

The Hunter Institute of Mental Health is a leading national organisation dedicated to reducing mental illness and suicide and improving wellbeing for all Australians.

For 25 years we have been delivering successful, evidence-based mental health and suicide prevention programs from our base in Newcastle, New South Wales. These programs have made a considerable contribution to the mental health and wellbeing of many people in communities across the country.



hunter institute
of mental health

- **We build the capacity of individuals, families, organisations and communities so they can contribute to the reduction of mental illness and suicide**
- **We translate evidence into practical resources, programs and approaches that are fit-for-purpose**
- **We work in partnership to deliver the best outcomes**
- **We use evaluation and research to guide our work and the work of others**
- **We are innovative and flexible – working locally and nationally.**

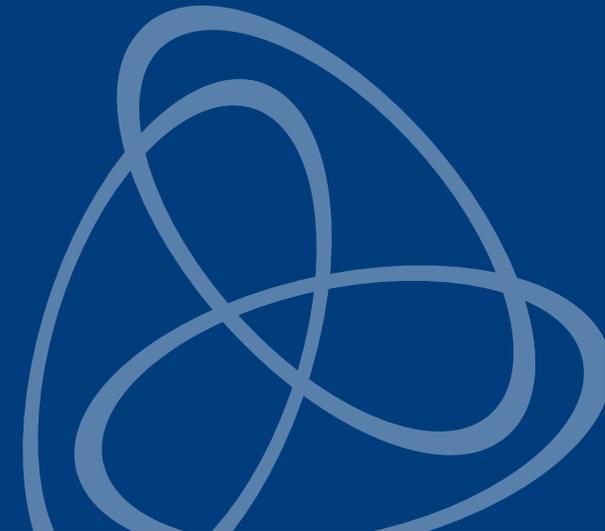
The Hunter Institute of Mental Health is committed to working in partnership with the communities we serve, including those who have personal experience of mental illness and suicide.

We are dedicated to health equity and working in a way that values and respects the full diversity of the Australian population.

We acknowledge Aboriginal and Torres Strait Islander peoples as the traditional owners and custodians of the land we live and work on.

Our organisation aligns itself with the goals of the National Closing the Gap Strategy.

Reducing mental illness and suicide and improving wellbeing for all Australians.



Hunter Institute of Mental Health

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Established Locally - Working Nationally

www.himh.org.au

Follow us on  @HInstMH 



Our Specialist Programs & Projects

The Hunter Institute of Mental Health works with Commonwealth and State governments, philanthropic organisations, research institutions, non-government organisations and businesses, to develop and roll-out innovative and effective mental health and suicide prevention programs.

Our work is delivered by a multi-disciplinary and committed team of staff working across three program areas:

- Child, Youth and Wellbeing Program
- Community, Media and Arts Program
- Families, Workplaces and Targeted Prevention Program.

We deliver a wide range of specialist projects, both locally and nationally. A snapshot of these are:



Mindframe National Media Initiative works collaboratively with the media and other stakeholders to promote accurate and sensitive media reporting and portrayal of suicide and mental illness.



Conversations Matter is a practical online resource developed to support community discussion about suicide. It includes online presentations, printed fact sheets and audio podcasts.



Partners in Depression is a group-based mental health promotion and prevention program for people who love, live with or care for a person experiencing depression. It is delivered in local communities across Australia.

Community Arts projects such as **MindPlay** and **Youth Rockin' the Black Dog** engage young people through drama and music to think about mental health and seek help when they need it.



Response Ability supports the pre-service preparation of teachers and early childhood educators, by providing resources for use in their professional training that promote social and emotional wellbeing, and mental health of children and young people.



CHiRP is an evidence-based program for families and carers of children and young people living with a chronic illness that supports the wellbeing of families and promotes resilience.



Working Well is a research project to explore the mental health and wellbeing of coal miners and deliver interventions to prevent mental illness and suicide. It is one of our many workplace programs delivered to mining and other sectors.



How can you get involved?

With your support we can reach more Australian people and communities across the country.

1. **Donate to Us.**
Want to donate to an organisation working locally and nationally? We welcome donations from individuals and businesses to support community programs.
2. **Sponsor an Event.**
Why not support a local or national event - offering corporate exposure and community benefits?
3. **Host an Event.**
Thinking about hosting an event or fundraiser? Get in touch with us to discuss your options.
4. **Partner with Us.**
Have an idea for your workplace, school, business or community organisation? Contact us about working together.

To find out more information or to work with the Hunter Institute of Mental Health, visit us at www.himh.org.au