

Statement

Good Shepherd joins the Women's Mental Health Alliance to advocate for a stronger focus on the mental health of women and girls

27 November 2019

Good Shepherd Australia New Zealand has joined a new Women's Mental Health Alliance to advocate for a stronger focus on the mental health of women and girls.

Consumers, clinicians and community organisations have come together to demand more be done to address the specific mental health needs of women and girls.

With the Royal Commission into Victoria's Mental Health System under way, there is a once-in-a-generation opportunity for government to show that women's and girls' mental health matters and commit to funding a dedicated strategy to improve women's mental health. This view has been endorsed by 28 organisations and released today in the form of a joint statement.

Good Shepherd Australia New Zealand's own submission to the Royal Commission into Victoria's Mental Health System focused on gender differences in the prevalence, presentation, treatment, and prevention of mental health conditions and suicidality. It also explored bias and gaps in knowledge, including a range of policy and practice issues.

There is clear evidence that Australian women experience poorer mental health outcomes than men on a range of measures. However, the high rates of poor mental health among women and girls, and the factors that put women and girls at risk, are not well-recognised.

The Women's Mental Health Alliance calls on governments, community organisations, clinicians and women with lived experience to work together to find solutions to these pressing problems.

ENDS.

