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ConnectGroups backs the *Prevent, Support, Heal* campaign to balance WA's mental health system

The Western Australian Association for Mental Health's (WAAMH) *Prevent, Support, Heal* campaign calls on the State Government to increase investment in mental health prevention via additional funding to services that provide community supports or represent the voice of lived experience.

ConnectGroups WA, the Peak body for Support Groups in WA, endorses the *Prevent, Support, Heal* campaign and advocates for a five-fold increase in funding for preventive community supports – from 1% to 5% of the mental health budget.

Antonella Segre, CEO of ConnectGroups states “Nurturing and advocating for community-led Support Groups is the core business of ConnectGroups WA. Over 37 years of servicing the Support Group sector in WA, we have seen the power of community-based peer supports in mental health prevention and early intervention,” Ms Segre said.

“The Support Group sector represents the voices of lived experience across multiple life circumstances and conditions. ConnectGroups understands that listening to the voice of lived experience is essential, because this is the community it is serving.

“Support Groups consistently tell us that they require additional resourcing to meet the demand for peer-led services in the community. Support Groups provide important safeguards from social isolation and mental distress requiring hospitalisation, leading to better long-term outcomes for recovery. Support Groups demonstrate the value of community supports and peer-run services in recovery from mental ill health and life adversity.”

ConnectGroups calls for an investment of \$334 million in community-led supports for mental health prevention by the year 2025 - and asks that all WA political parties to commit to this in their 2021 State Election Platforms.

For further comment contact:

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