

# OUR COLLECTIVE VISION

of a future when we replace the mental health system with something **WONDERFUL**

This vision is a **DECLARATION** of our dreams for the future.

It was co-created by people with lived experience of:

- Emotional distress
- Trauma
- Neurodiversity
- Mental health challenges

This is a living document.

We call for mental health policy that acts on our vision.

## EXPERIENCES

How our experiences will be understood & described

Like Physical Illness  
MADNESS  
Social & Emotional Distress  
Mental Illness  
Not An Illness  
Mental Health Problems  
SOCIAL DETERMINANTS  
Diversity  
Disability  
Emotional  
Altered States  
distress  
TRAUMA  
Mental, Emotional & Social Distress  
Mental Health Issues  
An Illness  
Psychosocial Disability  
Trauma Response  
EXPERIENCES  
Mental & Emotional Problems  
Emotional Distress  
ADVERSITY  
Mental Health Challenges  
Spiritual Emergence  
Mental & Emotional Challenges  
Mental & Emotional Issues  
Mental Ill Health  
Natural Response

## SOCIETY

The social change we need

HOUSING  
EDUCATION  
WE ARE SAFE  
KINDNESS  
Love  
Kind To Strangers  
Food  
End Capitalism  
Respected  
Understanding  
Stop Pathologising Us  
Positive Attitudes  
We Are Valued  
Caring  
Flexible Work  
Human Rights  
Accepting  
Social Determinants  
Police Alternatives  
Prevent Violence  
No Stigma  
Climate Action  
Supportive  
Rights Based Law  
Stigma Free  
Nonjudgmental  
Connection  
Psychiatry Apology  
No Family Violence  
EQUITY

## CONCEPTS

The concepts that will define & shape the system

Acknowledge Injustice  
CLIMATE  
HOLISTIC  
LOVE  
Accessible  
Supportive  
Acceptance  
Consumer Leaders  
Open  
Trauma Informed  
Political Action  
Our Diversity Valued  
Social Determinants  
Social Security  
Informal support  
Choice  
COMPASSION  
Therapeutic  
No DSM

 **VMIAC**  
by and for consumers

# OUR DREAM IS FOR MORE CHOICE

## ACTIONS

The actions, supports  
& processes we need

Individualised Critical Theory  
Trauma Therapy  
No Medication Informed  
Political Action Options  
Medication  
CLASSES  
Reflection  
Day Trips  
Social  
QUIET  
YOGA  
Validation  
Nonjudgmental  
NATURE  
Music Therapy  
First Nation Culture  
FREE  
Learning  
ART LISTENING  
NonClinical  
Dance  
Animals  
Relaxation  
Meditation  
No Pathologisation  
Mutual Support  
Art Therapy  
Friends  
Nutrition  
Conversations  
Share Stories  
HUMAN RIGHTS  
Safety  
BEING WITH  
Exercise  
Peer Support  
MUSIC  
Solidarity

## OUTCOMES

How our lives will be different  
when these changes happen

Connectedness  
Meaningful  
JUSTICE  
Accepted  
Caring  
HAPPIER  
Employment  
Human Rights

[www.vmiac.org.au/declaration](http://www.vmiac.org.au/declaration)

## ACCESS

The ways we need  
to access support

Paperless  
FREE  
EQUITY  
One-Stop Number  
Medicare  
Streamlined  
Voluntary  
Internet  
SELF-REFERRAL  
24/7  
Phone  
GP Referrals  
Walk In Access  
LOCAL  
Help When We Ask  
Support to get support  
WELCOMED  
Short Wait Time

## PLACES

The places & services  
we need

Recovery house  
Support cafes  
Drop In  
Windows  
Holistic centres  
Home  
RETREATS  
Community spaces  
More PARCs  
Peer support groups  
gardens  
Nature  
Day trips  
Peer-Run  
Hospital  
Tranquil  
RESPIRE  
Small places  
Quiet  
Open doors  
Therapeutic communities  
Choices  
Recovery Colleges  
Learning spaces

## PEOPLE

The people, staff  
& values we need

Facilitators  
Knowledge  
EMPATHY  
Respectful  
LISTENERS  
Friendly  
Understanding  
Psychiatrists  
OTs  
Lived Experience  
Positivity  
Yoga Instructors  
Empowering  
Professionals  
Rights Based  
Nonjudgmental  
Spiritual Support  
Therapy Animals  
HUMAN  
Honest  
Peer Workers  
Meditation Instructors  
NURSES  
Teachers  
GPs  
Diversity  
Compassionate  
Multidisciplinary  
REFLECTIVE  
Kind  
Caring  
Helpful  
THERAPISTS  
Psychologists  
Trauma Experts  
Social Workers  
Consumer Leaders