



Prioritising Mental Health – Youth Mental Health and Suicide Prevention Plan

The Government will provide \$461 million for a national strategy to prevent suicide and promote the mental wellbeing of young and Indigenous Australians. This represents the single largest investment in youth suicide prevention in the country's history. We are prioritising three key areas as our nation's best protection against suicide – strengthening the headspace network, Indigenous suicide prevention, and early childhood and parenting support.

- **Expansion of the headspace Network (\$375 million)**

We will ensure that young people can get help where and when they need it through unprecedented investment in headspace, including: \$111 million for 30 new centres around the country; \$152 million to reduce wait times and improve the quality of services at headspace sites; \$2 million for a Young Ambassadors program; and \$110 million to continue the Early Psychosis Youth Service at 14 headspace centres to support young people at the early stages of severe mental illness.

- **Indigenous Suicide Prevention (\$15 million)**

We will empower Indigenous suicide prevention by providing: \$4.5 million for Indigenous leadership to create a national plan for culturally-appropriate care, and services that recognise the value of community and protective social factors; \$5 million for young Indigenous leaders to participate in place-based cultural programs; \$3 million for a centre of excellence in childhood wellness to assist children and adolescents affected by childhood trauma; \$0.8 million to adapt CFT psychological treatments to include cultural traditions; and \$1.2 million for Red Dust to deliver social and emotional wellbeing initiatives in the Northern Territory.

- **Childhood and Parenting Support (\$11.8 million)**

To guarantee that our youngest Australians get the best start to life, build the skills to face challenges, and get assistance when they need it, we will support children and parents through \$1.5 million for the Raising Children Network to help parents recognise when their children are struggling and what to do to help; \$2.5 million for Smiling Minds to help children in schools learn the skills to manage their mental and emotional wellbeing; and an

additional \$4 million for Kids Helpline to provide 24/7 counselling support so that young people aged 5 to 25 have somewhere to turn to in times of need.

As some young people prefer to rely on their peers for support, we will provide \$2.8 million for batyr to amplify the voices of peers to encourage others to seek help; \$0.4 million for the Banksia project to expand its community program, and \$0.6 million for a trial of peer workers in Beyondblue's Way Back suicide aftercare service. This is in addition to general peer support initiatives included in other initiatives.

Additionally, we are leading a change in the way that Australians and Australian governments think about suicide prevention. Recognising that social, financial, legal, health, and mental health may all be contributing factors to suicidality, a Suicide Prevention Co-ordinator will be established within the Prime Minister's portfolio to coordinate activities across the whole of government, and help design services that make a real difference for those at risk.

We will also provide \$15 million to create a new national information system that will help communities and services respond quickly to areas affected by high incidences of suicide and self-harm.

These measures are in addition to a range of community-based services funded through our Community Health and Hospitals Program (CHHP), and a range of adult focused mental health initiatives.

Why is this important?

The high rate of suicide, particularly among young people, is a national tragedy. Despite all the good work being done, the suicide death rate has risen over the past decade.

Suicide and suicidal behaviour is associated with a complex interaction between clinical, social and emotional factors. As a result, there is a need to integrate suicide prevention across all areas of government and for suicide to be a whole-of-government focus.

Additionally, as suicide rates fluctuate from year to year, and vary from region to region, there is a critical need for the collection of more timely national information on suicide and suicidal behavior to enable more rapid responses to be developed.

Appropriate, coordinated frontline supports across the full spectrum of social and emotional wellbeing, through early intervention, treatment and postvention are also required to ensure that support is always available for those in need.

Who will benefit?

This will benefit a range of people impacted by mental illness.

How much will this cost?

This will cost \$461 million.