

Mental Health Promotion Framework 2005 – 2007

Key Social & Economic Determinants of Mental Health & Themes for Action

Social inclusion

- Supportive relationships
- Involvement in community & group activities
- Civic engagement

Freedom from discrimination & violence

- Valuing of diversity
- Physical security
- Self determination & control of one's life

Access to economic resources

- Work
- Education
- Housing
- Money



Population Groups & Action Areas

Population groups

- Children
- Young people
- Women & men
- Older people
- Indigenous communities
- Culturally diverse communities
- Rural communities

Health promotion action

- Research, monitoring & evaluation
- Direct participation programs
- Organisational development (including workforce development)
- Community strengthening
- Communication & social marketing
- Advocacy
- Legislative & policy reform



Settings for Action



Intermediate Outcomes

Individual

Projects & programs which facilitate:

- Involvement in community & group activities
- Access to supportive relationships
- Self esteem & self efficacy
- Access to education & employment
- Self determination & control
- Mental health literacy

Organisational

Organisations which are:

- Inclusive, responsive, safe, supportive & sustainable
- Working in partnerships across sectors
- Implementing evidence-informed approaches to their work

Community

Environments which:

- Are inclusive, responsive, safe, supportive & sustainable
- Value civic engagement
- Are cohesive
- Reflect awareness of mental health & wellbeing issues

Societal

A society with:

- Integrated, sustained & supportive policy & programs
- Strong legislative platforms for mental health & wellbeing
- Appropriate resource allocation
- Responsive & inclusive governance structures



Long-term Benefits

- Increased sense of belonging
- Improved physical health
- Less stress, anxiety & depression
- Less substance misuse
- Enhanced skill levels

- Resources & activities integrated across organisations, sectors & settings

- Community valuing of diversity & actively disowning discrimination
- Less violence & crime
- Improved productivity

- Reduced social & health inequalities
- Improved quality of life & life expectancy