



National Psychosocial Support Advocacy Alliance

We are an alliance of
**35 leading mental
health organisations**
operating across all
States and Territories

We support people with
lived experience,
undertake advocacy,
and provide essential
support services to **over
130,000 Australians**

We represent
**more than 400
member
organisations**
around Australia

About the Alliance

In July 2021, Alliance members joined together to address the gap in psychosocial supports so people stop missing out on the services they need to support their recovery.

We want to work with governments to ensure every person who could benefit from psychosocial support can access support when they need it.

Members of the Alliance include mental health peak bodies, lived experience leaders, universities, researchers, and some of Australia's largest mental health and wellbeing organisations. We have a wealth of experience in providing psychosocial supports in the community to help people with mental health challenges live contributing lives.

The problem



One in four of us will experience a period of being mentally unwell in our lifetime.

Some people also experience disabilities arising from their mental health issues – known as **psychosocial disabilities** – and need psychosocial supports to live well. These supports help people to regain their independence, practical living skills, stay connected and manage their mental health.

More than 150,000 people in Australia who need support in the community to manage their psychosocial disabilities are currently missing out. These supports are vital to recovery.



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What we need

How you can help us

Extended funding for existing programs

Extend funding beyond June 2023 for existing Commonwealth and State/Territory psychosocial support programs and include these commitments in all Bilateral Agreements.

This requires an extension of existing commitments only - no additional funding.

Funding to support mapping of unmet need, service design and develop the business case

Fund the Alliance to work collaboratively with governments to co-design the unmet need studies, service design and develop the business case for psychosocial supports.

This requires \$300,000 in funding for one year.

A national psychosocial support program

Collaborate with the Alliance and people with lived experience to co-design and co-produce a national program of psychosocial supports and commit to ongoing funding and development of the program.

The Productivity Commission estimates that this requires an investment of \$610 million per year.

When people receive the psychosocial supports they need early, there is a **decreased risk of prolonged distress and lifelong disability**. This leads to **cost-savings to the health system and to the NDIS**, decreased dependence on social services, decreased risk of unemployment and homelessness, and decreased interactions with police, justice and corrections.

With the right psychosocial support, people with serious and complex mental illness can recover their place in their community, and live contributing lives.

We look forward to working with you and thank you for your consideration of this proposal.

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