

A Guide to Collaborative Action for Community Wellbeing



Centre for
Rural & Remote
Mental Health



Mental
Health
Commission
of New South Wales

Initiation: Community readiness – local recognition of an area for improvement

(for example: life satisfaction, opportunities, social networks, participation, community pride, parental support, youth engagement)

People



- Gather a group of interested and willing local champions and leaders
- Engage with the broader community and discover what the people want
- Obtain data and support from external, expert and objective sources
- Formalise your leadership committee
- Flexibly engage a range of skilled volunteers, champions and mentors
- Ask people with a lived experience to share their story and advise on action

Purpose



- Begin to develop a vision of wellbeing for your community
- Collaborate to identify and leverage resources
- Agree upon priorities, goals, roles, responsibilities and how to assess achievements
- Build trust through regular and effective communications and participation
- Demonstrate patience and commitment
- Share the plan with community

Place



- Identify and map local assets
- Work with existing community social networks and groups
- Promote the idea of wellbeing in the community
- Promote and implement a range of mentally healthy activities
- Help the community have conversations about mental health and wellbeing
- Advocate for social change towards wellbeing (action on the social determinants of health)

Key Themes

- ✓ Driven by community
- ✓ Inclusivity and respectfulness
- ✓ Iterative process
- ✓ Evidence building and informed
- ✓ Value in lived experience

Track and share progress



- Share achievements and milestones
- Evaluate progress towards objectives and adapt the initiative as appropriate
- Learn from your own work and that of others
- Reach out to new partners who could contribute to wellbeing
- Establish wellbeing as 'business as usual'

Effect: Improvements in community and individual wellbeing