensland Mental Health and Drug Advisory Council said, "Mental and substance use disorders are the leading cause of disability in Australia and globally, and can have a huge impact on the individual

and their families. This plan focuses on approaches that will provide the right support, at the right time and as close to home as is safe.

“We all have an important role to play in achieving better mental health and wellbeing and together we can make a positive difference and achieve lasting change for our communities.

“There is much work to be done but by focusing on doing several of the most important things well, there will be solid progress towards achieving better outcomes for Queenslanders.”

The Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019 is available for download from <http://www.qmhc.qld.gov.au/work/queensland-mental-health-and-drug-strategic-plan/>

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