The National Mental Health Commission will be visiting 23 cities and towns to connect with you to hear about your individual experiences of the mental health system. Every Australian will have the opportunity to be actively involved in helping us change the system for the better.

We want to hear from you and the broader community on what works for you and what doesn’t.

Your input will be at the centre of the Commission’s 2030 Vision on the mental health and wellbeing of all Australians.

We look forward to connecting with you soon, please take a look at our Connections’ program and dates.

Thursday Island (TSI)    Bathurst (NSW)    Gold Coast (QLD)
Palmerston (NT)          Wollongong (NSW)  Townsville (QLD)
Kununurra (WA)           Albury–Wodonga (NSW/VIC) Mt Isa (QLD)
Nhulunbuy (NT)           Melbourne (VIC)   Adelaide (SA)
Perth (WA)               Bendigo (VIC)     Port Lincoln (SA)
Geraldton (WA)           Launceston (TAS)  Broken Hill (NSW)
Kalgoorlie (WA)          Hobart (TAS)      Gungahlin (ACT)
Armidale (NSW)           Brisbane (QLD)

Register at www.mentalhealthcommission.gov.au
For more information call: 1800 220 246
or email: community@nmhcconnections.com.au

Making Connections with your Mental Health and Wellbeing

If this has raised any issues for you support is always available from:
• Lifeline on 13 11 14 • Kids Helpline on 1800 55 1800 • Beyond Blue 1300 22 4636

Designed by Australian Aboriginal Artist Bibi Barba