



Mental Health  
Australia

# 2019/20

# **ANNUAL**

# **REPORT**

*Mentally healthy people,  
mentally healthy communities*

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# OUR VISION AND STRATEGIC PLAN

## Our vision

Mentally healthy people, mentally healthy communities

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## Our mission

To create the best mental health system in the world, characterised by:

- » Full and meaningful participation by consumers and carers
  - » Priority given to mental health promotion, prevention and early intervention
  - » Recovery orientation
  - » Seamless integration and coordination of policies, services and programs
  - » Accessibility, effectiveness and efficiency.
- 

## Our objectives

As the national peak body for mental health, Mental Health Australia works to advocate for a better mental health system for all Australians and a better operating environment for service providers. To deliver on our vision of mentally healthy people, mentally healthy communities, and to continue representing and promoting the interests of our members and the Australian mental health sector, our work over the past year was focused on these core objectives as part of our Strategic Plan 2017-2020.

-  **Growing the long-term investment in mental health**
-  **Enhancing the sustainability of Mental Health Australia**
-  **Improving systems design and interface**



## ► Strategic Plan 2019/20

Detailed strategies and key performance indicators (KPIs) were set for each 12-month period, and monitored and reported upon through an internal Operational Plan that detailed teams responsible for strategies, and activities required to meet KPIs.

Delivery against the Strategic Plan was impacted by a number of initiatives unknown at the time of its development: the Productivity Commission Inquiry into Mental Health, the work of the National Mental Health Commission on Vision 2030, and certainly well before either bushfires or the global pandemic faced the organisation and the community.

The strength of strategic plans that guide organisations in planning and intentional action comes from their thoughtful priority setting as well as their capacity to respond as we have to the changing environmental context and strategic landscape.

## Strategic Plan 2019/20

Mental Health  
Australia



# FROM THE CHAIR AND CEO

## From the Chair

Our vision at Mental Health Australia is mentally healthy people and mentally healthy communities, and in the financial year 2019/20 this aspirational and ambitious goal has never been more important as a strategic driver for us all.

Due to floods, fires and now a global pandemic whose impact will endure, the mental health and wellbeing of our people, and the communities in which they live, has never experienced such open and public concern, profile and genuine intent from all governments. Sadly though, we have also never seen such an increase in need for services and community supports, adding further pressure on an already stretched and strained mental health system.

In 2020 mental health and wellbeing has become a real priority, and at Mental Health Australia we have worked hard with people with lived experience of mental illness, members, leaders and advocates across the sector to ensure that priority has triggered further advocacy to instill lasting reform for our members, people living with mental illness and for the wider sector.

We are proud of how the sector has worked so hard together in this time of very real challenge and change – especially in actively responding to the voices of people living with mental ill health. There has been sound commitment to collaboration and a shared voice and it shows what we can achieve through the power of partnership, of listening and of shared action.

In addition to the challenges of the bushfires and a global pandemic, our community has been examining care provided through the closely related disability and aged care sectors through Royal Commissions.

This was also a period of considerable change inside the organisation, with long serving CEO Mr Frank Quinlan moving on in October 2019 after eight years, and Ms Melanie Cantwell acting in the role before Dr Leanne Beagley started in April 2020.



From representing the sector as part of the Prime Minister’s Roundtable and Bushfire Recovery taskforce and breaking a Guinness World Record™ on World Mental Health Day, to delivering Embrace Multicultural Mental Health and countless policy submissions, to moving to working from home and setting up online arrangements for Members Policy Forums and starting campaigns such as “Look after your mental health, Australia”, the organisation adapted quickly and professionally over the tumult of the past year, and did so while welcoming in a new CEO to Mental Health Australia and laying the ground work for a new strategic direction and a new phase of development across the Australian mental health system.

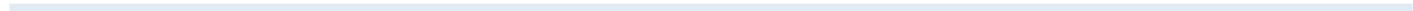
It has been a remarkable and productive twelve months indeed. My Board colleagues and the staff members have sustained a collaborative approach through this time of change and I thank them.

We are ready to move forward on that strong foundation of the power of working together.



A handwritten signature in black ink, appearing to be 'RK', written in a cursive style.

**Ms Robyn Kruk AO**



## From the CEO

Having heard so much about Mental Health Australia and watching on from other roles within the sector over many years, it was with great personal excitement and anticipation that I started in the role of CEO in April. Many thanks to Ms Melanie Cantwell who held the fort brilliantly for most of the reporting year.

Firstly, thank you to the Board Directors and the team for the kind welcome and diligence and professionalism in which you all so quickly brought me up to speed with the organisational values and key priorities for the next twelve months, during this difficult and pivotal time for the mental health ecosystem.

Secondly, I would like to acknowledge those whose advocacy comes from lived experience of mental ill health, our members and key stakeholders, many of whom I managed to meet over telephone and video calls in my first months. Our task is to work and advocate with, and for, you and the sector at large. Your input and expertise, your honest assessment of the challenges and your collaborative commitment is highly valued.

It creates such an exciting and powerful foundation for our ongoing work together.

At Mental Health Australia our vision will not change as we build our new strategic plan. A plan where members, leaders, stakeholders and our team will take us forward in key areas that focus efforts on championing the voice of consumers and carers, addressing the social determinants of mental ill health, and delivering value to members.

I am very much looking forward to working with you all to effect real change in partnership together.

A handwritten signature in black ink that reads "Leanne Beagley". The signature is fluid and cursive.

**Dr Leanne Beagley**



# OUR MEMBERS

As the national peak body representing the mental health sector in Australia, Mental Health Australia advocates on behalf of a wide range of people who are working to improve the mental health and wellbeing of all Australians. This includes consumers and carers, practitioners, service providers, researchers, and policy makers.

Our Members play a vital role in helping to fulfil our advocacy role and ensure a united voice is heard in the development of key national mental health reform priorities. We thank our Members for their continued support. We welcomed Australian Kookaburra Kids Foundation, Bipolar Australia, Gidget Foundation Australia, OzHelp Foundation, SuperFriend, Eating Disorders Queensland and Primary & Community Care Services Ltd as Members during 2019/20.

As at 30 June 2020, Mental Health Australia had 72 Voting Members and 52 Non-Voting Members. A full list of Members can be found below.

## ▶ Non-Voting Members at 30 June 2020

ACT Mental Health Consumer Network	Central Coast Family Support Service Inc	Junaya Family Development Services	Tandem The MindShift Foundation
Anglicare Tasmania Inc	CoHealth	LAMP Inc	The Moverment Foundation
Anxiety Recovery Centre Victoria	Connections	Marathon Health	TeamHEALTH
Arafmi Ltd	Consumers of Mental Health WA (CoMHWa)	McAuley Community Services for Women	Tully Support Centre
Australian Red Cross	Converge International Ltd	Mental Health Partners	University of Newcastle - Centre for Rural & Remote Mental Health
Being - Mental Health & Wellbeing	Eating Disorders Queensland	Mentally Healthy WA	Victorian Mental Illness Council (VMIAC)
Black Swan Health	Employee Assistance Professional Assoc of Australasia	Mentis Assist	WayAhead - Mental Health Association NSW
breakthru	Exercise & Sports Science Australia (ESSA)	Micah Projects	Wellways
Brisbane North PHN	FearLess Outreach	Open Minds	Wise Employment Ltd
Care Connect	HelpingMinds	Pathways SouthWest Inc	Women's Information, Support and Housing in the North
Carers ACT	Lutheran Services	Primary & Community Care Services Ltd	
CatholicCare NT	JobCo Employment Services Inc	Richmond Wellbeing	
Centacare Catholic Family Services		Ruah Community Services	
Centacare, Catholic Diocese of Ballarat Inc		Star Health Group	



## ▶ Voting Members at 30 June 2020

Australian Association for Developmental Disability Medicine Australian	Dietitians Australia dnet - People Like Us Emerging Minds	National LGBTI Health Alliance National Rural Health Alliance	Royal Australian College of General Practitioners Royal Flying Doctor Service of Australia
Association of Social Workers	Flourish Australia	Neami National	Rural & Remote Mental Health
Australian Clinical Psychology Association	Gidget Foundation Australia GROW	NT Mental Health Coalition Occupational Therapy Australia	SANE Australia Society for Mental Health Research
Australian College of Mental Health Nurses	Headspace Lifeline Australia	On The Line Orygen, The National Centre of Excellence in Youth	Soldier On Australia Speech Pathology Australia
Australian Counselling Association Inc	Lived Experience Australia Mental Health Carers Australia	Ostara Australia Limited OzHelp Foundation	Stride Suicide Prevention Australia
Australian Kookaburra Kids Foundation	Mental Health Coalition of SA Inc Mental Health Community Coalition ACT	Psychotherapy and Counselling Federation of Australia (PACFA) Perinatal Anxiety and Depression Australia (PANDA)	The Pharmacy Guild of Australia TheMHS Learning Network Inc
Australian Psychological Society	Mental Health Coordinating Council Mental Health Council of Tasmania	Psychosis Australia Trust Queensland Alliance for Mental Health	The Royal Australian and New Zealand College of Psychiatrists WA Association for Mental Health
Australian Rotary Health	Mental Health First Aid Australia Mental Health Professionals Network	Queensland Centre for Mental Health Research R U OK? Foundation	Youturn Youth Support (formerly United Synergies)
Batyr Australia Limited	Mental Health Victoria Mental Illness Fellowship of Australia	ReachOut Australia Relationships Australia	
Beyondblue Limited	Mind Australia National Aboriginal Community Controlled Health Organisation	Richmond Fellowship of Australia	
Black Dog Institute			
Blue Knot Foundation			
Brain and Mind Centre			
Butterfly Foundation			
Carers Australia			
Catholic Social Services Australia			
Centre for Mental Health Research (ANU)			
Dementia Australia			



# OUR PEOPLE

## ▶ Board Directors

Mental Health Australia is governed by a Board of up to ten Directors. The Board must consist of at least three and up to eight Elected Directors, and up to two Board Appointed Directors.

Board Directors for 2019/20 were:

Name	Position
Jennifer Westacott AO	Board Appointed Director, Chair (to 3 August 2019)
Robyn Kruk AO	Board Appointed Director, Deputy Chair (until 2 August 2019), Interim Chair (from 3 August 2019)
Georgina Harman	Elected Director, Interim Deputy Chair (from 29 January 2020)
Jennifer Bowers	Elected Director
Jeremy Coggin	Elected Director
Ashley de Silva	Elected Director (from 25 November 2019)
Robyn Hunter	Elected Director (to 12 June 2020)
Kym Jenkins	Elected Director
Janne McMahon OAM	Elected Director
Carmel Tebbutt	Elected Director



**Mental Health Australia Board at the 2019 Annual General Meeting**

*From left to right:  
Carmel Tebbutt, Georgina Harman, Janne McMahon OAM, Jennifer Bowers, Robyn Hunter, Jeremy Coggin, Robyn Kruk AO, Kym Jenkins  
Absent: Ashley de Silva*



## Secretariat Staff

Mental Health Australia's success depends on the experience and dedication of its staff. The team combines extensive skills in business, governance, policy and program development, and management, planning, communications and event management, and administration.



*Mental Health Australia Staff having their first of many Zoom staff meetings during COVID-19 restrictions*

Staff as at 30 June 2020 were:

Name	Position
Leanne Beagley	Chief Executive Officer
Melanie Cantwell	Deputy Chief Executive Officer and Company Secretary
Harry Lovelock	Director, Policy and Projects
Kylie Wake	Director, Consumer and Carer Programs
Lachlan Searle	Director, External Relations
Delia Witney	Human Resources Manager
Kathryn Sequoia	Corporate Governance Advisor
Kylie Bartlett	Senior Finance and Corporate Services Officer
Amy Byrne	Corporate Services Officer
Felicity Wilkins	Executive Assistant/Communications and Events Coordinator
Anna Siddall	Communications Officer
Emma Coughlan	Senior Policy and Projects Officer
Ingrid Hatfield	Senior Policy and Projects Officer
Katherine Shoemark	Policy and Projects Officer
Ruth Das	Embrace Project Manager
Victoria Wilson	Embrace Senior Policy and Projects Officer
Anup Pereira	Embrace Senior Project and Engagement Officer
Charlene Singh	Embrace Project Officer
Danica Browne	Consumer and Carer Programs Officer



# CONSUMER AND CARER PARTICIPATION AND LEADERSHIP



National Mental Health  
Consumer & Carer Forum

## ► National Mental Health Consumer and Carer Forum

The National Mental Health Consumer and Carer Forum (NMHCCF) is a combined national voice for mental health consumers and carers. Members listen, learn, influence and advocate in matters of mental health reform. The NMHCCF is currently auspiced by Mental Health Australia.

Membership of the NMHCCF is comprised of one consumer representative and one carer representative from each Australian state and territory, and representatives from identified population groups and national consumer and carer organisations. NMHCCF members represent mental health consumers and carers on a large number of national bodies, such as Government committees and advisory groups, professional bodies and other consultative forums and events. Members use their lived experience, understanding of the mental health system, and communication skills to advocate and promote the issues and concerns of consumers and carers.

The NMHCCF usually meets face-to-face three times each year, and several times in between by teleconference and in its Working Groups. Like so many groups, due to the COVID-19 pandemic the NMHCCF developed new ways of working together and this year the meeting schedule was altered. The NMHCCF met face-to-face for three days in December 2019, and via videoconference in March and May 2020. Reports from the 2019/20 meetings are available at: [www.nmhccf.org.au/content/reports-meetings](http://www.nmhccf.org.au/content/reports-meetings).

### *Policy and advocacy*

In 2019/20 the NMHCCF contributed to the following national consultations, reports, issues and policies:

- » Submission in response to the Draft Report from the Productivity Commission Inquiry into Mental Health



- » Submission to the Royal Commission into Aged Care Quality and Safety
- » Response to the Royal Commission into National Natural Disaster Arrangements Issues Paper: Health arrangements in natural disasters
- » Response to the Australian Commission on Safety and Quality in Health Care's consultation on the Draft National Safety and Quality Digital Mental Health Standards
- » Consultation regarding the Implementation review of the Pharmacy Trials Program
- » Monash University – Implementing work related mental health guidelines in general practice (IMPRovE) trial steering group
- » Australian Commission on Safety and Quality in Health Care – National Safety and Quality Community Standards Advisory Group
- » 2020 Review of the Disability Standards for Education 2005
- » Mental Health Research Clinical Trials Network meetings
- » NMHC National Mental Health Research Strategy Workshop
- » Fifth National Mental Health and Suicide Prevention Plan (Fifth Plan)
  - Action iv –Project Steering Group with oversight of the Renewal of the National Mental Health Policy (Australian Government Dept of Health)
  - Action 9 Working group to oversee the development, implementation and monitoring of national guidelines to improve coordination of treatment and supports for people with severe and complex mental illness (Australian Government Dept of Health)
  - Action 21.3 Working group to guide the development and delivery of the consumer and carer participation guide (National Mental Health Commission)
  - Action 21.4 Working group to develop a process for revising the NSMHS (Office of the Chief Psychiatrist, South Australian Dept of Health)
  - Action 21.1 Working group to review the 2005 National Safety Priorities in Mental Health (Office of the Chief Psychiatrist, Queensland)
- » Australian Government Department of Health
  - Million Minds advisory panel
  - Primary Health Reform Consultation Group
  - National Mental Health Workforce Strategy advisory group
- » National Mental Health Commission
  - Peer workforce roundtable
  - National Mental Health Research Strategy Steering Committee

*Copies of public submissions are available on the NMHCCF website: [nmhccf.org.au/resources/publications](http://nmhccf.org.au/resources/publications).*



In addition to these new opportunities NMHCCF members continue to participate in several national and local committees and activities including:

- » Fifth Plan Mental Health Expert Reference Panel (MHERP)
- » Fifth Plan Reducing Stigma and Discrimination Project Reference Group
- » Safety and Quality Partnerships Standing Committee (SQPSC)
- » Mental Health Information Strategy Standing Committee (MHISSC)
- » SQPSC's Safety and Improvement Forum (SAIF 2020) conference organising committee
- » Consumer co-chair on the NDIS Quality and Safeguards Commission (NDIS Commission) Disability Sector Consultative Committee
- » Australian Digital Health Agency's working group for the development of digital health tool kits
- » Various Commonwealth Government advisory groups such as the Million Minds Panel.

The NMHCCF Co-Chairs are members of the Mental Health Principal Committee (MHPC), which reports to the COAG Health Council through the Australian Health Ministers Advisory Council. The MHPC has responsibility for national mental health policy work, the implementation of the Fifth National Mental Health and Suicide Prevention Plan and in the development of the National Mental Health Pandemic Plan. The NMHCCF Co-Chairs participated in the October 2019 and January, March and May 2020 MHPC meetings.

The MHPC provided additional funding to the NMHCCF in 2019/20 for the NMHCCF to initiate a conversation on the development of a model for a national mental health consumer and carer voice using a co-design process. Due to the COVID-19 pandemic, the approach for this work moved from hosting a face to face workshop to a series of smaller two-hour workshop/meetings, held via videoconference. The workshops were held in state, territory, and national groups and 60 participants/ organisations participated. A report summarising the process of, and key outcomes from, the workshop has been prepared by the consultant and is being considered by the NMHCCF.

The NMHCCF identifies the National Mental Health Commission (NMHC) as a key partner in its work. The NMHCCF Co-Chairs meet every six weeks with the NMHC CEO to discuss priorities in mental health for consumers and carers and identify areas of mutual interest where the NMHCCF and NMHC can work together. An example of this partnership in 2019/20 was participation by the Co-Chairs in the development of the National Mental Health Pandemic Plan which was being led by the NMHC.



In 2019/20, NMHCCF Members also participated in the following:

- » Australian Rural and Remote Mental Health Symposium (the NMHCCF were Gold Sponsors of this event, four NMHCCF members attended).
- » The Mental Health Services (TheMHS) Conference (the NMHCCF distributed brochures at this conference, three NMHCCF members attended).
- » Compassion Revolution Conference (two NMHCCF members attended).
- » National PHN Mental Health Lived Experience Engagement Network (MHLEEN) biannual planning meeting and as guest speaker
- » Speakers at the Commonwealth Department of Health National Primary Care Reform Taskforce Mental Health Roundtable
- » Peer Workforce Development Guidelines Focus Group (National Mental Health Commission).
- » Mental Health Australia events:
  - Grace Groom Memorial Oration
  - November 2019 and March 2020 Members Policy Forums
  - Parliamentary Advocacy Day.

## ***NMHCCF governance***

In March 2020 the NMHCCF underwent an election for their Executive positions.

The NMHCCF Executive during 2019/20 until March 2020 were:

**Consumer Co-Chair** | Lorraine Powell, *WA Consumer representative*

**Carer Co-Chair** | Eileen McDonald, *NSW Carer representative*

**Deputy Consumer Co-Chair** | Lyn English, *SA Consumer representative*

**Deputy Carer Co-Chair** | Hayley Solich, *WA Carer representative*

**Ordinary Consumer Member** | Heather Nowak, *CHF Consumer representative*

**Ordinary Carer Member** | Katrina Clarke, *VIC Carer representative*

The NMHCCF Executive from March 2020 were:

**Consumer Co-Chair** | Keir Saltmarsh, *VIC Consumer representative*

**Carer Co-Chair** | Hayley Solich, *WA Carer representative*

**Deputy Consumer Co-Chair** | Tanya Kretschmann, *QLD Consumer representative*

**Deputy Carer Co-Chair** | Kerry Hawkins, *Mental Health Carers Australia Carer Representative*

**Ordinary Consumer Member** | Lorraine Powell, *WA Consumer representative*

**Ordinary Carer Member** | Eileen McDonald, *NSW Carer representative*





## **National Register of Mental Health Consumer and Carer Representatives**

The National Register is made up of 60 mental health consumer and carer representatives from around Australia. These representatives are available to sit on or participate in national committees, boards, planning groups and national forums as consumer or carer representatives.

### ***Consumer and Carer Representation from the NMHCCF and the National Register***

During 2019/20, the consumer and carer selection panel (NMHCCF Co-Chairs and the consumer and carer nominees on the Mental Health Australia Board) selected consumer and carer representatives from the NMHCCF and National Register for the following new opportunities:

- » Australian Department of Health – Fifth Plan Action 9 Working Group
- » National Disability Insurance Agency – Participant Reference Group
- » University of South Australia – National Mental Health Commission’s Consumer and Carer Safety and Quality Engagement Guide individual consultations
- » Disability Employment Australia – Speaker to the Disability Employment Australia Leaders Forum
- » Australian Department of Health – Healthy Mind, Healthy Body Project Steering Committee
- » National Disability Insurance Agency – Mental Health Digital Project Working Group
- » Pharmacy Guild of Australia – Bridging the Gap Between Physical and Mental Illness in Community Pharmacy RCT Expert Panel
- » National Mental Health Commission – Vision 2030 Roadmap Advisory Committee
- » National Health and Medical Research Council – Special Initiative in Mental Health Peer Review Panel
- » Mental Illness Fellowship of Australia – Co-Design Team
- » Queensland Department of Health, Mental Health Alcohol and Other Drugs Branch – National Mutual Recognition Interjurisdictional Project Steering Committee.

### ***Annual Issues and Opportunities Workshop***

Mental Health Australia hosts an Annual Issues and Opportunities Workshop for Members of the National Register, the NMHCCF, and the Embrace Project CALD Mental Health Consumer and Carer Group.

These workshops aim to further develop the representative skills of mental health consumers and



carers already participating in national policy initiatives. In particular, the workshops are designed to develop representatives' advocacy, policy development and leadership skills. The workshops also provide important networking opportunities for representatives.

The 2020 Annual Issues and Opportunities Workshop was scheduled to be held in Melbourne in May 2020, however due to COVID-19, a series of monthly webinars has been held instead. The theme 'Consumer and Carer Leadership in a Time of Crisis – Social, Environmental & Political' provided a relevant, thought-provoking program and opportunities to advance participants' voices as consumers and carers.

Webinars held in 2019/20:

*May 2020 – Leadership for Our Times with Inside Out and Associates*

*June 2020 – Ethical Q&A with Dr Simon Longstaff AO, Centre for Ethics*

This important leadership theme will continue through 2020, with a series of additional webinars planned by the combined NMHCCF & National Register Working Group that provides input to the design of the Annual Workshop.



# OUR POLICY SUBMISSIONS

Mental Health Australia made submissions to a range of inquiries throughout 2019/20. These included in-depth responses to the Productivity Commission Inquiry into Mental Health, as well as advocating in relation to the National Disability Insurance Scheme (NDIS) and social determinants of mental health. All submissions can be found through the Mental Health Australia website at [www.mhaustralia.org](http://www.mhaustralia.org).

## **SUBMISSION TO PRODUCTIVITY COMMISSION INQUIRY INTO MENTAL HEALTH**

*July 2019*

In addition to our original submission in April 2019, Mental Health Australia provided two further submissions to the Productivity Commission Inquiry. The second submission was a targeted global evidence review of innovative and best practice mental health service delivery models.

The third submission considered the intergovernmental arrangements necessary to underpin best practice mental health service delivery models. In this submission, Mental Health Australia argued for implementation of a new National Mental Health Agreement.

## **SUBMISSION TO SENATE INQUIRY INTO ADEQUACY OF NEWSTART**

*September 2019*

Mental Health Australia outlined the impact of the inadequacy of the Newstart payment on people living with mental ill-health. The key recommendation was the establishment of a mechanism to ensure income support levels are set at a rate determined by independent advice to meet reasonable costs of living over time.

## **SUBMISSION TO SENATE INQUIRY INTO CENTRELINK COMPLIANCE PROGRAM**

*September 2019*

This submission reinforced the significant negative impact Centrelink's compliance program (known as "robo-debt") had for many Centrelink customers living with mental ill-health. Mental Health Australia called for greater safeguards for Centrelink customers, and again urged



engagement in genuine consultation with mental health consumers and carers in the design and delivery of Centrelink compliance processes.

## **SUBMISSION TO CONSULTATION ON RELIGIOUS FREEDOM BILLS**

*October 2019 and January 2020*

Mental Health Australia made submissions to the Attorney-General's departmental consultation on both the first and second exposure drafts of the Religious Freedom Bills. In the submissions Mental Health Australia expressed concern about the potential detrimental impact of these Bills (both in their original and revised state) for people seeking health care who already experience high rates of suicide and mental illness, including the LGBTIQ+ community, women, and people with disability.

Mental Health Australia argued that while people with religious beliefs should be protected from discrimination, the proposed Bills were an inappropriate vessel to provide such protection, and would do so at the expense of existing protected attributes.

## **SUBMISSION TO NDIS LEGISLATION REVIEW**

*October 2019*

Mental Health Australia provided a joint submission with Community Mental Health Australia and the Mental Illness Fellowship of Australia to the Australian Government's Review of the NDIS Act. The submission welcomed the Government's intention to review the NDIS legislation and develop a NDIS Participant Service Guarantee, and proposed changes to align the NDIS more closely with recovery-oriented practice.

## **PRE-BUDGET SUBMISSION**

*January 2020*

Mental Health Australia's 2020-21 Pre-Budget Submission identified targeted projects for the Australian Government to invest in Australians' mental health. Drawing on Charter 2020: Time to Fix Mental Health, Mental Health Australia called for, among other priorities: establishment of a National Mental Health Agreement, investment in infrastructure for consumer and carer engagement, expansion of community mental health care, and development of a national mental health disaster response strategy.



## **RESPONSE TO PRODUCTIVITY COMMISSION INQUIRY INTO MENTAL HEALTH DRAFT REPORT**

*January 2020*

Mental Health Australia commended the Productivity Commission for the careful thinking, consultation and analysis that shaped the Draft Report. The submission identified gaps in tangible recommendations, and called on the Productivity Commission to set out an ambitious vision and agenda for mental health reform. It was argued that this vision and agenda must outline a world class mental health system, which balances clinical and social care and support and is co-designed by mental health consumers and carers.

## **SUBMISSION TO CONSULTATION ON DESIGN OF THE NATIONAL CENTRE FOR PREVENTION OF CHILD SEXUAL ABUSE**

*April 2020*

Mental Health Australia outlined the role the National Centre for Prevention of Child Sexual Abuse should play as an independent organisation coordinating a national response framework to child sexual abuse, and increasing a preventative public health approach with a mental health focus. Mental Health Australia advocated for the National Centre to work in partnership with people with lived experience and embed best-practice trauma-informed approaches in every aspect of its work.

## **SUBMISSION TO SENATE INQUIRY INTO LESSONS TO BE LEARNED FROM THE 2019/20 BUSHFIRE SEASON**

*April 2020*

Mental Health Australia outlined the ongoing mental health impacts of bushfires and other disasters, and called on the Australian Government to develop a National Strategy on Climate, Health and Wellbeing, provide long-term psychological support to people severely impacted by the bushfires, work with affected local communities to support their recovery and develop a mental health workforce disaster response plan.



## **SUBMISSION TO SENATE INQUIRY INTO NDIS WORKFORCE**

*May 2020*

Mental Health Australia provided a joint submission to this inquiry with Community Mental Health Australia and Mental Illness Fellowship of Australia. The submission outlined the unique skills required and challenges faced by the psychosocial disability workforce, the impact of transition to the NDIS, and called on Government to invest in a quality psychosocial workforce with appropriate capacity into the future.

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## **SUBMISSION TO ROYAL COMMISSION INTO NATIONAL NATURAL DISASTER ARRANGEMENTS**

*June 2020*

Mental Health Australia submitted a response to the Royal Commission's Health Arrangements in Natural Disasters Issues Paper. The submission outlined the impact of gaps in national health coordination arrangements during and following the 2019/20 bushfire season, and called for greater primary care integration, improved 'surge capacity' and coordinated public health communications.



# OUR ADVOCACY AND PROJECTS

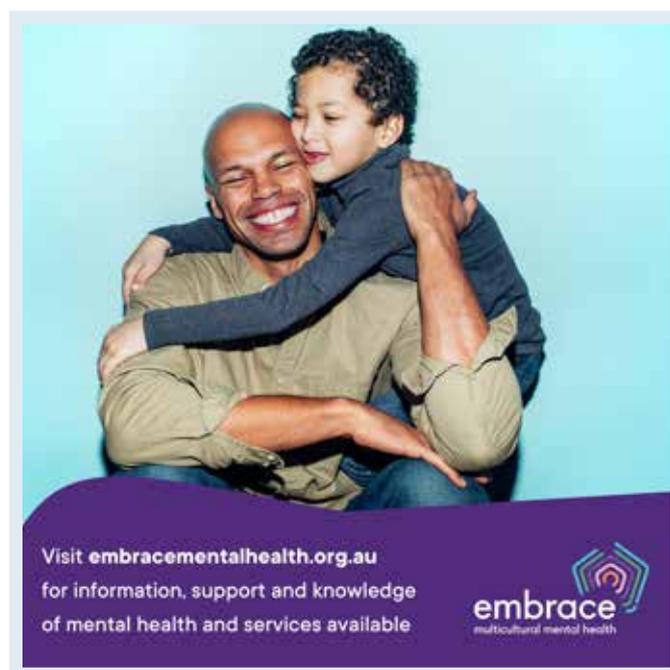


## ► Embrace Multicultural Mental Health

Embrace Multicultural Mental Health (the Embrace Project) provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. It works towards an equitable mental health system which reflects and responds well to the needs of Australia's multicultural population.

Key objectives of the Embrace Project:

- » Increase participation of consumers and carers from CALD backgrounds in mental health services
- » Improve outcomes for CALD mental health consumers, carers and their families
- » Increase mental health awareness, knowledge and capacity in CALD communities
- » Improve cultural responsiveness and diversity of the mental health workforce.



*An Embrace Project social media tile*



*The Embrace Project officially launched the redeveloped Framework for Mental Health in Multicultural Australia (the Framework), new name, brand and website on 16 August 2019.*

Over the past year, the Embrace Project team has engaged with Alliance partners—the Federation of Ethnic Communities' Councils of Australia (FECCA) and the National Ethnic Disability Alliance (NEDA)—the CALD Mental Health Consumer and Carer Group, and the Stakeholder Group to deliver project activities. These activities included:

- » Framework workshops
- » Webinars
- » Mapping report, developed with Synergia Consulting
- » Primary Health Network (PHN) engagement
- » Mainstream and social media.

The past year has focused on promoting the Framework to increase the cultural responsiveness of mental health services. Workshops on the Framework have been held in all states and territories across Australia. Targeted at PHNs and mental health services, the workshops raise awareness and encourage services to implement the Framework. The Embrace Project also ran a series of webinars on the Framework, providing an in-depth look into each service module which are available on the Embrace website, [www.embracementalhealth.org.au](http://www.embracementalhealth.org.au).



*An Embrace Project social media tile*



Over the year, more than 120 services nationwide have signed up to implement the Framework, which continues to provide a comprehensive and evidence-based method to support culturally responsive services. The Embrace Project social media presence has also enabled increased growth and an improved ability to distribute mental health literacy to key audiences, as well as a quarterly newsletter sent to more than 2,000 stakeholders.

In the year ahead the Embrace Project will work with CALD communities to increase mental health literacy and participation in mental health services. A series of community forums will be held in every state and territory to provide community leaders and community organisations with resources to address mental health concerns within communities. The Embrace Project will also focus on redeveloping multilingual resources and mental health literature to support individuals, families, and communities.

## **NDIS Psychosocial Stream Project**

In early 2019, Mental Health Australia worked with the National Disability Insurance Agency (NDIA) to establish a Psychosocial Disability Stream Working Group. Over the course of four meetings, this Working Group discussed how to improve the experience of people with psychosocial disability engaging with the NDIS. Mental Health Australia provided a report to the NDIA in September 2019 outlining the advice of the Working Group, and has continued to work with the NDIA to support implementation of this advice. This has resulted in significant changes to the NDIS to include a new Recovery Coach item, greater flexibility in supporting episodic need, and provision of assertive outreach.

## **Productivity Commission Inquiry into Mental Health**

The Productivity Commission released its much anticipated Draft Report of its inquiry into mental health on 31 October 2019. Mental Health Australia facilitated a sector-wide video webinar with Productivity Commissioner Dr Stephen King on the day of the release, as well as provided a quick scan summary for member organisations, followed soon after by a detailed analysis.

During our November 2019 Members Policy Forum, members discussed the recommendations of the Draft Report mapped against the priorities of Charter 2020. Mental Health Australia collated the insights of these discussions to inform a detailed submission to the Productivity Commission in response to the Draft Report. Mental Health Australia also presented at a hearing of the Productivity Commission Inquiry, advocating on behalf of the sector for an ambitious vision for mental health reform.

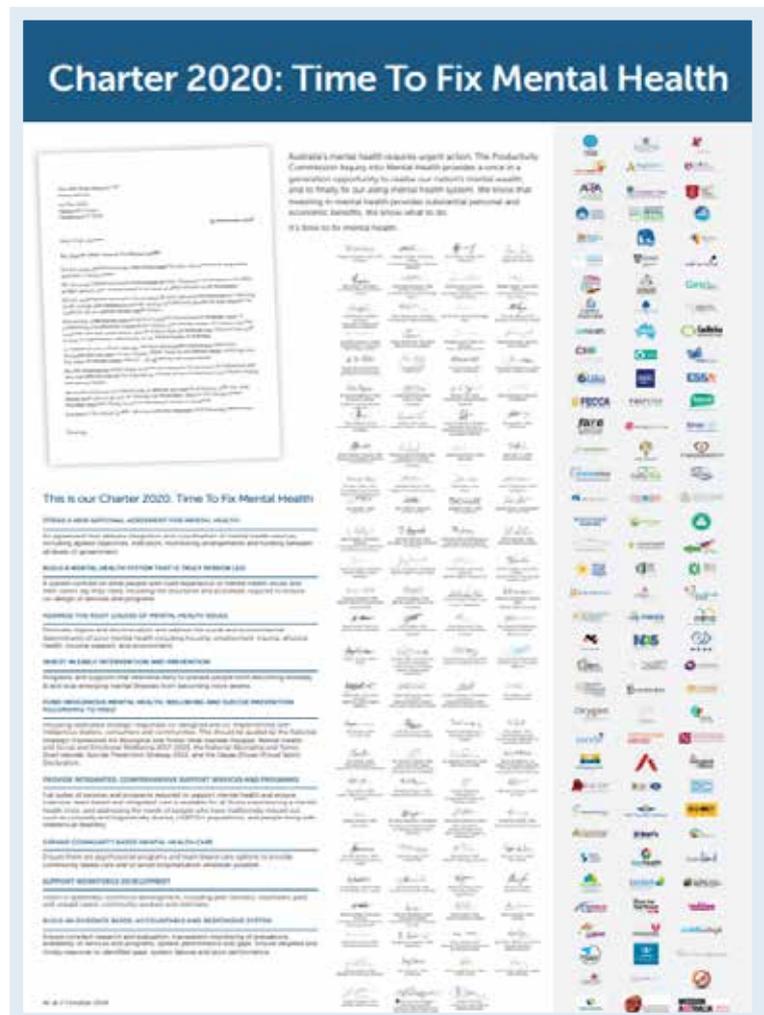


## ▶ Charter 2020: Time to Fix Mental Health

Mental Health Australia developed Charter 2020: Time to Fix Mental Health to demonstrate the level of consensus across the mental health sector and garner Government support to drive mental health reform in response to the momentum created by the Productivity Commission Inquiry into Mental Health. The Charter set out nine priorities for mental health reform, and has been supported by over 110 signatory organisations across the mental health and suicide prevention sectors.

Mental Health Australia engaged KPMG to facilitate political engagement with Charter 2020. Through this campaign Mental Health Australia met individually with key federal politicians and advisors, presenting Charter 2020 and advocating for increasing support for implementation of mental health reform.

Charter 2020 was officially launched by a group of mental health sector representatives at Parliament House on 17 October 2019. Mental Health Australia facilitated an advocacy workshop with these representatives, to discuss agreed key messages prior to the release of the Productivity Commission Draft Report. Mental Health Australia further supported state-based community mental health peak bodies to launch Charter 2020 in their jurisdictions.



*Charter 2020, signed by over 110 organisations*





## **Mental health response to COVID-19 pandemic**

The COVID-19 pandemic and associated economic and social impacts have had an enormous effect on both the mental health of Australians and the way the mental health sector delivers services. In collaboration with our members, Mental Health Australia advocated to the Australian Government to ensure the needs of people with severe and complex mental health issues were addressed during COVID-19, to increase flexibility in NDIS plans to allow service providers to respond to consumer needs, to provide greater support for the psychosocial workforce, and to include people with disability and carers in the coronavirus supplement payment. Mental Health Australia wrote to key Ministers, in collaboration with other psychosocial peak bodies, as well as advocating for these priorities in several meetings and working groups with Australian Government departments.

Further in May 2020, Mental Health Australia drew together feedback from the sector to develop a rapid response to inform the development of the National Mental Health and Wellbeing Pandemic Response Plan prepared by the National Mental Health Commission.



## **NDIS Psychosocial Community Connectors Program**

In June 2020, Mental Health Australia was engaged by the NDIA to deliver a component of the National Community Connectors Program. Through this 12 month program, Mental Health Australia will commission experienced organisations to support people living with psychosocial disability who are experiencing, or at risk of, homelessness to engage with the NDIS. This program is a welcome response to the ongoing advocacy of Mental Health Australia and other representatives for additional supports for vulnerable population groups to access the NDIS.



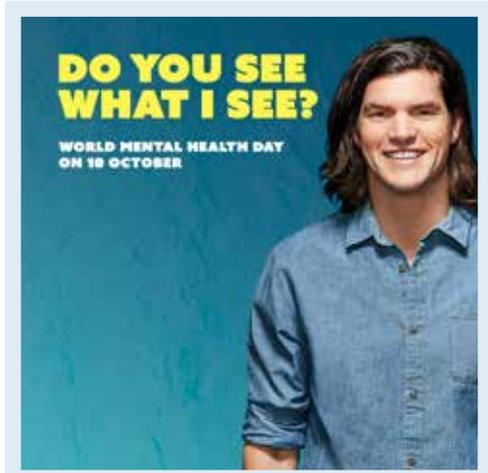
## **World Mental Health Day**

The 2019 World Mental Health Day (WMHD) campaign was a huge success and for the third year in a row used the theme “Do You See What I See?” to shed a positive light on mental health, reduce stigma and foster connectivity. To build on the success of the 2018 WMHD campaign, and to leverage the well-established following for enhanced engagement in 2019, the campaign aimed to challenge negative perceptions and encourage a positive view of mental health by again asking people to make an individual mental health promise as well as engage in workplace-specific activities and mental health promises.



The 2019 WMHD campaign received unprecedented support from businesses, community groups, charitable organisations, prominent Australians and the general public including:

- » A record number of individual mental health promises
- » A record number of partnerships
- » More than 1000 organisations and businesses engaged
- » An official Guinness World Record™ in Townsville on World Mental Health Day.



*A World Mental Health Day social media tile*



*A World Mental Health Day social media tile*

## **BUNNINGS WAREHOUSE**



*Townsville Bunnings under water during the 2019 floods*

For the second year in a row, Mental Health Australia partnered with Bunnings Warehouse nationally to help raise awareness for the World Mental Health Day campaign for Bunnings team members and customers alike. The partnership involved a successful Guinness World Record™ attempt in Townsville, Queensland, as well as a national awareness campaign to promote WMHD to more than 40,000 staff across 300 stores nationwide.





*Townsville Bunnings from above during the Guinness World Record™ attempt*

## **TOWNSVILLE WORLD RECORD EVENT**

This record-breaking afternoon, made possible through the Bunnings partnership and engagement with local business, government and the community in Far North Queensland, was a huge success. For the people of Townsville, it raised awareness for mental health, enabled conversations about how to seek help, and connected a community that was more than happy to shed a positive light on an issue that affects one in five Australians annually. The end result was also a new Guinness World Record™ of 2,499 people wearing high-visibility vests in a single location.



*Bunnings Townsville staff celebrate their Guinness World Record™ on World Mental Health Day*



## SOCIAL MEDIA

Mental Health Australia used the social media scheduling platform Hootsuite to integrate and time messages across all social platforms, with great results. The combined total reach of World Mental Health Day-related posts on Mental Health Australia mediums exceeded 500,000, more than eight times the total amount of followers across YouTube, Twitter, Instagram and Facebook.



*Breaking the Guinness World Record™*

## ADDITIONAL PARTNERSHIPS AND SUPPORTERS

The 2019 World Mental Health Day partnership program was the most successful to date, with more engagement than ever before. In addition to 54 partners who promoted the 2019 campaign via bespoke partner-specific posters and social media content, a further 950 organisations and businesses were involved nationally, distributing broader campaign collateral. This was 300 more than the 2018 campaign, and twice as many as the 2017 campaign.



*R U OK? Ambassador Kevin Heath - mental health promise for World Mental Health Day*



## MEDIA AND HIGH-PROFILE PROMISES

More than 3,500 individual mental health promises were made as part of the 2019 World Mental Health Day campaign, with more than 26,700 throughout the entirety of the promise campaign. Included in the 3,500+ promises for 2019 were celebrity and high profile promises by NRL players Josh Dugan, John Asiata and Cody Walker; Rugby Sevens player Maurice Longbottom; reality TV stars Brooke Blurton and Johnny Ruffo; former NRL player, pro boxer and mental health advocate Joe Williams; and emerging Indigenous leader and R U OK? Ambassador Kevin Heath.

Federal Member for Herbert Phillip Thompson MP led a host of North Queensland celebrities to make mental health promises around raising awareness and breaking a Guinness World Record™ in Townsville. In addition to the formal mental health promises shared on the promise wall at [www.1010.org.au](http://www.1010.org.au), Network Ten presenter Amanda Keller also made her own mental health promise via Instagram Stories to an estimated audience of more than 100,000.



*Phillip Thompson MP, Member for Herbert - mental health promise for World Mental Health Day*



# OUR EVENTS AND COMMUNICATIONS ACTIVITY

## ▶ Grace Groom Memorial Oration

The Grace Groom Memorial Oration was delivered in November 2019 by Productivity Commissioner Dr Stephen King to over 120 guests at the National Press Club. Dr King was presiding Commissioner for the Inquiry into Mental Health. The Grace Groom Memorial Scholarship was awarded to ANU postgraduate students Ms Mary Anne Furst and Ms Sally Carter to undertake research in mental health.



*Dr Stephen King presents the 2019 Grace Groom Memorial Oration*



*Ms Robyn Kruk AO, presenting outgoing Mental Health Australia CEO Mr Frank Quinlan and his partner Ms Jane Quinlan with a farewell gift*



*Ms Robyn Kruk AO and Dr Stephen King with one of the Grace Groom Memorial Scholarship winners Ms Mary Anne Furst*

### *List of Grace Groom Memorial Orators*

- 2007 - Professor Ian Hickie AM
- 2008 - The Hon Nicola Roxon MP
- 2009 - Professor Geoff Gallop AC
- 2010 - Professor Pat McGorry AO
- 2011 - Mr Craig Hamilton
- 2012 - Ms Jessica Rowe AM
- 2013 - Ms Jennifer Westacott AO
- 2014 - Vice Admiral Ray Griggs AO
- 2015 - Professor Mike Slade
- 2016 - The Hon Jeff Kennett AC
- 2017 - The Hon Greg Hunt MP
- 2018 - Ms Tracey Spicer OAM
- 2019 - Dr Stephen King



## ► Members Policy Forums

The November 2019 Members Policy Forum at Parliament House following the Grace Groom Memorial Oration was extremely well attended, with guest speakers including Shadow Minister for Mental Health The Hon Chris Bowen MP, Assistant Shadow Minister for Mental Health Ms Emma McBride, and CEO of the National Mental Health Commission Ms Christine Morgan. The forum was also an opportunity for further consultation on our response to the Productivity Commission Draft Report.



*Director, Policy and Projects Harry Lovelock presents at the November 2019 Members Policy Forum*

Our March 2020 Members Policy Forum was held at Old Parliament House, and was well-attended with over 90 organisations represented. Since COVID-19, a series of Mini Members Policy Forums have been held monthly via video conference with various guest presenters including:

- » **Mr Gerry Naughtin**, National Disability Insurance Agency, *National Disability Insurance Scheme announcements following COVID-19 pandemic*
- » **Professor Alan Rosen**, University of Sydney, *Call for nationally consistent Mental Health Response to Covid-19 pandemic*
- » **Ms Christine Morgan** - CEO, National Mental Health Commission & National Suicide Prevention Adviser to the Prime Minister, *Preparation for the National Mental Health and Wellbeing Pandemic Response Plan*
- » **Mr Mohammad Al-Khafaji**, Chief Executive Officer Federation of Ethnic Communities' Councils of Australia, *Mental health and racism*

These presentations can be accessed via the Mental Health Australia website.



## ► Communications activity

Regular media and communications activities continued to engage stakeholders, with distribution of more than 45 CEO Update e-newsletters to more than 4,600 people weekly. A key piece of regular and informative content for members, stakeholders and individuals in the sector, the weekly CEO Update is augmented by regular content delivered on social media – Twitter, Facebook, YouTube and Instagram – to a combined audience of more than 70,000. In addition to these communication channels, Mental Health Australia also distributed several media releases to stakeholders and the mainstream media on a range of diverse issues. These can be accessed via the Mental Health Australia website.



*A Mental Health Australia social media tile*



*A Mental Health Australia social media tile*



*A Mental Health Australia promotional 'Save the Dates' graphic*



# OUR BUSINESS

The representation of Mental Health Australia’s workforce continues to demonstrate a strong commitment towards gender equality, most notably at the Board and executive management level.

MENTAL HEALTH AUSTRALIA														
OCCUPATIONAL CATEGORY	Full time		%		Part time		%		Casual		%		Total	%
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Female
Board	6	2	75	0	0	0	0	0	0	0	6	2	75	
Executive management	3	2	60	0	0	0	0	0	0	0	3	2	60	
Management	1		100	4	0	100	1	0	100	6	0	100		
Project Officers	4	1	80	0	0	0	0	0	0	4	1	80		
Administration Staff	1		100	2	0	100	0	0	0	3	0	100		
Total	15	5	75	6	0	100	1	0	100	22	5	81		

## ► Gender equity and workforce diversity and inclusion

Workplace equity, diversity and inclusion are a priority for Mental Health Australia and we strive to create an inclusive culture and work practices in which differences are recognised and valued. Mental Health Australia progressed its corporate vision and strategy for gender equity and workforce diversity and inclusion through the development and implementation of specific and targeted action plans for gender equity; Aboriginal and Torres Strait Islanders (Reflect Reconciliation Action Plan); lesbian, gay, bisexual, transgender, intersex and questioning (LGBTIQ+) people; people from CALD backgrounds; people with disability (workplace accessibility); and mature age employees.

The Equity, Diversity and Inclusion Committee, who regularly meet and work collaboratively with senior managers, were a driving force in continuing to build a culturally aware and supportive organisation that is inclusive of employees from all backgrounds.



In 2020, Mental Health Australia affirmed the Darlington Statement, which articulates the human rights of people with intersex variations in Australia and New Zealand. We acknowledged events of significance to diverse communities, including International Women’s Day, Harmony Day, Trans Day of Visibility, International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT), and National Reconciliation Week. Virtual cultural education and training programs were provided to employees to continue building their capabilities and skill. A new equity, diversity and inclusion page was published on Mental Health Australia’s website.

Further progress was made to normalise flexible work arrangements to support workforce diversity, and the organisation continued to have a strong focus on the promotion and management of mental health and psychological wellbeing, recognising psychological safety underpins an inclusive culture.



*Mental Health Australia staff remotely mark National Reconciliation Week 2020*



*Mental Health Australia staff celebrate International Women’s Day 2020*

## **▶ Promoting employee health, safety and wellbeing**

Employee health, safety and wellbeing is of the utmost importance to Mental Health Australia and we work to continuously improve the workplace. A mental health and wellbeing statement and strategy was established outlining the organisation’s commitment to providing and promoting a mentally healthy workplace and encouraging employees to take greater responsibility for their mental health. An array of preventative health measures and wellbeing supports were provided to staff, including mindfulness sessions, influenza vaccinations, corporate subsidy for individual health and fitness activities, and workstation assessments. Mental Health First Aid training was



conducted and the Employee Assistance Program continued to be available and promoted to all employees and their immediate families.

During the year there were no notifiable accidents or dangerous occurrences arising out of work undertaken by employees and there were no compensation claims. In response to the coronavirus pandemic, an incident management team was established and a COVID-19 safety plan developed, detailing actions to prevent the transmission of the virus within the workplace.



*Mental Health Australia staff remotely celebrate International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT)*

## ► Strengthening our culture

In addition to ensuring our people understand what is expected of them, Mental Health Australia introduced an external whistleblowing reporting process to support employees to speak up when they feel our values have been compromised. The organisation's Whistleblower Policy outlines the processes for investigating and resolving any misconduct and related issues that have been reported.

In 2020, the organisation developed a Statement on Cultural Diversity and Respect, outlining our commitment to working towards a mentally healthy community where every person is able to participate and contribute free from discrimination. Reinforcing our desire to welcome people from diverse backgrounds and grant everyone the opportunity to contribute their skills, experience, and perspective is a core part of our national identity and our strength. This Statement can be found on the Mental Health Australia website.



*Mental Health Australia social media tile 2020*



# FINANCE, AUDIT AND RISK MANAGEMENT REPORT

The audited financial statements for Mental Health Australia Limited for the year ended 30 June 2020 have been finalised and are available for download at [www.mhaustralia.org](http://www.mhaustralia.org).

At the Annual General Meeting in 2019, members endorsed the appointment of RSM Australia as the auditors of Mental Health Australia. This is the fourth year RSM Australia have conducted the independent audit.

The financial statements to 30 June 2020 were prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, the Corporations Act 2001 and the Australian Accounting Standards – Reduced Disclosure Requirements. The auditor’s independent report states the financial statements give a “true and fair view” of the company’s financial position and performance during the financial year and complies with Australian Accounting Standards.

Mental Health Australia is in a strong financial position. When we are in good financial health we are better able to advocate for and support our members. In an environment where the mental health, social, and economic impacts of the global COVID-19 pandemic continue to be felt, this has never been more important.

Last financial year we secured an increase to our core Commonwealth grant to a level which better reflects the volume and complexity of Mental Health Australia’s work nationally. This has allowed us to continue our strong focus to achieve better outcomes and quality mental health services and supports for people with lived experience of mental health issues across Australia. This includes our continuing work with the National Disability Insurance Scheme, Primary Health Networks, and our readiness to respond to the final report of the Productivity Commission Inquiry. Of course, like every organisation, this past year of summer bushfires and then the pandemic has been one fraught with challenge, change, and finding new ways of working.

Mental Health Australia successfully transitioned from holding face-to-face events, meetings and stakeholder activities to undertaking COVID-safe methods of engagement that protected people’s health and enabled us to maintain our productivity and outputs to a high standard and still meet project deliverables.



Mental Health Australia continues to make fiscally responsible decisions and retain an appropriate level of cash reserves as a necessary and prudent response to the uncertainty and volatility of the new pandemic environment.

Mental Health Australia's operations for the financial year resulted in a surplus of \$186,403 (2019: surplus of \$439,769). This was mainly from recognition of the pandemic-related government cash flow boost, savings from not travelling, and the significant reduction in face-to-face events due to the pandemic.

Total operating revenue was \$4,119,332 (2019: \$4,276,977) and total operating expenditure was \$3,932,929 (2019: \$3,837,208).

As at 30 June 2020, total assets of Mental Health Australia Limited were \$5,246,209 (2019: \$4,274,589) and Total Liabilities were \$2,927,226 (2019: \$2,142,009). Total equity was \$2,318,983 in 2020 (2019: \$2,132,580), represented by working capital of \$2,595,789 (2019: \$2,278,029), property, plant and equipment of \$23,298 (2019: \$42,683), and non-current liabilities (provision for employee entitlements) of \$276,806 (2019: \$145,449).

In this financial year, operating and project grants received of \$3,488,078 (2019: \$3,565,532) represented 84% (2019: 83%) of the total revenue received. These funds were received from the Australian Government Department of Health; the Australian Government Department of Social Services; the National Mental Health Commission; and state and territory governments supporting the NMHCCF to undertake its activities. These funds were expended to achieve the outcomes required in the various contracts.

The financial result for 2019-20 and an unmodified independent audit opinion shows Mental Health Australia has its house in good order at a time of complexity and change.

The Finance, Audit & Risk Management Committee commend the financial result and recommend the financial statements to the Mental Health Australia Limited members.

**Georgina Harman**

*Chairperson, Finance, Audit and Risk Management Committee*



# CONCISE FINANCIAL STATEMENTS

## Mental Health Australia Ltd

ABN 57 600 066 635

### Financial Statements

For the year ended 30 June 2020





**RSM Australia Partners**

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GPO Box 200 Canberra ACT 2601

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[www.rsm.com.au](http://www.rsm.com.au)

**AUDITOR'S INDEPENDENCE DECLARATION**

As lead auditor for the audit of the financial report of Mental Health Australia Limited for the year ended 30 June 2020, I declare that, to the best of my knowledge and belief, there have been no contraventions of:

- (i) the auditor independence requirements of the *Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (ii) any applicable code of professional conduct in relation to the audit.

RSM Australia Partners

Ged Stenhouse  
Partner

Canberra, Australian Capital Territory  
Dated: 25 November 2020

**THE POWER OF BEING UNDERSTOOD**  
AUDIT | TAX | CONSULTING

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RSM Australia Partners ABN 36 965 185 036

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**Mental Health Australia Ltd**  
**Statement of profit or loss and other comprehensive income**  
**For the year ended 30 June 2020**

	<b>2020</b>	<b>2019</b>
	<b>\$</b>	<b>\$</b>
<b>Revenue</b>	<b>4,119,332</b>	<b>4,276,977</b>
<b>Expenses</b>		
Travel	(118,127)	(106,762)
Other expenditure	(93,255)	(128,209)
Meeting costs	(135,151)	(178,614)
Sitting fees	(21,880)	(95,665)
Marketing and fundraising	(91,152)	(127,970)
Employee costs	(2,183,757)	(2,115,056)
Office and administration costs	(334,309)	(497,109)
Consultancy and accounting expenditure	(651,729)	(475,060)
Depreciation	(37,770)	(112,763)
Depreciation – right-of-use asset	(234,588)	-
Interest – lease liability	(31,211)	-
	<b>(3,932,929)</b>	<b>(3,837,208)</b>
<b>Total comprehensive surplus/(loss) income for the year</b>	<b>186,403</b>	<b>439,769</b>

*The above statement of profit or loss and other comprehensive income should be read in conjunction with the accompanying notes*



**Mental Health Australia Ltd**  
**Statement of financial position**  
**As at 30 June 2020**

	<b>2020</b>	<b>2019</b>
	<b>\$</b>	<b>\$</b>
<b>Assets</b>		
<b>Current assets</b>		
Cash and cash equivalents	2,449,583	1,959,110
Trade and other receivables	158,957	159,462
Other financial assets	2,062,060	2,061,387
Other assets	83,134	51,947
<b>Total current assets</b>	<b>4,753,734</b>	<b>4,231,906</b>
<b>Non-current assets</b>		
Property, plant and equipment	23,298	42,683
Right-of-use asset	469,177	-
<b>Total non-current assets</b>	<b>492,475</b>	<b>42,683</b>
<b>Total assets</b>	<b>5,246,209</b>	<b>4,274,589</b>
<b>Liabilities</b>		
<b>Current liabilities</b>		
Trade and other payables	303,157	357,729
Contract liabilities	1,775,319	1,391,445
Current tax liabilities	100,603	1,551
Provisions	243,271	245,835
Lease Liability	228,070	-
<b>Total current liabilities</b>	<b>2,650,420</b>	<b>1,996,560</b>
<b>Non-current liabilities</b>		
Provisions	29,001	145,449
Lease Liability	247,805	-
<b>Total non-current liabilities</b>	<b>276,806</b>	<b>145,449</b>
<b>Total liabilities</b>	<b>2,927,226</b>	<b>2,142,009</b>
<b>Net assets</b>	<b>2,318,983</b>	<b>2,132,580</b>
<b>Equity</b>		
Retained earnings	2,318,983	2,132,580
<b>Total equity</b>	<b>2,318,983</b>	<b>2,132,580</b>

*The above statement of financial position should be read in conjunction with the accompanying notes*



**Mental Health Australia Ltd**  
**Statement of changes in equity**  
**For the year ended 30 June 2020**

	<b>Retained surpluses</b>	<b>Total equity</b>
	<b>\$</b>	<b>\$</b>
Balance at 1 July 2018	1,692,811	1,692,811
Surplus attributable to members of the entity	439,769	439,769
Balance at 30 June 2019	<b>2,132,580</b>	<b>2,132,580</b>
Balance at 1 July 2019	2,132,580	2,132,580
Surplus attributable to members of the entity	186,403	186,403
Balance at 30 June 2020	<b>2,318,983</b>	<b>2,318,983</b>

**Mental Health Australia Ltd**  
**Statement of cash flows**  
**For the year ended 30 June 2020**

	<b>2020</b>	<b>2019</b>
	<b>\$</b>	<b>\$</b>
<b>Cash flows from operating activities</b>		
Receipts from customers	4,837,821	4,526,306
Payments to suppliers and employees	(4,143,598)	(3,929,832)
Interest received	55,389	76,410
Interest paid on lease liability	(31,212)	
Net cash provided by operating activities	<b>718,400</b>	<b>672,884</b>
<b>Cash flows from investing activities</b>		
Purchase of property, plant and equipment	(18,386)	(79,402)
Payments for investments	-	(1,000,000)
Net cash (used in) investing activities	<b>(18,386)</b>	<b>(1,079,402)</b>
<b>Cash flows from financing activities</b>		
Lease liability paid	(209,542)	-
Net cash (used in) financing activities	<b>(209,542)</b>	<b>-</b>
Net increase (decrease) in cash and cash equivalents	490,473	(406,518)
Cash and cash equivalents at the beginning of the financial year	1,959,110	2,365,628
Cash and cash equivalents at the end of the financial year	<b>2,449,583</b>	<b>1,959,110</b>

*The above statement should be read in conjunction with the accompanying notes*



**NOTE 1. Basis of preparation of the concise financial report**

The concise financial report of Mental Health Australia Ltd (the company) is an extract from the full financial report for the year ended 30 June 2020. The concise financial report has been prepared in accordance with Accounting Standards AASB 1039: Concise Financial Reports, and the Australian Charities and Not-for-profit Commission Act 2012 (Cth).

The company has adopted a new accounting standard *AASB 16 Leases* for the first time in this financial year. As a result, the financial statements show a new right-of-use asset and a lease liability relating to the lease of the company's head office in Canberra, along with associated depreciation and interest expenses. As permitted under the standard, comparative figures for 2019 have not been restated.

The financial statements, specific disclosures and other information included in the concise financial report are derived from, and are consistent with, the full financial report of the company. The concise financial report cannot be expected to provide as detailed an understanding of the financial performance, financial position and financing and investing activities of the company as the full financial report. A copy of the full financial report and auditor's report is available from the Mental Health Australia website.

The presentation currency used in this concise financial report is Australian dollars.

**NOTE 2. Discussion and analysis of the financial statements**

This discussion and analysis is provided to assist Members in understanding the concise financial report. The discussion and analysis is based on the company's financial statements and information contained in the concise financial report. This information has been derived from the full financial report of Mental Health Australia Limited.

*Statement of comprehensive income*

The company's operations for the year to 30 June 2020 resulted in a surplus of \$186,403 (2019: surplus of 439,769). From a strong financial base (see below), Mental Health Australia strengthened its financial position allowing the company to continue to maintain its staffing profile and meet its strategic objectives.

Overall total income for the year was \$4,119,332 (2019: 4,276,977). Key grants included funding for the national multicultural mental health project, a multi-partner-funded project, and late in the financial year the National Disability Insurance Agency-funded project relating to the NDIS. Rental Income and Other Income decreased to \$388,826 (2019: \$530,818).

Total expenses for the year were \$3,932,929 (2019: \$3,837,208). The largest increases included: employee costs of \$2,183,757 (2019: \$2,115,056); consultancy and accounting expenditure \$651,729 (2019: \$475,060) reflecting the large number of multicultural mental health project external workshops and associated costs. From March 2020, Mental Health Australia moved most of its work to a virtual arrangement in acknowledgement of the COVID-19 pandemic. Meeting costs of \$135,151 (2019: \$178,614) decreased this year in the pandemic environment.

*Statement of financial position*

Total assets increased to \$5,246,209 in 2020 (2019: \$4,274,589). Cash and cash equivalents increased this financial year largely reflecting Government grant funding received towards the end of the financial year, which was unable to be fully expended by 30 June 2020.

Total liabilities increased to \$2,927,226 in 2020 (2019: \$2,142,009). As at 30 June 2020, Mental Health Australia net assets were \$2,318,983.

*Statement of changes in equity*

The total equity increased \$186,403 to \$2,318,983 in 2020 (2019: \$2,132,580), being the addition of the net surplus for the year.

*Statement of Cash Flows*

Cash flows indicate a net increase in cash and cash equivalents. An increase in cash flows from operating activities occurred primarily through the increases in grant funding outlined above, particularly for those grants that were received very late in the financial year.



**Mental Health Australia Ltd**  
**Notes to the financial statements**  
**30 June 2020**

**NOTE 3. Economic dependency**

The company receives significant financial support from the Department of Health in the form of grant funding. The core funding contract with the Department of Health for the year ending 30 June 2020 commenced on 1 July 2019 and expires on 30 June 2022.

**NOTE 4. Significant events and events after the reporting period**

**Significant events**

In the opinion of the directors there was no significant change in the state of affairs of the company during the financial year under review. The company continues to operate in an effective and efficient manner.

The Directors note the health, social and economic impacts of the global COVID-19 pandemic continue to be felt in Australia and internationally. As with most entities currently, the impacts of these factors on the operations of the company remain uncertain and cannot be quantified at this time. The company has taken reasonable steps to manage its response and consider appropriate methods to meet its contracted deliverables and its vision and mission, protect revenue, manage risk, and contain costs.

The company continues to make fiscally responsible decisions and retain an appropriate level of cash reserves as a necessary and prudent response.

**Events subsequent to reporting date**

There are no items, transaction or events of a material and unusual nature likely, in the opinion of the Directors, has arisen to affect significantly the operations of the company, the results of those operations, or the state of affairs of the company, in future financial years.



Ms Robyn Kruk, Director  
Dated: 19 November 2020



Ms Georgina Harman, Director  
Dated: 19 November 2020



## INDEPENDENT AUDITOR'S REPORT ON THE CONCISE FINANCIAL REPORT TO THE MEMBERS OF MENTAL HEALTH AUSTRALIA LIMITED

### Opinion

We have audited the Concise Financial Report of Mental Health Australia Limited, which comprises the Statement of Financial Position as at 30 June 2020, the Statement of Profit and Loss and other Comprehensive Income, Statement of Changes in Equity, Statement of Cash Flows for the year then ended, and related notes, derived from the audited financial report of Mental Health Australia Limited (the Company), for the year ended 30 June 2020.

In our opinion, the accompanying Concise Financial Report complies with Accounting Standard AASB 1039 Concise Financial Reports and *Australian Charities and Not-for-profits Commission Act 2012*.

### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities section of our report. We are independent of the Company in accordance with the auditor independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012* and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the concise financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Concise Financial Report

The Concise Financial Report does not contain all the disclosures required by the Australian Accounting Standards. Reading the Concise Financial Report and the auditor's report thereon, therefore, is not a substitute for reading the audited financial report and the auditor's report thereon. The Concise Financial Report and the audited financial report do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial report.

### The Audited Financial Report and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial report in our report dated 25 November 2020.

### Responsibilities of the Directors for the Concise Financial Report

The Directors of the Company are responsible for the preparation of the concise financial report in accordance with Accounting Standard AASB 1039 Concise Financial Reports, and the *Australian Charities and Not-for-profits Commission Act 2012*, and for such internal control as management determines is necessary to enable the preparation of the Concise Financial Report.

The Directors are responsible for overseeing the Company's financial reporting process.

### THE POWER OF BEING UNDERSTOOD

#### AUDIT | TAX | CONSULTING

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**Auditor's Responsibility**

Our responsibility is to express an opinion on whether the Concise Financial Report, complies in all material respects, with AASB 1039 Concise Financial Reports based on our procedures, which were conducted in accordance with Auditing Standard ASA 810 Engagements to Report on Summary Financial Statements.

A handwritten signature in black ink that reads 'RSM'.

**RSM Australia Partners**

A handwritten signature in black ink that reads 'G Stenhouse'.

**Ged Stenhouse**  
Partner

Canberra, Australian Capital Territory  
Dated: 25 November 2020





Mental Health Australia acknowledges Aboriginal and Torres Strait Islander peoples and communities as the traditional custodians of the land we work on and pay our respects to elders past, present and emerging. Mental Health Australia is committed to reconciliation in Australia through day-to-day work and our Reflect Reconciliation Action Plan (RAP).



As an inclusive organisation we also celebrate people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



Mental Health Australia also acknowledges the work of mental health consumers, carers and advocates, and pays respect to mental health leaders both past and present, working towards our vision of mentally healthy people, and mentally healthy communities.





**Mental Health  
Australia**