: BUDDY UP! for Mental Health —

DID YOU KNOW...

20% of Australians aged between 16- and 85 years experience mental illness in any given year

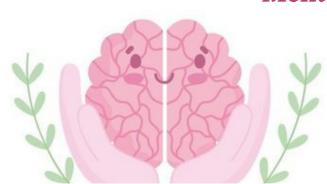
50% of the Australian population experience some form of mental health struggle within their lifetime

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.