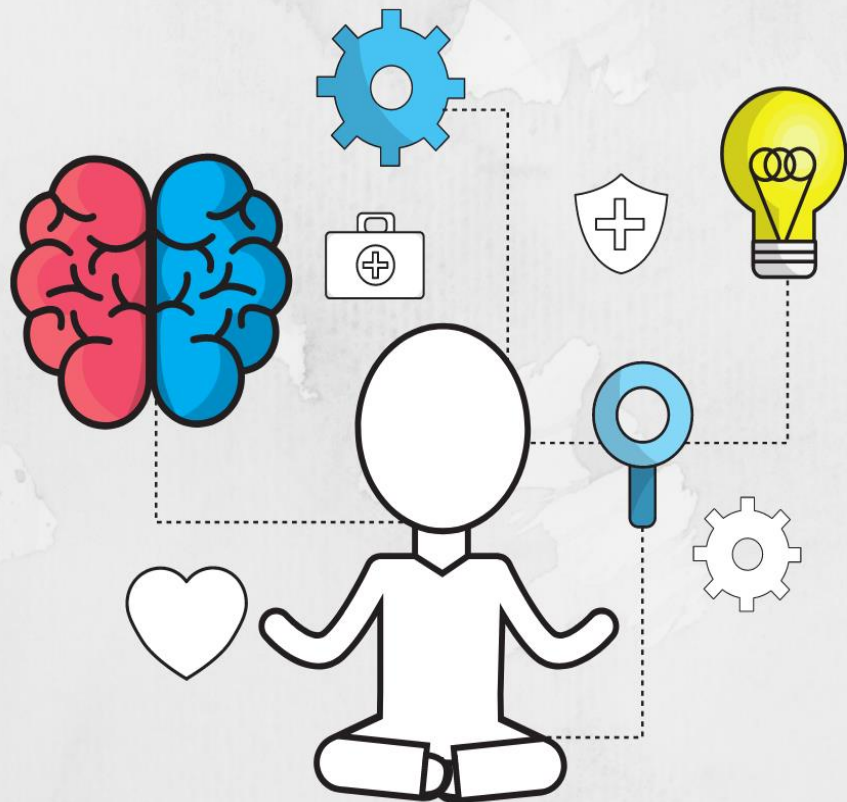


# KEY BENEFITS OF A CROSS-SECTOR APPROACH TO MENTAL HEALTH



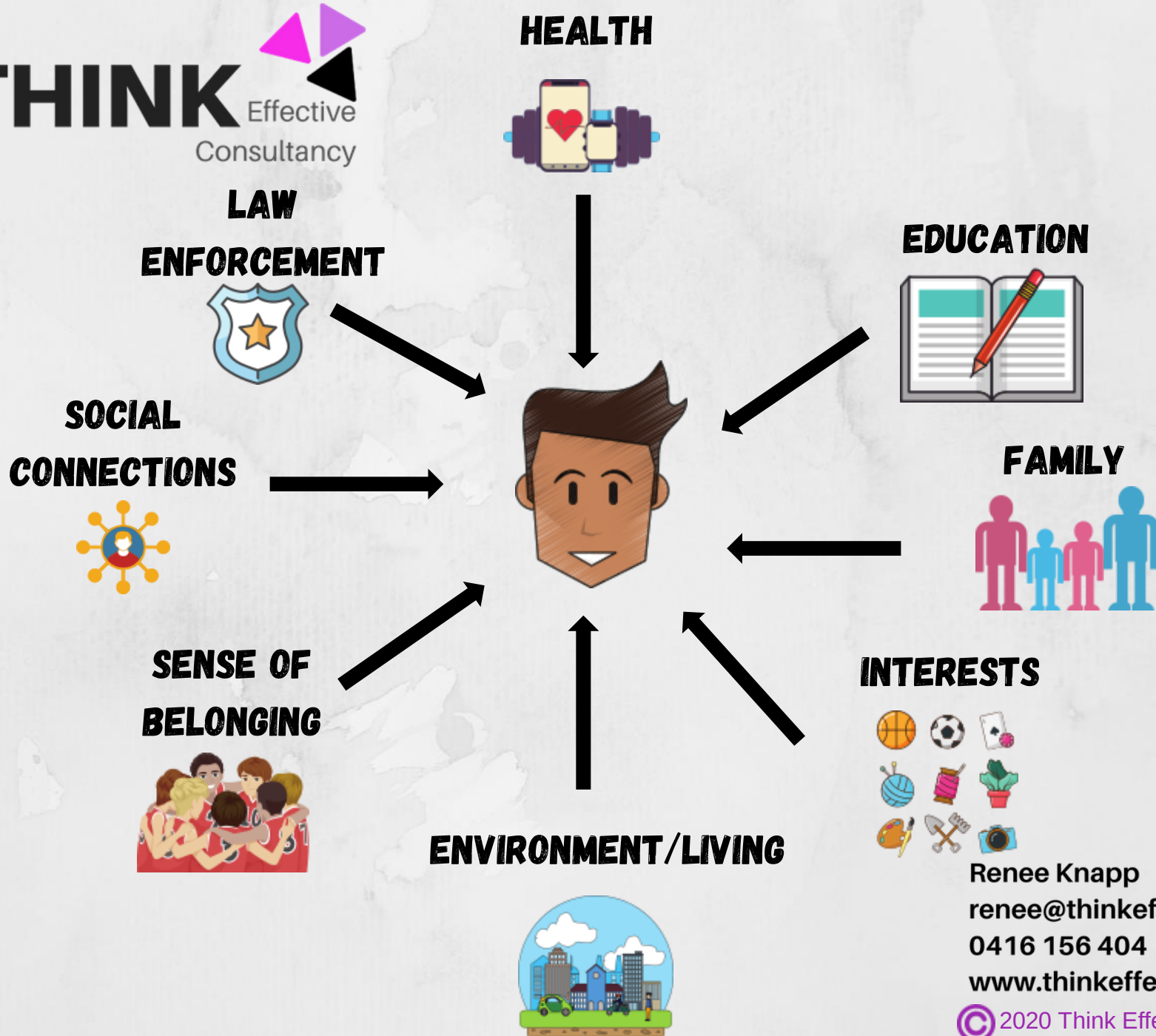
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# **KEY BENEFITS OF COMMUNITY APPROACH TO MENTAL HEALTH**



**ENCOURAGES CONSIDERATION OF ALL  
AREAS ESSENTIAL TO MENTAL HEALTH  
IMPROVEMENT**



**SHARED APPROACH TO PROBLEM  
SOLVING & PREVENTION**



**OPPORTUNITY TO DEVELOP A  
CONNECTED COMMUNITY & SENSE OF  
BELONGING**



**INTERGENERATIONAL  
OPPORTUNITIES**



**OPPORTUNITIES TO IDENTIFY &  
SUPPORT TARGET GROUPS NEEDING  
SUPPORT EG. FARMERS/YOUTH**



**CAN FEED INTO SHIRE  
STRATEGIC PLANNING (PUBLIC  
HEALTH PLANS)**





# WOULD YOU LIKE TO KNOW MORE?

**HOW CAN YOU GET IN CONTACT WITH ME OR GET MORE INFORMATION?**

## **VISIT MY WEBSITE**

<http://thinkeffective.com.au/>

There is a dedicated section to Community approaches to mental health. This includes resources, information and blog posts.

## **SUBSCRIBE TO MY FREE NEWSLETTER**

<http://thinkeffective.com.au/blog/>

## **GET IN CONTACT WITH ME**

[renee@thinkeffective.com.au](mailto:renee@thinkeffective.com.au)  
0416 156 404

## **DOWNLOAD PRODUCTS TO HELP YOU IMPLEMENT CHANGE**

<http://thinkeffective.com.au/shop/>



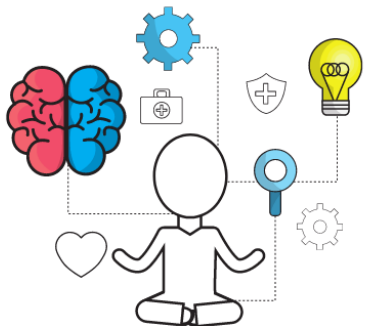
# Thank You!

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Inspiring staff & students to engage in  
effective change through positive action