

MENTAL HEALTH LITERACY PROJECT

Join a co-design workshop

Healthy North Coast invites people with a lived experience of mental ill-health, health service providers and community organisations to join us in the co-design phase of the mental health literacy project. Workshops are being planned for 25–31 October – you can advise your preferred time of day using the online form below.

What is the Mental Health Literacy Project?

The Mental Health Literacy Project is funded by the Commonwealth and led by the NSW Mental Health Commission.

This project aims to make it easier for people to get clear and simple information about their health, and to access mental health services that are right for them.

Working with people with a lived experience of mental ill-health, Healthy North Coast will design, test and evaluate education and training activities for health professionals to ensure that they meet people's needs.

Find out more here:

www.hnc.org.au/mental-health-literacy

SO FAR:

A recent health literacy survey saw responses from 225 people with lived experience of mental ill-health on the North Coast.

Short stories have been developed to detail some of the challenges people face when accessing mental health care and support. The stories will be used during ideas generation workshops to ensure we think about the voices of people with lived experience when looking for solutions.

Register your interest to join
www.bit.ly/register-mhl

What is next?

Co-design workshops will be held in October, at which Healthy North Coast will provide a summary of the findings from earlier stages of the project. Participants at the co-design workshops will collaborate to prioritise solutions for our region.

The three areas of focus are:

1. What are we already doing well, what can we do to support existing activities?
2. What are the gaps or challenges?
3. What capacity building activities could be developed/utilised, to support health professionals to improve health outcomes for people experiencing mental ill-health?

Based on the current COVID-19 restrictions, these meetings will be held online.

For immediate 24/7 help contact:

Mental Health Access Line 1800 011 511

Beyond Blue 1300 22 4636

Lifeline 13 11 14

NewAccess 1300 224 636

Kids Helpline 1800 551 800 (for children under 12 yrs)

headspace 1800 650 890 (young adults aged 12-25 yrs)

In an emergency, please **call 000** or go to your nearest hospital emergency department.

More info
www.bit.ly/about-mhl