



Western Australian Association
for Mental Health

Rural and remote mental health – have your say!

The Australia government has recently announced it will be conducting a Senate Inquiry into the Accessibility and Quality of Mental Health Services in Rural and Remote Australia, and submissions to this inquiry are currently being accepted.

This is an important opportunity for the mental health needs of rural and remote communities to be heard.

WAAMH invites you to participate in the following survey and provide information about mental health in rural and remote areas, to be included in a submission to the inquiry.

WAAMH may also use the information provided to inform and progress rural and remote issues in WAAMH's existing and future advocacy work.

The responses we receive from this survey will form the basis for the WAAMH submission to the inquiry. To ensure that the WAAMH is presenting a genuine and focused regional perspective, we are keen to hear as many voices from rural and remote WA, and to represent those voices in the WAAMH submission and advocacy work. Your input is very valuable to us.

1. Please provide your name (if you prefer to be anonymous, leave blank).

2. I am a WAAMH member

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No

3. What region of WA do you live in?

<input type="checkbox"/>	Gascoyne	<input type="checkbox"/>	Peel
<input type="checkbox"/>	Goldfields-Esperance	<input type="checkbox"/>	Pilbara
<input type="checkbox"/>	Great Southern	<input type="checkbox"/>	South West
<input type="checkbox"/>	Kimberley	<input type="checkbox"/>	Wheatbelt
<input type="checkbox"/>	Mid West	<input type="checkbox"/>	

4. What town of WA do you live in?

5. Please indicate which of the following statements apply to you (tick all that apply)

<input type="checkbox"/>	I identify as a person who uses mental health services
<input type="checkbox"/>	I identify as a carer or family member of someone who uses mental health services
<input type="checkbox"/>	I am a provider of mental health services
Other (please specify):	

6. What are the main challenges to seeking support for mental health in your area? (Tick all/ any that apply)

<input type="checkbox"/>	Shortage of community mental health services	<input type="checkbox"/>	Lack of support services
<input type="checkbox"/>	Shortage of preventative mental health services	<input type="checkbox"/>	Lack of housing
<input type="checkbox"/>	Shortage of emergency mental health services	<input type="checkbox"/>	Lack of employment opportunities
<input type="checkbox"/>	Shortage of doctors	<input type="checkbox"/>	Social isolation
<input type="checkbox"/>	Mental health services too far away	<input type="checkbox"/>	Stigma
<input type="checkbox"/>	Mental health services too expensive	<input type="checkbox"/>	Stress
Other (please specify): Please provide information about other challenges for mental health in your area			

7. What kinds of services, supports or opportunities are needed in your area to improve mental health?

8. People living in rural and remote areas often access mental health services less often than people in city areas.

Are there any problems with access to mental health services in your area?

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No
<input type="checkbox"/>	Unsure

9. If yes, please provide details about what these problems are.

10. If no, please explain why access to mental health services is not a problem.

11. What do you think could be done to improve access to mental health services in your area?

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12. In your area, what are the most important things that affect people's mental health:

	Lack of housing		Violence
	Unemployment		Drug and alcohol use
	Lack of income		Access to food
	Stigma about mental health issues		Access to transport
	Negative community attitudes about mental health issues		Violence
	Social isolation		Alcohol and other drug use
	Lack of community support		Trauma
	Stress		
Comment: Please include any other factors that you think contribute to poor mental health in your area			

13. In your experience, what are the main challenges in delivering mental health services in your area?

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14. Have NDIS services been rolled out in your area?

	Yes
	No
	Unsure

15. Do you have experience accessing disability services related to mental health needs through the NDIS?

	Yes- for myself
	Yes- on behalf of someone else
	No

16. Have you experienced any challenges accessing disability services related to mental health needs through the NDIS?

	Yes
	No
	N/A

17. If yes, what challenges have you experienced accessing disability services related to mental health needs through the NDIS?

<input type="checkbox"/>	Lack of continuity of service
<input type="checkbox"/>	Lack of availability of services
<input type="checkbox"/>	No appropriate services in my area
<input type="checkbox"/>	Lack of information about the NDIS
<input type="checkbox"/>	Unclear information about the NDIS
<input type="checkbox"/>	Lack of assistance completing required documents for the NDIS
<input type="checkbox"/>	Being ineligible for disability services related to mental health needs under the new NDIS

18. Is there anything else you would like to tell us about mental health in your area?

19. WAAMH intends to use the information from this survey to inform a submission to the inquiry outlined above, and in the advocacy work done by WAAMH. Please indicate below how WAAMH may use the information you have provided.

<input type="checkbox"/>	I give permission for direct quotes from my survey responses to be used by WAAMH, and to be identified by name and organisation
<input type="checkbox"/>	I give my permission to use direct quotes from my survey responses to be used by WAAMH, but request to be anonymous
<input type="checkbox"/>	I give permission for general themes from my survey responses to be used by WAAMH anonymous (no direct quotes or identifying data)

Thank you for completing this survey. Your responses are valuable to us. If you have any questions about this survey, or would like to provide further information, please feel free to contact Elizabeth Connor (Systemic Advocacy Officer) at WAAMH on Econnor@waamh.org.au or 6246 3034.

If you would like more information about the Senate Inquiry, or to make your own submission to the Senate Inquiry, please visit the government website [here](#).

If you require other help or need urgent assistance, please see our [Service Directory available here](#) or phone one of the services below.

Emergency Services - 000

Lifeline - 13 11 14

Kids Help Line (Ages 5-25) - 1800 551 800

Mental Health Emergency Response Line:

Metro callers - 1300 555 788

Peel - 1800 676 822

Rural Link:

Rural and remote areas - 1800 552 002

Please note WAAMH is the peak body representing community mental health services in WA and does not provide clinical assistance or direct services.