make
history.

glossary

© 2023 Dr Matthew Fisher, Dr Toby Freeman, Dr Miriam van den Berg and Prof Fran Baum, Stretton Health Equity, Stretton Institute, University of Adelaide, Adelaide, South Australia, 5001. This research was funded by the National Mental Health Commission.

social determinants of mental health and suicide

Step 1: Do we want to identify priority populations?

Yes

Consider:

STEP 3: Do we know how to identify priority populations?

Record your thoughts in the workbook

NO:

Q.1 Do we know our community, as a whole as well as the diverse groups within it?

_____ _____

_____

** data may include quantitative and qualitative data, as well as stories and informal sources of information*

YES:

Visit resource page 1:

_____

Q.2 Do we understand how different groups in our community are affected by social, economic & cultural determinants of mental health and/or suicide?

Visit resource page 2:

_____

_____

Q.4 Do we understand that people may belong to more than one priority

STEP 4: Now that we have selected priority populations, are we ready to plan actions to reduce mental ill-health and suicide inequities?

Record your thoughts in the workbook

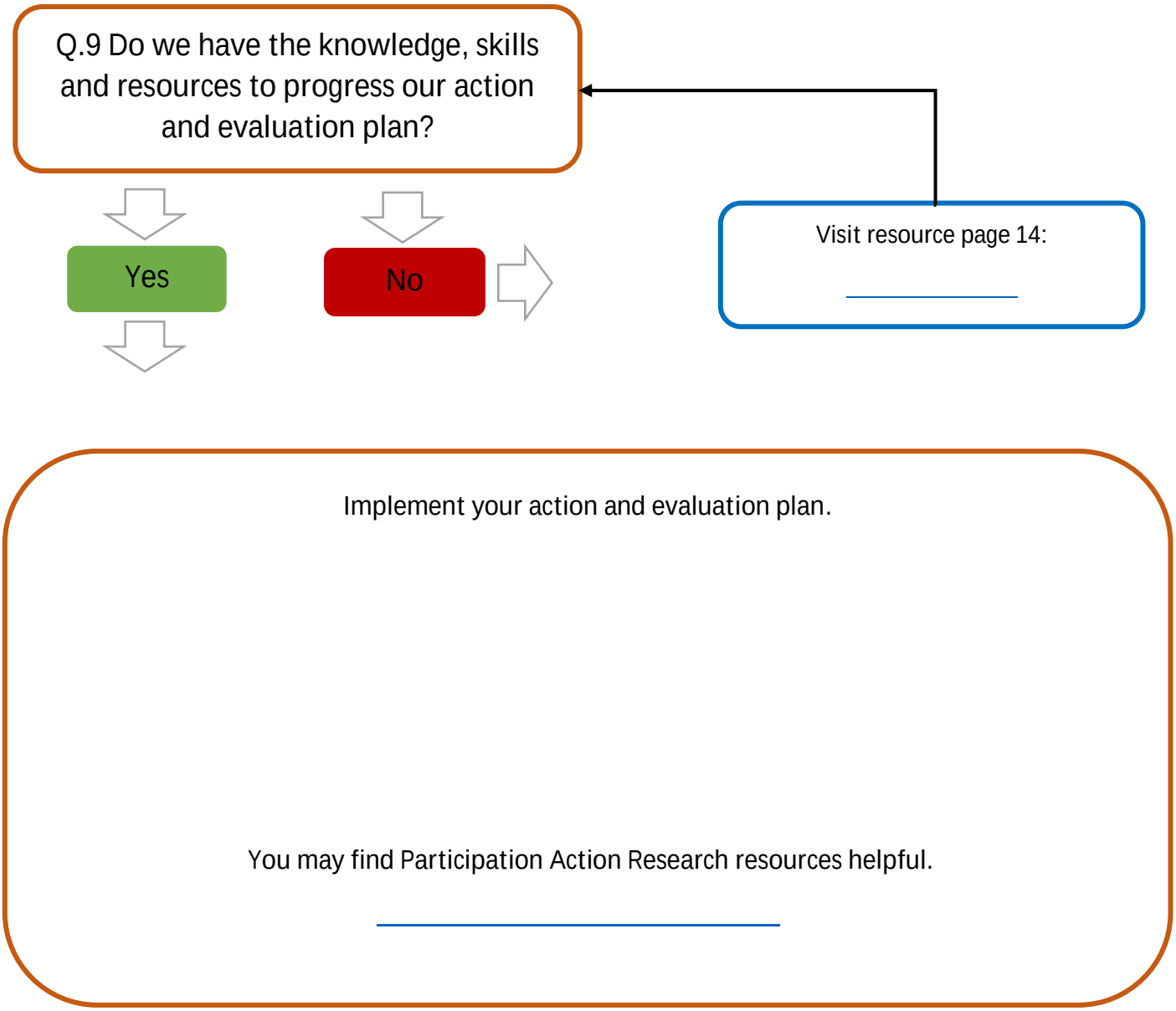
Q. 1 If we have chosen Aboriginal

Return to Step 3

Visit resource page 12:

Q.8 Do we know how we can monitor and evaluate our work from a health equity perspective?

Visit resource page 13:


Q.9 Do we have the knowledge, skills and resources to progress our action and evaluation plan?
Yes
No
Visit resource page 14:
Implement your action and evaluation plan.
You may find Participation Action Research resources helpful.

Mental Health	

Primary, Secondary,

Tertiary Prevention

RESOURCE PAGES

Resource page 3: Life course approach to mental health and suicide prevention

intrinsic capacity

functional ability

Resource page 6: Cultural Knowledge

here

Rural Alive and Well

less likely to access mental health care

cultural competence cultural safety

Why cultural safety rather than cultural competency is required to achieve health equity.

- deep listening
-
-
- culturally safe

Useful links and resources

- : Supporting Culturally and Linguistically Diverse (CALD) communities to talk about suicide.
- Aboriginal Communities
- How can I support a LGBTIQA+ person with a mental health condition?
- Towards a gendered understanding of women's experiences of mental health and the mental health system.

: *Community Engagement*, *Understanding Social & Cultural Determinants of Mental Health & Suicide*, *Capacity Building*

Resource page 9: Partnerships

Resource page 11: Health Equity Planning

Targeted strategies

Resource page 13: Monitoring and Evaluation