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This federal election *every* issue is a mental health issue

Mental Health Australia CEO Dr Leanne Beagley says the future of our mental health system, and the many community based, and life-linked, causes of mental ill-health will be discussed every day during this election campaign, because every election issue will impact our mental health.

“It’s crucial that we vote with mental health in mind at this election,” said Dr Beagley.

“From the pandemic to the cost of living, we know that people in our communities are under extreme pressure, and that can have a huge impact on mental health.”

“We also know that our mental health system has been under serious pressure for many years now, and while there have been many reviews and reports into what we need to do to improve our mental health system, the progress and systemic action has been slow and disappointing.”

“This election is a chance to highlight that every issue we face can impact the mental health of families, our mental health system, and the mental health of our communities. This is our chance to look at all the issues and policy announcements with mental health in mind.”

“This is also our chance to ensure we focus on suicide prevention and how policy can improve and aid our aim to achieve a suicide reduction target of 25% by 2025.”

To help inform your vote ahead of the 2022 Federal Election, Mental Health Australia is encouraging all Australians to vote with mental health in mind.

What does that mean? It means to vote knowing that every issue, every announcement, every debate, every election promise made, has the potential to impact our mental health, and our mental health system.

It also means voting whilst knowing how all policies and politics might be linked to things like housing or living remotely, and stigma and discrimination or disability support can impact the mental health of communities and the people within them.

To help members and the wider community inform their vote ahead of the 2022 Federal Election, Mental Health Australia will produce a number of KEY ISSUE PAPERS to highlight how issues surrounding education, employment, aged care, Medicare and many more can and do impact our mental health.

In addition, Mental Health Australia will also be calling on those with a lived experience of mental ill-health, as well as those who love and care for them, to engage in the campaign and advocate for change by sharing their story safely with their local MP, Senator, or candidate.

To find out more you can go to www.mhaustralia.org and remember to vote with mental health in mind.