

**Easy
Read**



Reimagining mental health

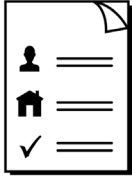
Strategic Plan 2025 to 2028



About this book



This is an Easy Read book.

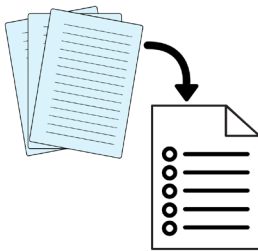


Easy Read uses simple words and pictures.



We add a star before and after ***hard words***.

Then we explain what the words mean.



This is a ***summary*** of another document.

Summary means it has the most important information.



You can ask someone to help you read and understand this book.



Contact information is at the end of this book.

What we do



This book is from the
National Mental Health Consumer Alliance.



We help people with ***mental health challenges***.

Mental health challenges can change the way you

- think
- feel
- act.



People with mental health challenges might
need mental health supports.

About our plan



This book is about our ***strategic plan***.

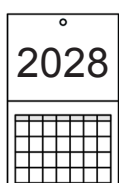


Our strategic plan says

- what we want to happen to make the mental health system better in the next 3 years



- what we will do to make this happen.



Our strategic plan goes to 2028.



We will call this our plan.

How we made our plan



People with lived experience of mental health challenges helped make our plan.

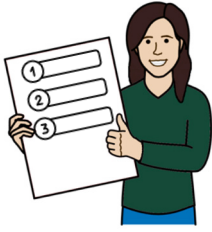


People with lived experience of mental health challenges are the most important part of the work we do.



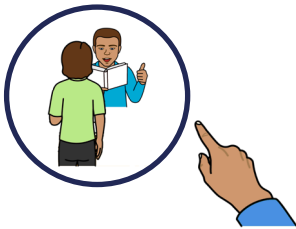
We want people with lived experience of mental health challenges to be the leaders for change.

What our plan says



Our plan says what we want to happen in the next 3 years to make mental health services better.

Better mental health services across Australia



We want people with mental health challenges to

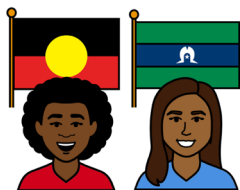
- choose the supports that help them



- access the supports that help them



- live a good life.



We want Aboriginal and Torres Strait Islander people to be able to make their own choices about mental health supports and services.



We want governments to work with people with mental health challenges to help make the mental health system better.



For example

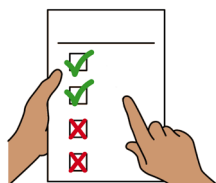
- plan the services



- lead the services

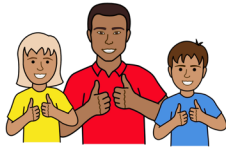


- deliver the services



- check the services are working.

More ***human rights*** for people with mental health challenges

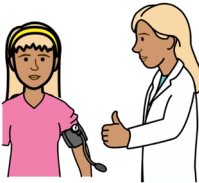


Human rights are rules that help everyone have a

- happy life



- safe life



- healthy life.



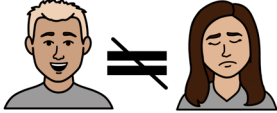
Human rights also protect people with mental health challenges.



We want more Australian laws about human rights to protect people with mental health challenges.



We want more laws to protect people with mental health challenges from ***discrimination***.



Discrimination means a person is not treated fairly.
For example, because of their



- mental health

- disability



- age.

Ideas for change to mental health services and supports



We want people with mental health challenges to have more ways to

- tell their stories



- talk to governments



- share ideas for change.



We will work with governments, communities and people with mental health challenges to make mental health systems better.



For example

- other mental health organisations



- other disability organisations



- government ministers and departments.



We want more people with lived experience of mental health challenges to work in the mental health system.

How we will make our plan happen



We work with people with lived experience of mental health challenges to make our plan happen.



People with mental health challenges are ***policy experts***.

A policy expert knows what is wrong with a system and can suggest changes to make it better.



Our Board of Directors all have lived experience of mental health challenges.



We support ***Consumer Advisory Groups*** across Australia.

Consumer Advisory Groups give ideas to help make changes happen.



People with mental health challenges make up the Consumer Advisory Groups.



We support ***Affinity Groups*** across Australia.

Affinity Groups are groups where people join together because they have similar experiences or backgrounds.

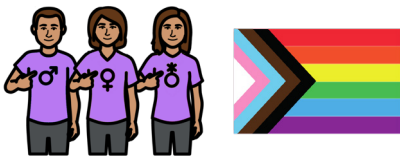


People with mental health challenges are in the Affinity Groups.



Affinity Groups include

- people from other cultures



- people who are LGBTQIA+



- people from rural and remote communities



- people who are older and younger.



Our national office uses these ideas to improve mental health supports.

How you can help



Sign up to our mailing list for information about the work we do.



[Mailing list online form](#)

bit.ly/NMHCASubscribe



Join a mental health lived experience organisation in your state or territory.



Lived experience organisations give opportunities for people with mental health challenges to

- have their say on policy issues



- get training



- meet each other.

More information



For more information contact the
National Mental Health Consumer Alliance.



Website [NMHCA website](http://www.nmhca.org.au)
www.nmhca.org.au



Email admin@nmhca.org.au



Call 1300 001 581

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.

Call 1800 555 660



Website [NRS Helpdesk](https://www.accesshub.gov.au/about-the-nrs/nrs-helpdesk)
www.accesshub.gov.au/about-the-nrs/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website [TIS National](https://www.tisnational.gov.au)
www.tisnational.gov.au



Acknowledgement of Country

The National Mental Health Consumer Alliance acknowledges the Traditional Custodians of the lands and waters across Australia where we live, work, and advocate. We pay our deepest respects to Aboriginal and Torres Strait Islander peoples, and to their Elders past and present.

We acknowledge that First Nations lived experience is inseparable from the impacts of colonisation, dispossession, racism, and structural inequality.

These ongoing injustices must be named, understood, and addressed.

The National Mental Health Consumer Alliance stands in solidarity with the Indigenous Australian Lived Experience Centre, recognising the critical leadership of First Nations peoples in truth telling, healing, and social and emotional wellbeing.

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