



Mental Health
Australia
Media release

Matthew Berriman steps down as Chair of Mental Health Australia

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It is with sadness Mental Health Australia announces that Matthew Berriman has resigned as Board Chair effective immediately.

During his 3-year tenure guiding the Mental Health Australia Board, Mr Berriman has brought the importance of lived experience to the forefront of the organisation.

“His passion and motivation for amplifying the voices of people with lived experience and their family, carers and supporters have been an asset to Mental Health Australia’s advocacy efforts, and his unrelenting drive has helped put the issue of mental health reform on the agenda of our country’s decision-makers,” Ms Carolyn Nikoloski, CEO of Mental Health Australia says.

“We thank Mr Berriman for all his valued work with Mental Health Australia and wish him the best for the future.”

Mr Berriman is leaving to pursue his strong individual advocacy work at the national level.

“It has been an honour to serve as the Chair of Mental Health Australia over the past three years,” Mr Berriman says.

“While I depart the organisation comfortable with the efforts taken to advocate for meaningful change, I am now looking forward to channelling my efforts in a capacity that is closer to community.

“I remain driven by a desire to ensure that one day equitable and easy access to good mental health support and services will be considered an unquestionable basic human right, and an integral part of how our society functions.”

Further information about the new Chair of the Mental Health Australia Board will be announced shortly.

