

A Guide to Collaborative Action for Community Wellbeing



Centre for
Rural & Remote
Mental Health

Here we describe elements of community wellbeing collaboratives found in the literature. However, as no two communities are identical, each initiative should be shaped to the local context. This is a guide, not a recipe for improving community wellbeing.

Local recognition of an area for improvement

(social capital, social participation, community pride, parental support, youth engagement)



Action: Establish Purpose & Rationale

- Engage with the community and discover what the citizens want
- Obtain data from external, expert and objective sources
- Identify and map local assets
- Gather a coalition of local stakeholders

**Result:
Shared Vision**



Action: Plan with Partners

- Form a multiagency and representative leadership group
- Maintain regular and effective communication
- Develop trust through democratic participation
- Agree upon priorities, goals, roles, responsibilities and how to assess achievements
- Collaborate to leverage resources
- Demonstrate patience and commitment

**Result:
Collective
Understanding**



Action: Implement & Engage

- Engage a range of skilled volunteers, champions and mentors
- Educate the community about wellbeing
- Work with existing community social networks
- Promote and implement a range of mentally healthy activities
- Create 'safe spaces'

**Result:
Collaborative
Action**



Action: Embed & Evaluate

- Reinforce the narrative (share achievements and milestones)
- Evaluate and adapt the initiative as appropriate
- Learn from other initiatives
- Establish wellbeing as 'business as usual'

**Result:
Sustainability**

Improvements in community mental wellbeing through increased social connectivity and participation in meaningful activities.