

TALK ABOUT

LET'S 'TALK ABOUT'...

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with health care in your community.


We want to TALK ABOUT what you think is working well and what you think could be done better. Throughout 2021, we have 4 topics for you to give feedback on. To start the year, from 1 February until 14 March, let's TALK ABOUT:

MENTAL HEALTH

Here's some interesting facts about mental health and our region:

 Almost **1 in 2** Australians will experience mental health concerns during their lifetime.

 **1 in 4** people living in the region have a mental health condition.

 Around **70%** of people in the region are working with their GP on their mental health care.

 **9 in 10** people reported improved wellbeing from accessing a mental health service.

[CLICK HERE TO COMPLETE OUR SHORT SURVEY](#)

ddwmpnh.com.au/talk-about

THE NEXT TOPIC FOR US TO TALK ABOUT WILL BE ANNOUNCED IN APRIL 2021

TALK ABOUT

WHAT WE HEARD

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with health care in your community.

From 1 February until 14 March 2021, we asked you to 'talk about' what you think about MENTAL HEALTH services in our region.

This is WHAT WE HEARD...

We received responses from...



110 community members



48 health professionals

Overall, you gave your experience with MENTAL HEALTH services in our region a score of **4.2 out of 10**.



44 community members were also consulted through Kitchen Table events.

What you thought worked well



You mentioned you most liked services that...

- are welcoming and friendly, and that give you the courage to talk,
- engage you in decisions about your care, and
- connect you to the services you need and explain how to access them.

What you liked about these services was their...

- care and support to you and your family,
- attention to your medication and treatment plan, as your needs change, and
- sharing of information and advice about your care and recovery, so that you can make informed decisions.

What you thought could be done better



You would like to see...

- more service available in your community, including via telehealth,
- more services for young people,
- additional follow-up support after you have left a service, and
- more information and communication exchanged between health professionals about your care and the strategies to assist you.

You also would like to see...

- a more accessible referral system to find, choose and access services,
- clearer information about costs and expected wait times to access services,
- more involvement of family members, especially when a child/young person is admitted to hospital, and
- more mental health awareness in high schools.

Thank you to everyone who contributed to our survey! We look forward to hearing from you on our next topics.