

→ A Tasmanian State of Mind



Being a small island state doesn't mean we have to think small. A Tasmanian State of Mind is about thinking big.

It's about believing in the future of our State and our people.

It's about knowing how to support ourselves and each other to feel safe, secure, healthy and happy.

A Tasmanian State of Mind is a promise to deliver a world-class mental health system that supports all Tasmanians now, and into the future.

Our world leading response to the COVID-19 pandemic demonstrated the commitment of all Tasmanians to keeping each other safe and healthy. We must now build upon this commitment to each other, and put the wellbeing of all Tasmanians first, ensuring we are all supported to live healthy, happy and productive lives.

Every Tasmanian, from our children to our older generation, has experienced directly, or through family and friends the increased anxiety, worries and concerns, uncertainty, isolation and loneliness related to the pandemic. Everyone has had a life changing experience and we don't know what's next. The full extent of the pandemic's impacts have yet to be seen, with some predicting they may continue well into the future. Our communities, livelihoods, and economy rely on building a mentally strong population as we rebuild and recover.

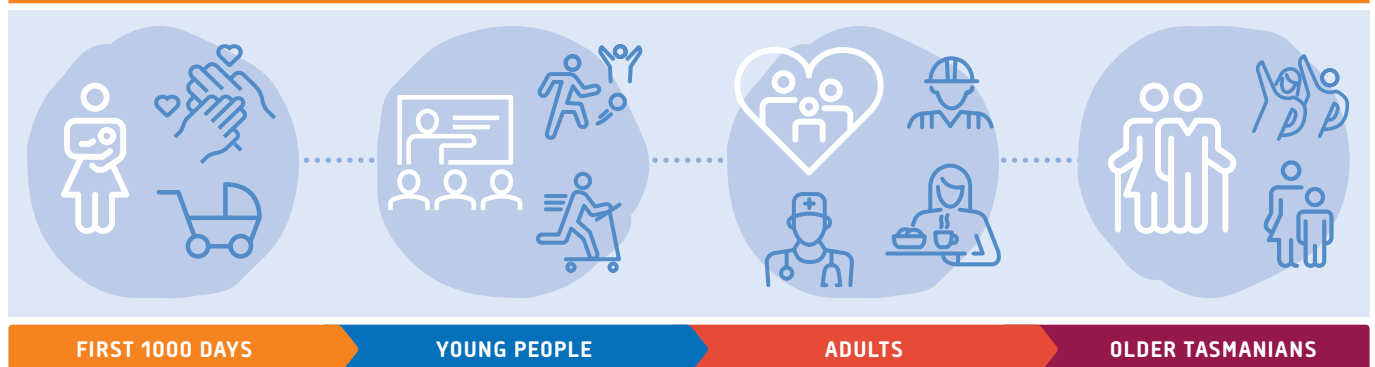
As Tasmanians we've done it tough before. We know what resilience is. We know how to fight back when the world throws challenges our way. We know how to look after each other. Now, we need to ensure the mental health system is strong and can handle the challenges that lay ahead.

In order to live healthy, happy and productive lives moving forward, Tasmanians need to be aware of and understand our mental health and wellbeing, feel comfortable talking

about it, and know where and how to access support without encountering roadblocks and barriers.

To achieve this, we must create a world-class integrated mental health system that supports all of us, with a particular focus on our youth and older people who have been disproportionately impacted by the issues associated with the COVID-19 pandemic. A system that responds quickly and effectively to the mental health needs – whether it be mild, moderate or complex – of all Tasmanians.

A TASMANIAN STATE OF MIND



A whole of population approach to mental health that supports all Tasmanians wherever we live, work and play, at all stages of our lives.

1. DELIVERING MENTAL WELLBEING EDUCATION



A mental health education program, focused on prevention and early intervention to build individual and community capacity to manage and improve our mental health and wellbeing. This preventative mental health education will focus on:

- Understanding how situational distress affects us
- Increasing the protective factors in our lives and our understanding of what good mental wellbeing looks like
- Identifying our risk factors and ability to recognise when our mental health is declining
- Knowing what to do and who to turn to, to maintain and improve our mental health

www.checkin.org.au will support a mental health literacy campaign that is designed specifically for Tasmanian individuals, community groups and employers. This campaign will enable consistent public messaging which will increase the mental health literacy of all Tasmanians, and engage Tasmanians in understanding what good mental health looks like and how to access supports wherever we are, and whatever our level of need. A dedicated approach will be developed to engage young and older Tasmanians with supporting their own and each other's mental wellbeing.

3. ACCESS TO CENTRALISED, SEAMLESS REFERRALS & NAVIGATION



The Tasmanian Lifeline 1800 number that was established in response to the pandemic, has demonstrated the value of a centralised phone service that provides advice and information to support the mental wellbeing of Tasmanians. Seamless referrals and navigation would:

- Support Tasmanian's experiencing situational distress
- Provide a streamlined process to assess and refer people to appropriate levels of care.
- Point us towards other wellbeing supports as our needs change.

By expanding this service, Tasmanians will not only be able to access the support we need to get us through tough times, but also point us towards the many other services that are available to ensure we can access the right support at the right time, no matter what our level of need.

A Tasmanian State of Mind is a whole of population approach for every Tasmanian, at any age, across all of our towns and communities. It strengthens the Rethink 2020 roadmap to mental wellbeing and resiliency, by building a mental health system that is effective and achievable now and for generations to come.

→ For more detail on these initiatives, please see www.mhct.org/bps

2. BUILDING OUR COMMUNITY CAPACITY



We've seen throughout the pandemic how committed Tasmanians are to caring for each other during crisis. Community capacity building will build on and support Tasmanian's:

- local experience and expertise,
- leaders, local government; and,
- volunteers, businesses, clubs, community groups etc

A strong mental health system is community led, place based, and must leverage the existing connections within communities through the various groups and clubs that are central to the identity of so many towns across Tasmania.

Such a model recognises and builds upon the vital role that these clubs, groups and organisations play in maintaining our mental wellbeing. It allows for access at a local level in our towns and suburbs and reduces the reliance on individuals reaching out when they need support, by bringing the support to us where we live, work and play.

The www.checkin.org.au campaign will provide a suite of training and support to help build the capacity of mental health champions within our communities, who are empowered to promote and encourage mental wellbeing within their clubs, groups and organisations. It will ensure a consistent and safe approach to engaging communities and individuals with their mental wellbeing, promoting positive mental health, while easing the current reliance and pressure on the existing medical system by supporting Tasmanians to be well, rather than waiting for them to become unwell.

4. DEVELOPING A NATION LEADING MENTAL HEALTH WORKFORCE



Our mental health system is already at capacity. And with demand expected to continue to rise as we rebuild following the pandemic, action is required NOW to address workforce gaps and shortages. This issue cannot be solved through increased service funding alone. The following actions support a coordinated approach to addressing both our current and future mental health workforce challenges:

- Implement the Peer Workforce Development Strategy, to help address current workforce supply shortages, harnessing the unique skills and experience of people with lived experience of mental illness.
- Expand the Peer Workforce Development Strategy to include a Youth Peer Worker Model, with a focus on developing young Tasmanians to support each other's mental wellbeing.
- Develop a mental health workforce strategy, bringing together all sectors of the mental health system including public, primary, private, community, education and training sectors.
- Ensure adequate resourcing is available to implement a mental health workforce strategy. Including actions that will alleviate immediate pressures while we design longer term solutions.

We must build upon our existing, dedicated, mental health workforce to meet the current and future mental health needs of all Tasmanians. A world-class mental health system requires a world-class workforce at all levels of care.