

# WESTERN AUSTRALIAN MENTAL WELLBEING FRAMEWORK

## WHY IS THE MENTAL HEALTH COMMISSION DEVELOPING A FRAMEWORK?

### GUIDING INVESTMENT

The Framework will identify the initiatives that optimise wellbeing, keep people well and prevent mental health conditions. The Framework will support rebalancing the system (as outlined in the Western Australian Mental Health, Alcohol and Other Drugs Services Plan 2015-25) and inform future investment



### STRATEGIC DIRECTION

It will also provide a strategic overview for other Government departments, sectors and communities who are interested in prevention and wellbeing.



Since the launch of the Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug (AOD) Prevention Plan 2018-2025 (Prevention Plan) there have been significant developments in research and evidence about mental health prevention and the importance of promoting mental wellbeing. This Framework will define the mental wellbeing component and strengthen the mental health prevention component of the Prevention Plan.

## THE MHC IS SEEKING COMMUNITY & STAKEHOLDER INPUT ON

What does mental wellbeing mean to you and your community?



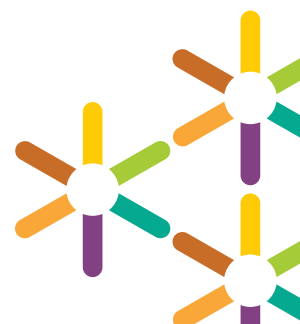
What programs are already happening for you or your community that work to promote wellbeing and prevent mental health conditions?

What do you think of the evidence-based interventions that have come out of the literature review?



What would increase your confidence to select and implement programs to promote mental wellbeing or prevent mental health conditions?

WE ARE ENGAGING ACROSS THE STATE TO SHAPE THE DEVELOPMENT OF THE FRAMEWORK. THIS IS THE FIRST TIME THAT THE MHC IS CONSULTING SPECIFICALLY ON INITIATIVES THAT PROMOTE WELLBEING IN THE COMMUNITY - YOUR INPUT IS IMPORTANT.





# WESTERN AUSTRALIAN MENTAL WELLBEING FRAMEWORK

## WHAT IS MENTAL WELLBEING?

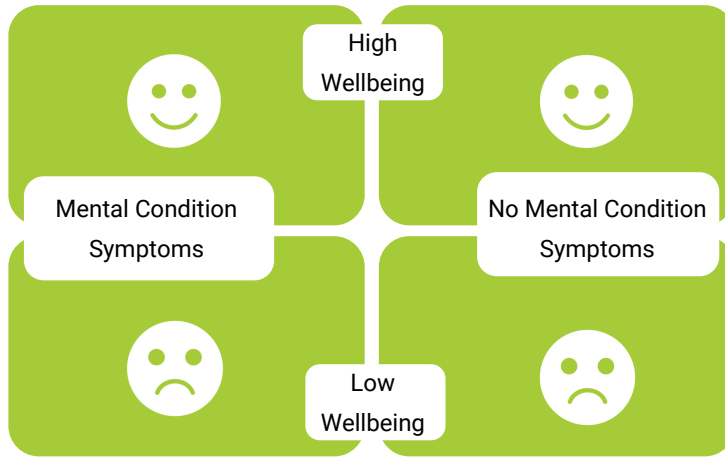
Mental wellbeing is a positive state, not just the absence of a health condition. Mental wellbeing is about feeling good emotionally and functioning well psychologically and socially.



Mental health promotion involves actions to create living conditions and environments that support mental health and allow people to adopt and maintain healthy lifestyles.

## WE EXPERIENCE MENTAL HEALTH ON TWO SEPARATE BUT LINKED SPECTRUMS

A person can have a diagnosed mental health condition and still experience high mental wellbeing



A person can have no diagnosed mental health condition and still experience low mental wellbeing

*Dual Continua Model - adapted from Corey Keyes*

## WE NEED A RANGE OF APPROACHES TO PROMOTE MENTAL WELLBEING AND PREVENT MENTAL HEALTH CONDITIONS

### IN SCOPE FOR FRAMEWORK

#### MENTAL HEALTH PROMOTION

- Focuses on causes
- Emphasis on wellbeing and prevention
- Targets groups, communities & whole populations
- Uses public health interventions in health & non-health settings
- Delivered by mental health promotion professionals and frontline workers in schools, workplaces, councils etc



### OUT OF SCOPE FOR FRAMEWORK

#### MENTAL HEALTH CARE

- Focuses on conditions
- Emphasis on early interventions and recovery support
- Targets individuals and families
- Uses clinical (medical, psychological and psychosocial) interventions through primary, secondary and tertiary services
- Delivered by mental health professionals, peer workers etc

## PROMOTION AND PREVENTION MEANS A FOCUS ON THE CAUSES OF MENTAL HEALTH AND WELLBEING

### INCREASE PROTECTIVE FACTORS

Including (but not limited to)

- Supportive caring parents
- Sense of school belonging
- Social and emotional life skills
- Social support and social connection
- Adequate income
- Employment
- Stable housing



### DECREASE RISK FACTORS

Including (but not limited to)

- Childhood abuse and neglect
- Bullying
- Discrimination
- Loneliness and isolation
- Unemployment
- Housing disadvantage
- Elder abuse

