“We are committed to a sustained and multi-pronged approach to transform culture and promote better mental health.”

Professor Peter Høj,
President and Vice-Chancellor
UQ MENTAL HEALTH STRATEGY 2018-2020

- Developed in consultation with UQ staff and students
- Stepped care model to:
  - Change culture
  - Build on the strengths of our community
  - Tailor support to individual requirements
1. INSTITUTIONAL ORGANISATION, PLANNING AND POLICY
2. A SUPPORTIVE, INCLUSIVE UNIVERSITY THAT PROMOTES MENTAL HEALTH
3. MENTAL HEALTH AWARENESS AND SELF-MANAGEMENT
4. EARLY RECOGNITION OF STAFF & STUDENTS REQUIRING SUPPORT
5. PROVISION OF MENTAL HEALTH SUPPORT SERVICES
6. CRISIS MANAGEMENT
Embedding mental health as a key priority in decision making

Establishing a mental health taskforce (more information late June)
- Over the next three years, a Mental Health Task Force will oversee the delivery of activities outlined in the implementation plan to ensure the strategy supports the UQ Community.

Reviewing UQ policy and procedure so that University governance acknowledges mental health
A SUPPORTIVE, INCLUSIVE UNIVERSITY THAT PROMOTES MENTAL HEALTH

STEP 2

- Including mental health in the sociocultural activities and environments:
  - Developing incentives, programs and activities that champion mental health and promote inclusiveness, connection and belonging;
MENTAL HEALTH AWARENESS AND SELF-MANAGEMENT

- Improving mental health knowledge, awareness and skills:
  - Mental health literacy training
  - Increasing uptake of Mental Health First Aid
  - Promotion of mental health events
  - Collating resources
  - E-health initiatives
  - Targeted mental health initiatives
EARLY RECOGNITION OF STAFF AND STUDENTS REQUIRING SUPPORT

STEP 4

- Improving skills and knowledge required to identify and respond to staff and students with early signs of psychological distress:
  - Developing guidelines, training modules
  - Mental health atlas chart to clarify pathways
PROVISION OF MENTAL HEALTH SUPPORT SERVICES
STEP 5

- Coordinated and timely access to UQ mental health services, supported by e-health technologies and in partnership with community services and external providers:
  - Partnerships, external referral networks
  - Out-of-hours supports
  - Management of existing UQ mental health services to ensure accessible meet demand (e.g. student services, EAP)
CRISIS MANAGEMENT
STEP 6

- Developing clear crisis management response:
  - Incident response protocol
  - Follow-up responses for mental health crises
Contact and feedback: ss@uq.edu.au