

Regional Mental Health and Wellbeing Hubs Initiative

The Queensland Government is committed to improving the mental health and wellbeing of all Queenslanders. *The Early Action: Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015-17* includes actions to support Queenslanders to **Start Well, Develop and Learn Well, Live Well, Work Well and Age Well**.

The Regional Mental Health and Wellbeing Hubs Initiative contributes to connected and inclusive communities where individuals and groups are supported to live well with meaning and purpose.

What are we doing?

The Queensland Mental Health Commission has invested in three regional Mental Health and Wellbeing Hubs across Queensland to pilot locally-led approaches to building and embedding awareness, knowledge and capacity for improved mental health and wellbeing.

This includes raising awareness among services, key groups and the broader community about what they can do to support better mental health and wellbeing and equipping them with information, resources and connections with others.

The hubs will work with individuals, community members and groups, networks, industry and government across their regions to pinpoint community needs and facilitate better access to mental health and wellbeing training and resources.

The three hubs have been funded initially for 12 months with the possibility of continuation for three years based on progress. Each Hub has commenced their community consultation and planning to identify their priorities for local action.

Why community wellbeing?

Mental health and wellbeing is more than just the absence of mental illness. It is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, and can work productively and is able to make a contribution to his or her community (World Health Organisation).

Communities play a central role in supporting and protecting good mental health and wellbeing through fostering social inclusion, connectedness, fairness, and enabling access to resources and services. This occurs through community engagement, participation and cohesion as well as by addressing specific factors within a given community that may build or diminish wellbeing.

The regional hubs

Northern and Western Queensland Hub

SOLAS (Supported Options in Lifestyle and Access Services), working in partnership with the Mental Illness Fellowship NQ (MIFNQ), is leading the northern and Western Queensland Mental Health and Wellbeing Hub. The Hub will operate from Townsville supported by mini-hubs, in Palm Island, Mackay, Cairns, Charters Towers, and Mount Isa. www.solas.org.au

“The great thing about this initiative is it will be driven and implemented by people from north Queensland and focused on our needs.”

SOLAS — Northern & Western Qld Hub

Central Highlands

CentacareCQ, supported by the Central Highlands Regional Council and CQ Rural Health, will establish community-led the Central Highlands mental health and wellbeing hub. www.centacare.net

“Equipping rural communities to take a more active role in ensuring community mental health and wellbeing is vital.”

CentacareCQ — Central Highlands Hub

Logan

Relationships Australia (Queensland) is leading the establishment of a hub for the diverse communities of Logan City that will also cater for the Southern Moreton Bay Islands. www.raq.org.au

“We are a vibrant and diverse community, and the hub initiative is a great chance to build our community wellbeing.”

Relationships Australia — Logan Hub