

The SA Mental Health Strategic Plan 2017–2022

SA: a great state of mind.



The SA Mental Health Strategic Plan 2017–2022 sets a 20-year vision for mental health and wellbeing in South Australia, focusing on state-wide strategic directions over the next five years.



2017–2022

2027

2037

Statistics show that it is almost inevitable that you – or someone you know – will experience a mental illness or mental health problem. That's why mental health is everybody's business.

The South Australian Mental Health Strategic Plan 2017–2022 sets the strategic direction for building a more resilient, compassionate and connected South Australian community.

The Plan is built on the powerful feedback, stories and views of over 2200 South Australians of all ages across metropolitan and country SA.

South Australians told us that good mental health and wellbeing lie beyond our hospital sector. They said we need to act early on the signs and symptoms of poor mental health before people reach a crisis point.

The Plan's 3 Core Strategies and 7 Strategic Directions present a unique and exciting opportunity to set the direction for greater productivity and prosperity by growing the mental wealth of our state.

The Commission will now co-ordinate, facilitate and oversee the implementation of the Plan and the development of future actions to address key areas identified by South Australians.

This is a Plan for all South Australians because good mental health and wellbeing are important for every one of us, for our families, our children, our local communities, workplaces and for the prosperity of our State.

Mental illness extracts a huge cost personally, to families, friends, workmates, the community & the economy.

RIGHT NOW,
1 IN 5 
OR OVER **280,000**

South Australians aged between 16 and 85 – are experiencing a diagnosable mental illness

45%  OF SOUTH AUSTRALIANS

will experience a diagnosable mental illness at some time in their life

FOR **75%** 

of those who experience mental illness, it will onset **BEFORE THEY TURN 24**

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“ Now is the time for us all to play a significant role in our mental health & wellbeing and ensuring that the vision of *South Australia – a great state of mind* is realised.

SA MENTAL HEALTH COMMISSIONER
CHRIS BURNS CSC

VISION:

The Commission’s 20-year vision is that South Australia is internationally recognised as a resilient, compassionate and connected community that takes a whole-of-person, whole-of-life, whole-of-government and whole-of-community approach to building, sustaining and strengthening the mental health and wellbeing of South Australians in order to grow the state’s mental wealth.

SA Mental Health Strategic Plan

Core strategy 1:

Promotion, community education and early intervention for our people and communities to strengthen mental health and wellbeing, prevent mental illness, raise awareness and reduce stigma

Core strategy 2:

Services and care which provide quality and seamless support aligned to need

Core strategy 3:

Strong leadership, governance and improved outcomes

7 Strategic Directions

Strategic direction 1:

Strengthen mental health and wellbeing and prevent mental illness through high impact promotion, prevention and early-in-life intervention strategies

Strategic direction 2:

Community education to improve awareness and reduce stigma

Strategic direction 3:

Provide integrated services that work better together

Strategic direction 4:

Provide quality supports and services that are easily accessible and meet individual, family and carer needs

Strategic direction 5:

Provide the right support for our diverse communities

Strategic direction 6:

Improve governance of services which support mental health and wellbeing to ensure person-centred, recovery-focused and outcomes-oriented approaches

Strategic direction 7:

Measure, monitor and communicate progress toward improvements in mental health and wellbeing outcomes

THE ANNUAL COST OF MENTAL ILLNESS FOR AUSTRALIA IS
\$60 BILLION OR \$4000 PER TAXPAYER



And that doesn’t measure the unhappiness and the inability to lead a contributing, fulfilling life
THAT MENTAL ILLNESS INFLECTS ON AUSTRALIANS

EVERY \$1 INVESTED

in strengthening mental health & wellbeing in the workplace has an **AVERAGE RETURN OF**

\$2.30