

Introduction

Housing, violence, trauma, and discrimination are just a few of the things that can impact our mental health. Additionally, the level of access to support service to address these things can make a major difference to our overall wellbeing.

To support people with their mental health and prevent suicide, the Foundation Plan identifies how support services can coordinate with one another to take a more holistic approach to wellbeing and ensure everyone has equal access to support services.

It also looks at how data and evidence can be used to ensure systems work effectively as well as inform what services should be established to target the needs of a community.

The plan recognises that individuals, families, and communities with lived experience have an essential voice and right to make their own decisions in matters of mental health and suicide prevention.

Coordinated care

A lack of coordination or connection across mental health services can have a harmful effect on people's mental health and wellbeing.

A system that is not connected means people may receive inconsistent care, which creates uncertainty around who can help them and potentially can make their mental health concerns worse.

Working towards better coordination between services can improve mental health outcomes by:

- making it easier for consumers and carers to move between the services they need
- ensuring access to services that are timely, focused on the individual, culturally appropriate, and inclusive
- establishing a holistic system that addresses social determinants of mental health
- coordinating a joint and consistent approach to how services work together.

Wellbeing is everybody's business

The Foundation Plan aims to support greater collaboration between services to pursue a whole-of-agency or 'everybody's business' approach to preventing and reducing mental ill health and suicide.

Taking this holistic approach to wellbeing means coordinating services that address different concerns, such as housing, violence, alcohol, exposure to trauma, stigma, discrimination and level of access to services, so that they talk to one another.

Guiding Principles

The plan outlines the following guiding principles:



Priorities

To ensure better coordination of services in our mental health system, the plan focuses on the following priority areas:

- early engagement with at-risk populations
- clear pathways for people with moderate mental illness
- greater support for people with severe and complex needs
- joint services for children and young people
- technology-based services for better health outcomes.

These areas will provide guidance for NT regions to problem-solve challenges they experience in providing the best possible mental health care to those in need.



Future opportunities

The plan will guide regional planning processes to identify where there are opportunities to:

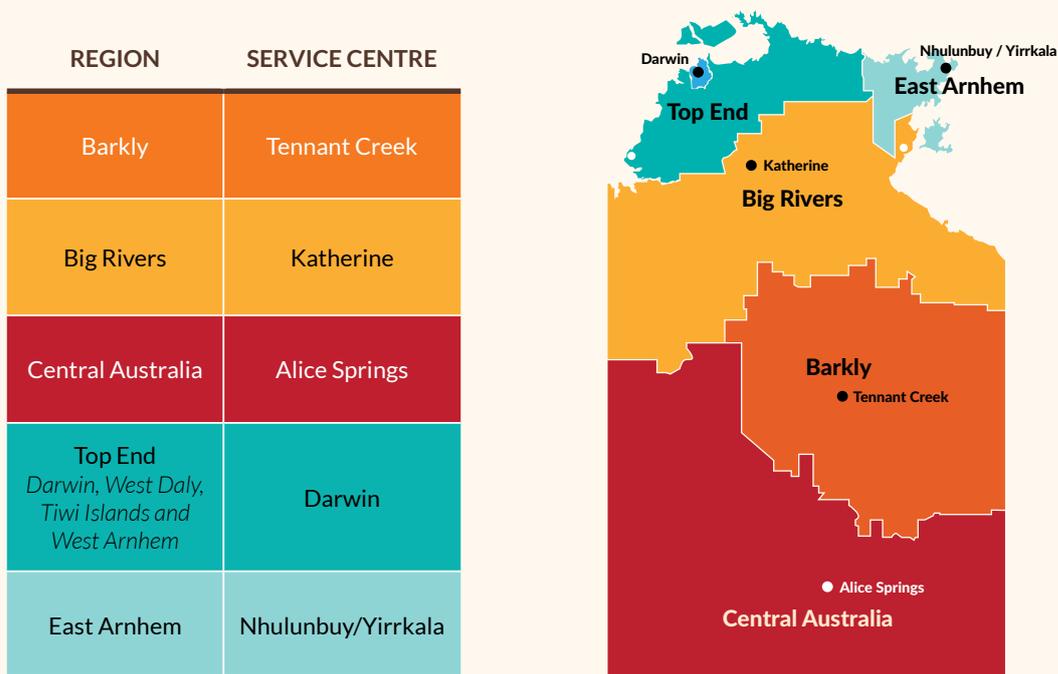
- improve the way different services work together and in partnership so they improve the experiences of people and their carers
- improve the resources available by putting money towards services gaps and stopping funding where there is already a service in place
- change processes so that evidence-based care is applied.

Where to from here?

The next stage of planning will focus on working with regional communities to begin identifying and implementing solutions for locally identified short, medium, and long-term system and service-level integration priorities that are unique to every region.

This work will be progressed under local governance arrangements and agreed to by key local stakeholders including a strong Aboriginal representation.

The service centres and corresponding regions the Regional Planning Project Team will work with include:



The work will follow over a five-year period from 2023 – 2027.



The Foundation Plan was developed by Northern Territory Primary Health Network (NT PHN), Aboriginal Medical Services Alliance NT (AMSANT) and the Northern Territory Department of Health, in collaboration with the Top End and Central Australian Health Services, Territory Families, the non-government community mental health sector, Aboriginal community-controlled sector, and those with lived experience of mental illness and suicide.

To find out more about Mental Health and Suicide Prevention Regional Planning and what this means for your region, please contact NT PHN.

Phone: 08 8982 1000

Email: mentalhealthaad@ntphn.org.au

Or visit: www.ntphn.org.au

