

## Array of community mental health projects for young people in Mandurah

22 September 2020

**Eight community mental health projects have been funded to support young people in the City of Mandurah as part of the Perth South Suicide Prevention Trial.**

The Mandurah Mental Health Initiative is a grant program that supports community designed and implemented activities. The activities focus on healthy, inclusive and connected local communities where everybody (especially young people) feels like they matter, belong and can make a contribution.

The City of Mandurah worked with the Bank of I.D.E.A.S to develop a program that would 'wrap' community, and not only services, around local residents, and importantly, move the focus from doing 'to' and 'for' young people with greater emphasis on 'with' and 'of/by' young people.

Along with this grant funding, the City of Mandurah community development officers act as the link between the community activities and clinical treatment services to ensure young people are supported holistically. This will include working closely with the Peel Health Hub and Peel Youth Medical Services.

The result of this work, and the significant efforts of local groups, are the following community-led programs.

<b>The Fathering Project &amp; Connecting Community for Kids</b>	This project recognises that often fathers in the area have very little support and promotes the role of a father within a child's life. It works to develop Dads Groups in schools, youth workshops, and mentoring hubs.
<b>Act Belong Commit - Mentally Healthy Schools Program</b>	The Mentally Healthy Schools Program, coordinated out of Curtin University, provides schools with training in mental health promotion, resources, professional development, and more. By being active, having a good sense of belonging and a feeling of meaning and purpose, students are less likely to develop mental health issues.
<b>Community Minded Kids (CMK) Program</b>	CMK is a primary school based program that aims to foster community minded thinking in children. Through a series of ten classroom lessons delivered by a teacher, where students learn about themes such as social justice, diversity, citizenship and volunteering, children feel empowered to act and participate in citizen-driven efforts.
<b>The Lakelands Repair Café</b>	The Repair Café connects with places that support young people in need, such as Calvary Youth Services, Passages, headspace and Halo, to provide an opportunity to learn new skills, meet new people, and to challenge the "throw it away" mentality.
<b>Coastal Lakes College "You Can Do It" program</b>	The "You Can Do It" program teaches college students the skills of getting along, resilience, persistence, organisation and confidence. They have invited Adam Przytula from Armed For Life to work with students on the skill of decision making.

<b>Neighbourhood Connect Inc.</b>	Neighbourhood connect promotes social integration as an important step to combat loneliness and depression. Their vision is that every Australian has the opportunity to be connected in a neighbourhood group and enjoy feeling part of a community.
<b>Dismantle Inc. - Bike Rescue</b>	Dismantle is a charity that delivers outreach programs to empower at-risk and disadvantaged youth within Western Australia, helping them rediscover and achieve their ambitions, as well as overcome significant barriers for successful engagement and participation in education, training and/or employment pathways. Bike Rescue is their mentoring program, which uses bike mechanics as a vehicle for counselling, soft skill development, and an opportunity to work on vocational goals.
<b>Mandurah Performing Arts Centre - We/They/Me Youth Photography Project</b>	We//They//Me is designed to engage young people in conversations around identity, mental health and belonging through photography. Photographs will be portraits and imagery that raise the profile of young people, celebrating their individuality and sharing their stories, shouting from the rooftops about who they are, what they love, their dreams, ambitions and challenges.

**Quotes attributed to** WA Primary Health Alliance Suicide Prevention Manager Sharleen Delane:

“The eight incredible community projects that form this initiative will help young people to build resilience, create strong support networks and connect with like-minded individuals in their area.

“Community-led initiatives are a critical part of the Perth South Suicide Prevention Trial, to create a sustainable foundation for mental health support, beyond the life of the Trial itself.”

**Quotes attributed to** Peter Kenyon from Bank I.D.E.A.S

“I’ve always believed that whatever the issue community is the answer. COVID-19 has had many silver linings and one is that while many traditional services and programs could not function, community solidarity, neighbour support and local compassion flourished.

People discovered that only way to get through difficult times is together, to truly experience connection with others. These community led projects illustrate this same reality – people don’t function well or heal in isolation, but they do in this thing called in community.”

## **The Trial**

This initiative is part of the Australian Government’s Peel, Rockingham and Kwinana Suicide Prevention Trial, led by WA Primary Health Alliance and Peel and Rockingham Kwinana Community Response Steering Group.

The Peel, Rockingham and Kwinana region is one of 12 sites across Australia selected by the Australian Government to participate in The National Suicide Prevention Trial.

The 12 locations chosen for the Trial have a higher than average suicide rate and this major trial aims to find the most effective approaches to suicide prevention for at-risk populations and share this knowledge across Australia.

Each year about 3,000 Australians take their lives and the suicide rate for Aboriginal and Torres Strait Islanders is about twice that of non-Indigenous people.

The Peel, Rockingham and Kwinana Suicide Prevention Trial is focusing on young people between the ages of 16 to 24.

Preventing suicide is a complex problem and a one-size-fits-all strategy for dealing with the challenge may not be the best approach. This is exactly what this prevention trial is all about.

If you or someone you know needs urgent support, call Lifeline on 13 11 14, Suicide Call Back Service on 1300 659 467 or Kids Helpline (5 to 25 years) on 1800 55 1800.

### **Interview Opportunities**

**WA Primary Health Alliance:** Sharleen Delane Suicide Prevention Program Manager  
**Bank of I.D.E.A.S:** Peter Kenyon

**ENDS**

WA Primary Health Alliance Media Contact – Taylor Bartels, [taylor.bartels@wapha.org.au](mailto:taylor.bartels@wapha.org.au)  
0400 687 208

---

**About WA Primary Health Alliance:** WA Primary Health Alliance oversees the strategic commissioning functions of the Perth North, Perth South and Country WA Primary Health Networks (PHNs). The WA PHNs are three of 31 PHNs established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community. We work across the WA healthcare system with doctors, allied health professionals, hospitals and service providers to improve the coordination of care for people who are at risk of poor health outcomes. For more information, visit [www.wapha.org.au](http://www.wapha.org.au)