



ACT
Mental Health
Consumer Network

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Submission:

Inquiry into Youth Mental Health in the ACT

Submitted by email to:
LACommitteeEEYA@parliament.act.gov.au

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This submission has been prepared by the ACT Mental Health Consumer Network (Network) in response to the Inquiry into Youth Mental Health in the ACT, and we would like to thank the Standing Committee for this opportunity.

The ACT Mental Health Consumer Network is a consumer-led peak organisation representing the interests of mental health consumers in the ACT in policy and decision-making forums. The Network is committed to social justice and the inclusion of people with lived experience of mental illness. Run by consumers for consumers, our aim is to advocate for services and supports for mental health consumers which better enable them to live fuller, healthier and more valued lives in the community.

General comments

We thank you for the opportunity to provide further comment based on the Inquiry having been re-opened, and request that our initial response be retracted. We respectfully refer the Standing Committee to the content and recommendations of the Review of Children and Young People in the ACT¹ report published by the Office of Mental Health and Wellbeing (OMHW) in March 2020.

Over 800 people in the ACT participated in the Review, including children and young people, their parents and carers, and community organisations and service providers. We endorse the scope and findings of the OMHW's Review and the three key projects that stem from it:

- Develop and implement an Online Youth Navigation Portal for the ACT (also a recommendation from the ACT Youth Advisory Council);
- Enhance evidence-informed mental health and wellbeing education programs; and
- Support young people requiring moderate to severe mental health service.

The Network would also like express to its support of the submissions made to the Inquiry by the Youth Coalition of the ACT, the Mental Health Community Coalition of the ACT and Carers ACT, and we echo their feedback.

As the Network does not currently have the active youth membership required to advocate systemically in this area, we respectfully defer to the child and youth peaks as the expert advocates in this Inquiry.

¹Office of Mental Health and Wellbeing, 2020. Review of Young People in the ACT
https://cms.health.act.gov.au/sites/default/files/2020-03/OMHW%20Children%20and%20Young%20People%20Report_0.pdf