



Australian Government

**BE COVIDSAFE**

# Mental Health Australia Webinar

Dr Ruth Vine  
Australian Deputy Chief Medical Officer — Mental Health

Friday, 21 August 2020



# Dr Ruth Vine, DCMO for Mental Health

BE COVIDSAFE

- Psychiatrist
- Appointed in May 2020 as first Deputy Chief Medical Officer for Mental Health
- Role created in response to the COVID-19 pandemic
- Provide clinical and policy advice to the Minister for Health on critical MH issues related to COVID-19
- Contribute to emerging MH policy development and implementation of activities

## Deputy Chief Medical Officer for Mental Health

- Address fragmentation and integration across machinery of MH system
- Provide high level clinical and policy advice to the Department on critical mental health issues

## National Mental Health Commissioner

- Systems approach to mental health, engaging with consumers, carers, service providers and jurisdictional governments.
- Monitoring, reporting, providing policy and other advice to government, and being a catalyst for change

## National Suicide Prevention Adviser

- Provide advice to PM on suicide prevention activities
- Holistic approach to influence policy across different Commonwealth portfolios

# Mental health supports and services

BE COVIDSAFE

- Mental Health webinars and newsletter
- Beyond Blue - 24/7 Coronavirus Mental Wellbeing Support Service
  - 1800 512 348
  - [www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)
- Head to Health – digital mental health gateway
  - <https://headtohealth.gov.au/>
- BlackDog Institute - support for frontline health workers
  - [www.blackdoginstitute.org.au/ten/](http://www.blackdoginstitute.org.au/ten/)
- ReachOut
  - <https://au.reachout.com/>
- SANE
  - <https://www.sane.org/>

# Further support for VIC MH services

BE COVIDSAFE

## 15 Mental Health Clinics

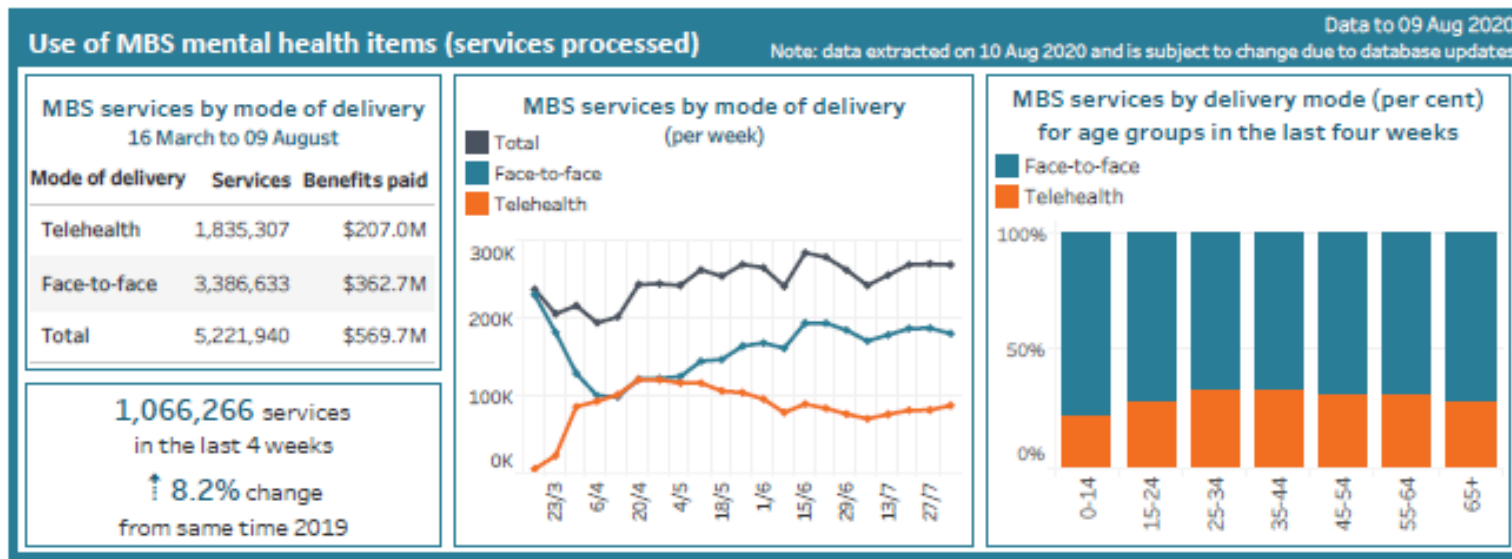
- \$31.9 million
- Further enhance essential support during COVID-19 pandemic

## Additional digital and phone services support

- \$5 million
- Enhance services for specific groups that are experiencing significant challenges during additional restrictions

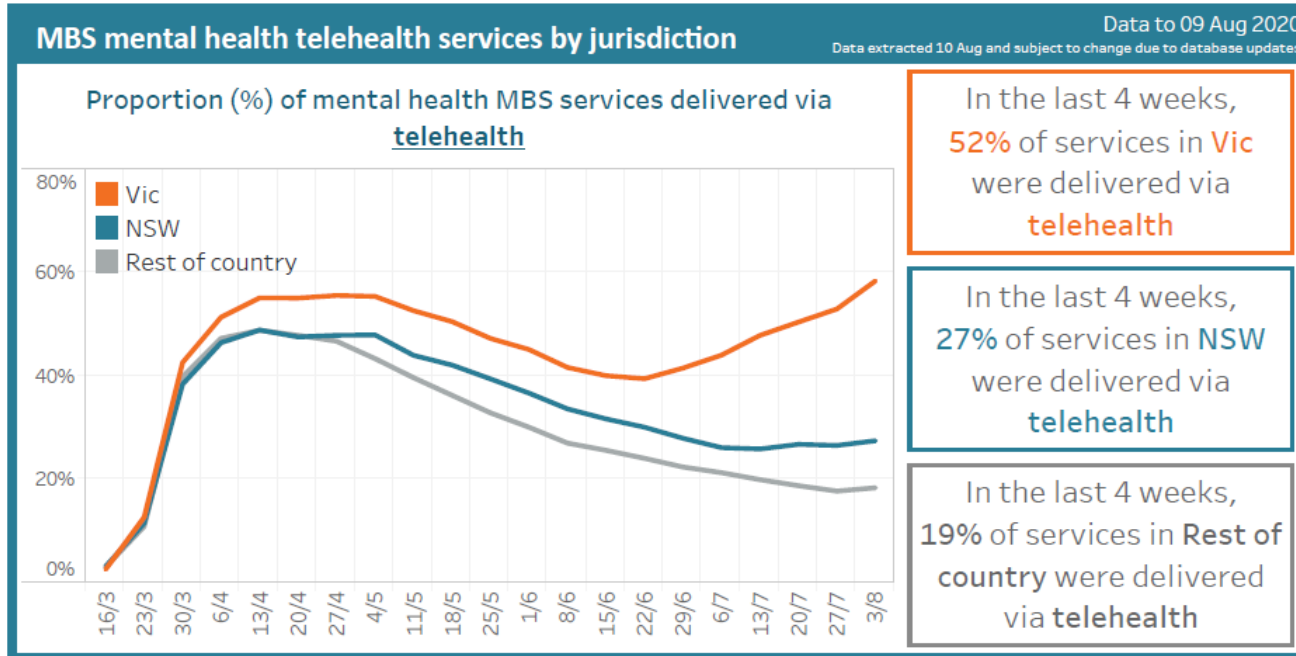
# Use of MBS mental health items – Face-to-face vs telehealth

BE COVIDSAFE



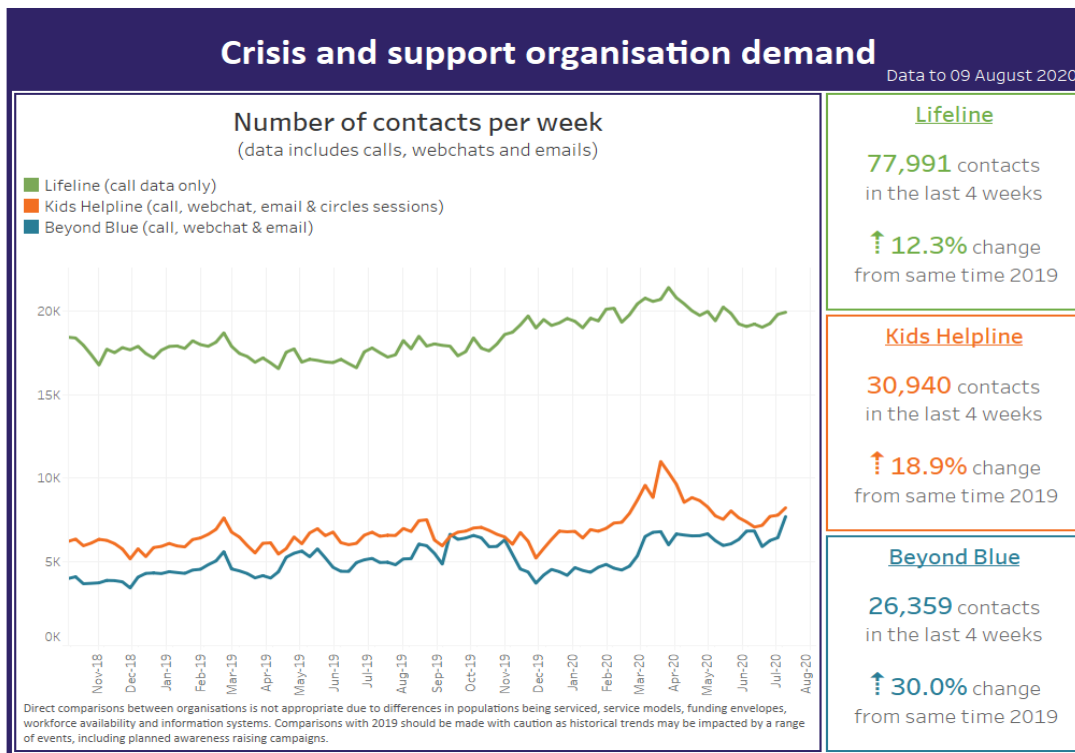
# Use of MBS mental health telehealth items by jurisdiction

BE COVIDSAFE



# Crisis and support organisations (contacts per week)

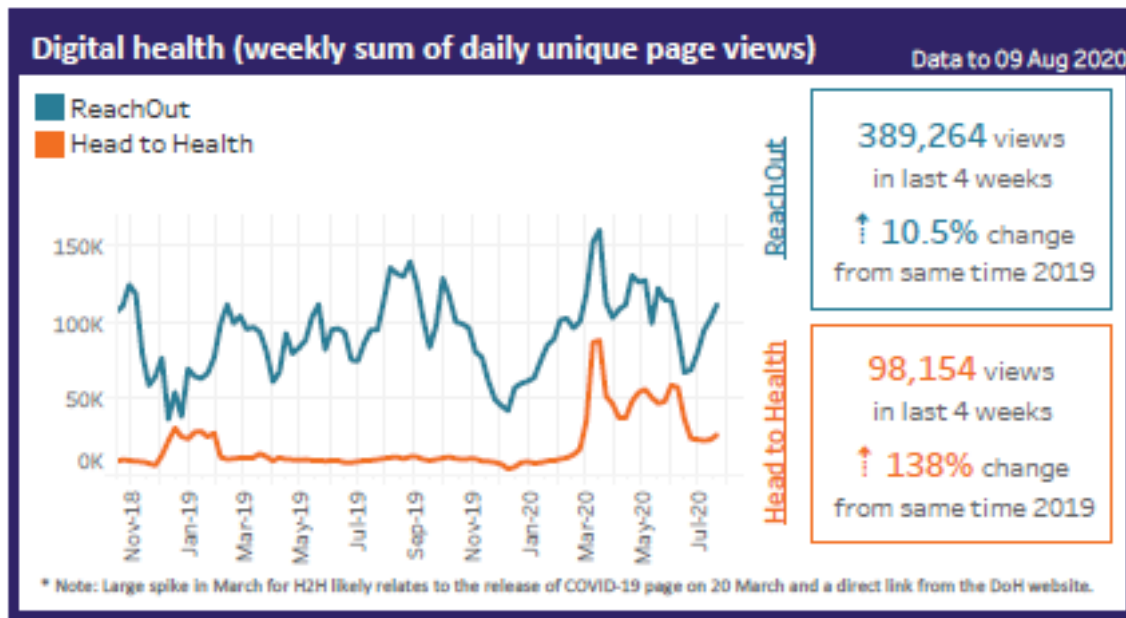
BE COVIDSAFE





# Digital health (weekly sum of daily unique page views)

BE COVIDSAFE



# Sector engagement

BE COVIDSAFE

- Chief Psychiatrists
- National Mental Health Commission
- Mental Health Australia
- AHPPC
- Mental Health service providers
- RACGP and ACRRM

# Advise on

BE COVIDSAFE

- Community-based Residential Eating Disorder Treatment Centres
- Perinatal Initiative
- Adult Mental Health Centres trial
- Fifth Mental Health and Suicide Prevention Plan
- Productivity Commission Report into Mental Health
- National Mental Health and Wellbeing Pandemic Response Plan
- Vision 2030 and Roadmap

# What else is down the road?

BE COVIDSAFE

- Emerging mental health policy development and implementation
- Service development
- Investment
- Workforce

## Next 12 months

BE COVIDSAFE

- The next 12 months will be critical in how Australia strives to respond to maintain mental health, but also to improve access and effectiveness of services for those with mental illness across the spectrum.