



# Join in and have your say

Consumers, carers and  
local health providers  
working together to  
help plan for a better future

## Better mental health

### How can we improve mental health services in north western Melbourne?

Do you, your family or someone you care for has experience with mental health, alcohol and other drug or suicide prevention services in the north, west or central areas of Melbourne?

Come along and share your views. By hearing your voices, concerns and ideas, we can work together to improve mental health care in our region.

#### Everyone is welcome!

We would love a diverse range of people to attend to ensure mental health services in the future work better for everyone. You will be paid for your time.

Register on Eventbrite or  
call 9347 1188

#### Carlton

When: 9.30am-3pm, 12 March 2020

Where: Kathleen Symes Library and  
Community Centre, 251 Faraday  
Street, Carlton

RSVP: 12 March 2020

[Register online](#)

**phn**  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

**VMIAC**  
by and for consumers

Please see over the page  
for more information.

# Better mental health

for the Local Government Areas of  
Brimbank, Darebin, Hobsons Bay, Hume, Maribyrnong,  
Macedon Ranges, Melton, Moonee Valley, Moreland, Moorabool,  
Melbourne, Wyndham, and Yarra

## **Who are we?**

North Western Melbourne Primary Health Network (NWMPHN) are funded by the Australian Government to help improve the health of people living and working in North Western Melbourne.

One of our priorities is to improve mental health and alcohol and other drug care and support. We work with a wide range of services who provide these and other related services to the community.

## **Developing a plan together**

A region wide plan is being developed for 'Mental Health, Suicide Prevention and Alcohol and Other Drugs' and we want the voice of the community to inform this plan.

We have already heard from a broad range of community members. They have told us about their experiences mental health services and thoughts about changes and what the future may look like. The next step in the plan is listening to our wider community at the workshops. Themes from these workshops will inform the recommendations in the plan.

**Join in one of the workshops to share your ideas about what better mental health services would look like.**

## **Access and Support**

Carers or support people are welcome too. Please let us know if you need any other support to attend the workshop. For example, help with transport or access to an interpreter, or support with childcare or respite.

## **More information**

For more information or to discuss your support needs please contact Lauren Marshall on 9347 1188 or email: [regionalplan@nwmpnh.org.au](mailto:regionalplan@nwmpnh.org.au)

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## **Can't attend the workshop ?**

Find out about the Regional Plan online and through People Bank. The final plan will be available on our [website](#) from November 2020.

If you would like to more regular email updates we invite you to join our [People Bank](#).

People Bank is a register of people who would like to help us to improve the health of people in north western Melbourne. As a People Bank member you will receive updates on the Regional Plan, hear about other opportunities to help us with our work and receive our quarterly newsletter, My Health My Voice.

Everyone in our community is welcome to join our People Bank. If you would like to join call 9347 1188 or email [myvoice@nwmpnh.org.au](mailto:myvoice@nwmpnh.org.au).