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New policy paper can improve mental health and housing outcomes

Mind, Mental Health Australia and the Australian Housing and Urban Research Institute (AHURI) have published a policy development paper identifying key areas where policy could improve conditions for people with mental ill-health and insecure housing.

Policy priorities for better access to housing and mental health support for people with lived experience of mental ill health and housing insecurity can be downloaded from the [Mind website](#)

These policy priorities were identified following an extensive Delphi policy engagement process with 33 key policy makers and people with lived experience. The report offers solutions to address the needs of people experiencing mental ill-health and housing insecurity to increase the availability of housing, provide support to sustain tenancies and strengthen early intervention.

This report builds upon the significant body of previous research undertaken in the Trajectories research project, a partnership between Mind Australia and the Australian Housing and Urban Research Institute (AHURI).

This policy development was made possible by the many people with lived experience who contributed their deeply personal stories and experiences to the research, and who took part in the Delphi policy development process. Peer researchers have also played a significant role throughout every stage of the Trajectories project.

The paper's foreword, written by people with lived experience, explains the importance of addressing this issue:

"This report demonstrates that supplying housing makes good economic sense when one looks at the return on investment in all areas of a persons' life."

"We urge policymakers to ensure that recommendations in this solution focussed report are acted upon. Change can happen if everyone works together to deliver action that we know is achievable. And the changes included within this document will ultimately save lives."

"If our governments' response to COVID has shown us anything, it's that national and jurisdictional problems are solvable and that quick and effective action can be taken if there is bipartisan support and cooperation across different levels of government."

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