



Minister for Health and Aged Care
Minister for Sport
THE HON SUSSAN LEY MP

MEDIA RELEASE

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National mental health charity achieves 30-year milestone

For 30 years SANE Australia has provided help and support to Australians experiencing mental health issues.

Minister for Health Sussan Ley said almost half of the Australian population would experience a mental illness at some point in their lives and services such as SANE Australia provide crucial support.

“In particular, SANE Australia has campaigned relentlessly to reduce the stigma associated with mental health issues,” Ms Ley said

“Encouraging Australians to seek help if they need it is vital. Part of this encouragement involves addressing barriers and stigma that exist around mental health, so I’d like to particularly acknowledge SANE’s three decade long contribution in this space.”

SANE offers a range of support services, including a helpline, online chat function and forums, as well as practical guides for families, carers and employers.

“It’s great to see the work SANE is doing in the online space. Its online forum gives Australians living in rural, remote and regional areas the opportunity to connect with SANE so distance is not a disadvantage,” Minister Ley said.

In recognition of its innovative work with online forums, SANE was recognised for best practice, excellence and innovation at the 2016 TheMHS Mental Health Awards.

“I’m pleased to see the positive impact online forums have had in helping individuals affected by mental health issues – to date, more than 100,000 Australians have accessed this tool,” Minister Ley said.

“This is testament to the work by SANE’s former CEO, the late Barbara Hocking OAM who sadly passed away recently, and the ongoing work by current CEO Jack Heath.

“I congratulate SANE Australia for achieving this milestone and its important role in Australia’s mental health system for the last 30 years.”

As part of the Australian Government’s ongoing commitment to mental health services, \$192 million will be provided over four years to strengthen mental health care models across the nation, as well as provide better support for young Australians and those at risk of suicide.

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