Mental Health Care System in CENTRAL AUSTRALIA

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Mental Health Care System in CENTRAL AUSTRALIA

TERMINOLOGY

- **Mental Health** is a positive concept related to the social emotional wellbeing of individuals and communities

- **A mental illness** is a disorder diagnosed by a medical professional that significantly interferes with an individuals cognitive, emotional and social abilities

- **Social and emotional wellbeing** is the foundation for physical and mental health for Aboriginal and Torres Strait Islander peoples. It is a holistic concept which results from a network of relationships between individuals, family, kin and community. It also recognises the importance of connection to land, culture, spirituality and ancestry, and how these affect the individual

- **A mental health problem** also interferes with a person's cognitive, emotional or social abilities, but may not meet the criteria for a diagnosed mental illness – they can occur as a result of life stressors

- **Suicide is a public health issue** that requires coordinated and combined efforts from all levels of government, health care systems, frontline health and community workers, workplaces, schools and other educational settings, community groups, and the media, as well as individuals, families and communities

Mental Health Care System in CENTRAL AUSTRALIA – the MAIN Players

URGENT mental health issues out of business hours
Contact the NT Mental Health Line: 1800 682 288 or go to the Emergency Department of the Alice Springs Hospital

Australian Government & Primary Health Networks
The Australian Government funds a range of mental health-related services, some of which are managed by Primary Health Networks

headspace Alice Springs services to young people 12-25 years old, for mental health, alcohol and other drugs counselling and a Doctors clinic for physical and sexual health.

Congress - Social & Emotional Wellbeing Service provides Aboriginal people and their families with holistic and culturally appropriate primary health care for social and cultural wellbeing, mental health and connectedness

MIFA (NT) - Mental Illness Fellowship of Australia provides support for people with a mental illness and their families and carers

Royal Flying Doctors Service
Remote Mental health Team

School Counsellors

NT Government
Central Australia Health Service - Mental Health
Community Mental Health Team
Remote team and Forensic Team
Child and youth/perinatal
Medical Team
Crisis Assessment Triage Team (CATT)
Sub-acute facility
Mental health inpatient unit
The Barkly Mental Health Team

MHACA (Mental Health Association of Central Australia) is a community based, non-profit organisation. MHACA offers psychosocial support services and educational programs. MHACA is a registered NDIS Provider.

Private Practitioners
General Practitioners, Clinical Psychologists, Psychiatrists, Counsellors

Kulintja Palyaringkunytjaku (KP) Program
supports communities and young people to talk and learn from each other about mental health, sexual health, alcohol, drugs and healthy relationships in four communities in the NPY lands

Mental Health Care System in
CENTRAL AUSTRALIA – COLLABORATION

For families, carers and people with a psychosocial disability to meet with local NDIS providers

My experience working in the mental health sector in Central Australia is that organisations have a better chance of collaborating in Alice Springs due to the ease of access to face to face meetings. Inclusion of remote workers requires forward planning and good technology. There are opportunities to catch up with colleagues in the field at the local cafe. And there are networks such as the MH Interagency Group facilitated by MHACA, the Life Promotion Network and other networks specific to issues (i.e. AOD or Family Violence). There are also some good examples of collaborative work such as the Narrative Therapy Trainees that met regularly to support each other in this area of work. Also the Uti Kulintjaka Project – a collaboration between NPY Women's Council, Mental Health Practitioners and Ngangkaris. Also the RFDS, NT Government and private practitioners met regularly to ensure best practice in remote mental health. In my experience people are generous with their knowledge. The voice of people who have a lived experience of mental illness, suicide risk or bereavement is essential in this area of work. (LG 2019)

SUICIDE PREVENTION
Central Australia

The Life Promotion Network
A suicide prevention network supported by Wesley Lifeforce, MHACA and MacDonnell Shire Council

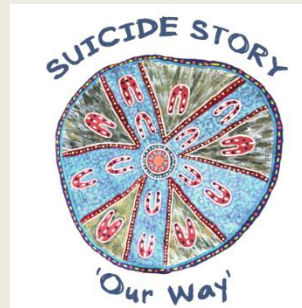**MHACA – Mental Health Association of Central Australia**
Suicide Story, Facilitation of World Suicide Prevention Day and training delivery

Suicide Story
A three day suicide prevention workshop for families and communities in remote NT

Lifeline Central Australia
Our primary focus is on community education and training, particularly in the area of suicide awareness and prevention. Delivery of Applied Suicide Intervention Skills Training, Accidental Counsellor and Safe Talk training

THIRRILI - National Indigenous Critical Response Service
Critical response service to support individuals and families affected by a suicide or other traumatic incidents. This service is delivered in partnership with **StandBy Support After Suicide Program**

Stay Strong App
The AIMhi Stay Strong App is a structured mental health and substance misuse intervention using Indigenous specific content and imagery in a computerised (iPAD app) format

iBobbly
Bobbly is the world's first suicide prevention app designed for young Indigenous Australians that delivers treatment-based therapy in a culturally relevant way.

NT Primary Health Network
Commission funds for suicide prevention
NT Government
Policy, Funding and Coordination