



Buddy Up!

— for Mental Health —

DID YOU KNOW...

- 20% of Australians aged between 16- and 85 years experience mental illness in any given year
- 50% of the Australian population experience some form of mental health struggle within their lifetime
- Over half of the affected population has gone untreated or without help

*Australian Institute of Health and Welfare,
2022*

BARRIERS & REASONS:

- Lack of Accessibility
- Generational, Cultural & Societal Stigmas
- Anxiety towards authorities and/or Mental Health workers



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Many individuals with lived experiences may be more inclined to speak up if it is through a friend, family member or a member of their parish.



Therefore, community-based approaches may challenge these barriers and help our local communities thrive. Specifically, working within local parishes to expand into the greater community.



ABOUT THE PROGRAM!

- Younger members become buddies with older members.
- May extend to members within the same age bracket/peer group.
- Turn to buddy for support, guidance or to talk freely with.
- Although not always feasible, it would be ideal if some buddies had lived experiences to share.
- Provide support internally to challenge barriers externally.