



Mentally Healthy  
City Townsville™

## Mentally Healthy City Townsville - Charter

Townsville was the first city in Australia, under the auspice of the Tropical Brain and Mind Foundation (TBMF), to take up the Mentally Healthy City challenge to support population-wide mental health and well-being. Mentally Healthy City Townsville (MHCT) aims to strengthen and nurture an environment where citizens live, work, play, thrive, and flourish. **Mental Health and well-being is everyone's business.**

MHCT in collaboration with local communities will work together to facilitate and support the following Eleven (11) Charter actions to drive social changes that will encourage mental health and well-being, promote social inclusion, and reduce stigma. MHCT will engage with local:

1. First Nations and Cultural and Linguistically Diverse Peoples and other identified community groups to achieve an understanding of how they experience mental health and well-being, through ethnic, religious, gendered, sexual identity, and through the social experience of poverty, inequality, and disenfranchisement.
2. Older persons, agencies and advocacy groups to discuss access to community well-being programs and activities to reduce loneliness and increase social inclusion and well-being.
3. Organisations for the homeless and imprisoned to encourage and invite lived experience discussions to enhance mental health and well-being support.
4. Places of worship to discuss how they support community inclusion, mental health and well-being in their communities.
5. Universities, TAFE, schools, and early childhood education centres to discuss how current organisational policies, procedures and leadership guidance documents build mental health and well-being.
6. Community organisations and groups to discuss how current policies, procedures and leadership guidance documents informed by lived experience, encourage community inclusion, mental health and well-being.
7. Employers to discuss how current operational activities and leadership guidance documents encourage workplace diversity, inclusion, mental health and well-being.
8. Trade union peak body to discuss how mentally health workplace policies, procedures and leadership guidance documents encourage workplace diversity, inclusion, mental health and well-being.
9. Art galleries to discuss the possibility of focussing on the diversity of mental health and well-being lived experience journeys in our communities.
10. Communities to participate in an annual event during Mental Health Week to promote mental health and well-being, diversity, social connection, and stigma reduction.
11. Social, print, and other media agencies to promote and showcase lived experience of mental health and well-being to the broader community through positive and encouraging narratives, and promotion of related activities and events.

**Reference:**

Compassionate City Charter of Actions: Allan Kellehear – From K. Wegleitner, K Heimerl, A. Kellehear (2016)

Compassionate Communities: Case Studies from Britain and Europe. Abingdon, Routledge, 2016 (80-82)



[www.mhctsv.com.au](http://www.mhctsv.com.au)

