

# COVID mental health support packages

## 31 August - \$260k

- \$40,000 has been allocated to Perinatal Wellbeing to extend support to families who are about to have a baby or who are caring for a newborn.
- \$40,000 has been allocated to Meridian to scale-up existing services to support at-risk Canberrans in the LGBTQI+ community at particular risk of heightened mental ill-health.
- \$40,000 has been allocated to Catholic Care to extend services to young people suffering moderate to severe mental illness requiring more intensive support at home.
- \$40,000 has been allocated to Mental Health Justice Health Alcohol and Drugs Service (MHJHADS) to extend the Homelessness Outreach Team pilot supporting people with severe mental illness experiencing homelessness.
- \$40,000 has been allocated to Carers ACT to support carers. Carers and the people they care for are at risk of isolation and mental ill-health, likely to be exacerbated due to the COVID lockdown. People with disability are at higher risk of significant ill-health from COVID-19, and many carers have disabilities or chronic conditions themselves.
- \$40,000 has been allocated to Woden Community Service to meet the increased support requested of suicide prevention services. Implementation will be via grant to Woden Community Service to scale up the existing Way Back Support Service.
- \$20,000 has also been allocated for materials and activities to help contact and connect with groups of Canberrans who do not use social media and require printed materials or are harder to reach through other channels.

## 21 September mental health orgs - \$2.14m

- \$1 million to expand the Police, Ambulance and Clinician Emergency Response (PACER) program, with an additional team for 6 months to support the community when they need it and in a familiar setting, such as their home.
- \$200,000 to provide more services and additional support for people affected by eating disorders. This is \$195,000 to Canberra Health Services - Eating Disorders Clinical Hub and \$5,000 to Eating Disorders Families Australia (ACT).
- \$90,000 to extend services offered by CatholicCare/Marymead to young people suffering moderate to severe mental illness requiring more intensive support at home.
- \$80,000 between Gugan Gulwan and Yeddung Mura to provide additional counselling and wellbeing supports to Aboriginal and Torres Strait Islander Canberrans.
- \$80,000 to Winnunga Nimmityjah to provide additional mental health services at AMC.
- \$70,000 to Mental Illness Education ACT for additional mental health programs for schools, individuals, and businesses in response to COVID-19.
- \$40,000 to CARE Financial Counselling to support people who have lost work and income during lockdown.
- \$40,000 to Menslink to offer counselling and mentoring to young boys and men in Canberra, and to continue to offer their services online.
- \$50,000 to OzHelp to support workplaces and workers who have lost or reduced employment during COVID.
- \$40,000 to Perinatal Wellbeing Centre Support to provide extra assistance for new parents and parents due to the increased negative impact of isolation and disruption to health services on parents already struggling with mental ill-health.
- \$10,000 to Parentline to help meet the increased demand for counselling and information support for parents and carers.

- \$60,000 for disability advocacy organisations to ensure people with disability remain supported throughout the pandemic – \$30,000 to Advocacy for Inclusion and \$30,000 to ACT Disability, Aged & Carer Advocacy Service
- \$20,000 to A Gender Agenda to increase their delivery of advocacy and support services, as well as information and resources tailored to the Intersex, Trans and Gender Diverse community during the COVID lockdown.
- \$20,000 to Woden Community Services to increase the capacity of the Transition to Recovery (TRec) to address increased numbers and needs of people who have exited inpatient mental health care.
- \$40,000 to Multicultural Hub Canberra for COVID-safe, online delivery of services to support the CALD community to stay connected and access culturally appropriate mental health services.
- \$120,000 to Canberra Health Services – Justice Health Services to provide additional capacity for Justice Health Services at the AMC, supporting people experiencing high prevalence disorders such as anxiety and depression.
- \$70,000 for Lifeline to meet demand of calls to the helpline.
- \$30,000 for Mental Health First Aid training for businesses.
- \$100,000 additional funding into the Community Assistance and Support Program

## 21 September community health orgs - \$1.442m

- \$524,000 for Directions Health Services to meet increased demand for primary care and opioid maintenance treatment for clients who are unable to access pharmacies due to the COVID-19 outbreak.
- \$300,000 for Community Options to deliver additional support for social housing clients affected by COVID-19 lockdowns
- \$300,000 for the Canberra Alliance for Harm Minimisation and Advocacy for additional Peer Treatment Support Workers, helping to support people with complex needs who are affected by public health measures
- \$160,000 for flexible alcohol and other drug services to provide additional treatment and counselling support to those with substance abuse conditions.
- \$110,000 for the Interchange Health Co-op to improved access to primary care for some of Canberra's most vulnerable.

- \$8,000 to Australian Breastfeeding Association to deliver services to more families, many of whom are experiencing a greater level of isolation from informal and formal supports than in non-Covid times.
- \$40,000 for Companion House to support additional counselling and social support services for asylum seekers and refugees.

## 2021-22 Budget – what’s been announced so far for MH \$10.867m

- \$463,000 in 2021-22 for a phased implementation of an integrated face-to-face and digital mental care for young people through an online platform - the Moderated Online Social Therapy program (MOST) program developed by Orygen.
- \$7 million in the out years for continuation of this service contingent on results from the scoping study and trial.
- \$851,000 for Catholic Care’s Youth and Wellbeing program to provide multidisciplinary outreach service that supports young people (12-25 years) living with mental health concerns.
- \$169,000 for Parentline to provide more support for parents, through phone referrals, counselling, face-to-face sessions and regular phone ‘check-ins’.
- Aboriginal and Torres Strait Islander suicide prevention \$2.2m over next 4 years
- Develop a model of care for five additional supported accommodation homes for people with mental health conditions \$184K

## Commonwealth funding - \$2.57m

- \$1.6 million to establish a Head to Health Pop-Up mental health clinic in the ACT and fast track the rollout of a phone Intake, Assessment and Referral support service
- \$400,000 to enhance eating disorder services in the ACT, including funding to boost clinical services at headspace and the Head to Health hub to provide additional support for young people with, or at risk of, an eating disorder and targeted e-therapy support
- \$320,000 to headspace for additional youth support, to assist headspace services with the surge in demand experienced during the lockdown
- \$150,000 to CatholicCare to support the Stepping Stones program for children aged 12 and under who have suffered trauma

- \$100,000 to Meridian ACT to boost support services for LGBTI+ people.