

# **Community and Service Provider Consultation:**

## ***Promoting Mental Health and Wellbeing in the Augusta Margaret River Area***

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### **Background**

The Lishman Health Foundation is working in conjunction with communities in the Shire of Augusta Margaret River to explore approaches to promoting mental health and wellbeing in the area. We have engaged the Centre for Rural and Remote Mental Health (CRRMH) to undertake this project.

### **What do we know about mental health and wellbeing in rural areas?**

The latest research indicates that a coordinated community approach, across all sectors of the community, supports mental health and wellbeing. The CRRMH will identify opportunities for prevention, and for promotion of positive mental health and wellbeing in the local area.

### **What is involved in the consultations?**

A significant part of this project is consultation with local community members and service providers to identify these opportunities and understand factors associated with mental illness and suicide in the local community.

Robyn Considine, an Associate with the CRRMH, will undertake this consultation component of the project. This will involve consultation with consumers, carers, community members and a broad range of service providers. Interviews will be conducted to determine their understanding of the mental health needs of the community, to identify strategies and resources that can promote mental health and wellbeing across the community and, their perceptions of factors associated with mental health and wellbeing.

### **What will happen after the consultations?**

The results of all the consultations will be analysed to identify potential community based actions which may promote mental health and wellbeing across the Shire of Augusta Margaret River. A report will be provided to the Lishman Health Foundation which will be shared with the community.

### **When are the consultations happening?**

Robyn will be in the Shire of Augusta Margaret River at the end of November and early December this year. She will also seek your advice about other people who may also be interested in participating in the project. If you are interested in participating please email Robyn Considine at [robyn.considine@newcastle.edu.au](mailto:robyn.considine@newcastle.edu.au).

If you do not wish to be contacted you can provide a written submission to CRRMH and email it to [crrmh@newcastle.edu.au](mailto:crrmh@newcastle.edu.au).

