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Minister for Health

Minister for Sport

MEDIA RELEASE

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Fifth National Mental Health and Suicide Prevention Plan released

Around four million Australians who experience a mental health condition will benefit from a strengthened mental health system under the Fifth National Mental Health and Suicide Prevention Plan.

The Plan, which was endorsed in August by all health ministers at Council of Australian Governments Health Council, has been released as Mental Health Week comes to a close today.

The Turnbull Government is committed to ensuring people with mental health challenges get the support and treatment they need and this Plan will see a more coordinated national approach to mental health from all governments and stakeholders.

More than 2,800 Australians take their lives each year and the Plan will provide an additional focus of suicide prevention.

Evidence-based approaches and strategies to prevent suicide will be implemented through a community-wide approach, including more effective follow-up support for people who have attempted to take their own lives.

The Turnbull Government recently committed \$47 million for more frontline services for suicide prevention.

Last week as part of our over \$4 billion annual investment in mental health we launched the Head to Health website, which is a one-stop shop for services and resources delivered by some of Australia's most trusted mental health service providers.

And yesterday the Turnbull Government announced a wide ranging package of reforms to make private health insurance simpler and more affordable for Australians, including better access for mental health services without a waiting period.

A particular focus of the Plan is addressing eating disorders. These can have a catastrophic impact on both individuals and their families. It will be a personal priority as we frame further policy in the future.

The Plan includes eight nationally agreed priority areas and 32 coordinated actions for the next five years with a view to achieving an integrated mental health system.

A key priority area is strengthening regional integration of mental health services to support more effective treatments for those in need.

In partnership with consumers and carers, Primary Health Networks and Local Hospital Networks will plan and design mental health services to meet specific local needs.

An implementation plan has been developed to guide and monitor implementation efforts of governments.

Improving the mental health system and outcomes for people with mental illness can only be done in partnership with the community, sector and all governments.

For people looking for mental health and suicide prevention support, I encourage them to visit the newly launched Head to Health website at: www.headtohealth.gov.au.

For more information about the Fifth National Mental Health and Suicide Plan click [here](#) or visit <http://www.coaghealthcouncil.gov.au/Publications/Reports>

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