

# MEDIA RELEASE

## Have your say on mental health

1 November 2019

Community members are encouraged to take part in a national survey that aims to understand the life experiences of people living with complex mental health issues.

SANE Australia's Anne Deveson Research Centre, in partnership with the University of Melbourne's School of Psychological Sciences, wants to make a difference in the lives of people affected by complex mental health issues, through support, research and advocacy.

To do this, they are seeking 7,000 people aged 18 and over, who have experienced complex mental health issues in the last 12 months, to take a confidential survey called Our Turn to Speak.

SANE wants to understand people's experiences across a broad range of areas, including housing, employment, education, healthcare, mental healthcare, finance and insurance, public spaces and recreation, media, relationships, welfare and social services, community groups, justice and legal services, and religious and faith practices.

Murray PHN CEO, Matt Jones said participation by community members was vital to ensure experiences of people in rural areas are captured.

"We know that at any one time, around one in every five adults in the Murray PHN catchment is experiencing mental ill-health," he said. "Whether someone's experiences have been positive or negative, the information they provide through the survey will help develop a better understanding of where change is needed."

Murray PHN Strategic Projects Coordinator and 2019 National Mental Health Awards Advocate of the Year, Jo Rasmussen said the survey was an opportunity for people who live with severe and complex mental health issues to share their experience on living with a mental illness and how this has impacted the way they have been treated.

"This is our time to speak up and identify where change is needed," she said.

The survey begins with some general questions, before eligible participants are asked to complete the survey. The survey takes about 30 minutes and can be completed online or by phone. All responses will be kept confidential. Go to <https://nationalstigmareportcard.com.au/> to participate.

To have your say on other health issues in the region, join Health Voices  
[www.murrayphn.org.au/health-voices/](http://www.murrayphn.org.au/health-voices/)

### Contact details

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