



# Have your say

## Mental health and wellbeing in NSW



Please read the [Consultation Paper available here](#) before writing your submission. It gives context for each of the questions in this template.

### Tips for using the template



#### Writing your submission

- You can type directly into this template.
- Or if you prefer, you can copy and paste text originally written in other programs such as Microsoft Word into this template. It should keep your formatting intact.



#### Submission length

- Please limit your submission to around 5000 words.
- Around 600-700 words in a regular 11pt font will fit on one page in this template's layout. If you were to fill every page, that would be around 5000 words.



#### How to lodge your submission

- Save the completed template on your computer or network.
- Go to the [Have Your Say website](#) and follow the instructions under “written submissions”.

**Do you have to use the template?** Use of the template is preferred but submissions and/or additional information or documents in other formats will be accepted. Please contact the Commission at [MHC-Strategy@health.nsw.gov.au](mailto:MHC-Strategy@health.nsw.gov.au) and we will guide you through the options.

# About you

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## THESE QUESTIONS ARE OPTIONAL.

If you wish to remain completely anonymous, you can skip this page.

**If you are writing this submission on behalf of an organisation**, please complete the following table.

Name of the organisation	
Contact person's name	
Contact person's email address	

## OR

**If you are writing this as an individual\***, please answer the following questions.

Name (OPTIONAL)	
Postcode (OPTIONAL)	
Email address (OPTIONAL)	

Which of the following describes you? You can tick as many as are relevant.

- I have an interest in mental health and wellbeing
- I work in the mental health and wellbeing sector
- I work in another government or non-government organisation that intersects with this issue
- I have personal lived experience of mental health issues and/or suicidal distress
- I have lived experience as a carer of someone with mental health issues and/or suicidal distress
- I am an Aboriginal or Torres Strait Islander person
- I am lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ+)
- I was born in a country other than Australia
- I speak a language other than English at home
- I am a person with disability
- I have had contact with the justice or corrections systems
- I am currently or have been homeless
- I have or had personal issues with the use of alcohol and/or other drugs

**\*If you are completing this template on behalf of someone else**, please briefly explain that context. Please do not give that person's name unless they have given you permission to do so.

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# About this submission

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## OPTIONAL

Is this submission written on behalf of a group such as a committee, expert panel or something similar?

Was it written as the result of a workshop, network process or something similar?

If so, please provide some brief details here so that we understand the context of where it is coming from. Please include the names/positions/organisations of participants if that is relevant (and if they consent for that to be provided).

If this is not relevant to your submission, simply leave this page blank.

1. What is working?

## 2. What is not working?

### 3. What needs to change?

#### 4. How should change happen?

5. What could improve mental health and wellbeing across our communities?

6. What roles should NSW Government departments and agencies play in that?

7. How will we know that we are making a difference?

8. Is there anything else you would like to say?