



Prioritising Mental Health – Lifeline Australia – enhanced telephone crisis service

The Government will invest \$338.1 million in mental health. The Government will enhance Lifeline Australia's telephone crisis service to meet increasing demand, provide more responsive and consistent services and improve connectivity to other services in order to better support people in need.

Why is this important?

Lifeline is a unique national crisis support service – well recognised in Australia by the public. It has the largest call volumes of all crisis support services.

This measure will ensure that Australians experiencing a personal crisis will continue to have 24 hour access to high quality crisis support and suicide prevention services.

This measure is part of a \$72.6 million suicide prevention package which includes funding for beyondblue's Way Back Support Service and SANE Australia's *Better Off With You* campaign.

Who will benefit?

This funding will benefit individuals in crisis.

How much will this cost?

This will cost \$33.8 million from 2018–19 to 2021–22.



Prioritising Mental Health – suicide prevention campaign

The Government will invest \$338.1 million in mental health. The Government will fund SANE Australia to deliver a targeted suicide awareness campaign, Better Off With You. The campaign will use personal stories of individuals who have survived suicide attempts to change the attitudes and behaviours of people contemplating suicide. It will be piloted in three Primary Health Network regions – Western Victoria, North Queensland and Sydney North.

Campaign channels include social media, television and radio, targeting audiences where they are most likely to access information and at the most appropriate times.

Why is this important?

Targeted strategies, programs and investment in prevention are having an impact, but the number of deaths by suicide in Australia is unacceptable and it continues to be a significant public health concern.

In 2017, key mental health organisations met to identify areas for cross-sector collaboration where collective expertise, skills and knowledge would have the greatest impact. Suicide prevention was identified as one of the most urgent priorities.

This measure is part of a \$72.6 million suicide prevention package which includes funding for beyondblue's Way Back Support Service and additional funding for Lifeline Australia.

Who will benefit?

The campaign will challenge the perceptions of people who are contemplating suicide that they are a burden on their family, friends and other people. People from different backgrounds, cultures and age groups who are at increased risk of suicide, including LGBTI people, youth and people in rural and regional areas, will be targeted populations who will benefit from the campaign.

How much will this cost?

This measure will cost \$1.2 million in 2018–19.



Prioritising Mental Health – aftercare following a suicide attempt

The Government will invest \$338.1 million in mental health. The Government will fund up to 25 Primary Health Networks to roll out beyondblue's Way Back Support Service in their region, providing outreach, follow-up care and practical support to people discharged from hospital after a suicide attempt.

This measure aligns with priorities under the Fifth National Mental Health and Suicide Prevention Plan and moves a step closer to national coverage by the service.

Why is this important?

The Way Back Support Service model provides support to people during the three months after their suicide attempt and discharge from hospital. This group is at the highest risk of suicide in Australia.

This measure addresses a major mental health challenge in supporting people who are at high risk of taking their own life. Targeted strategies, programs and investment in suicide prevention are having an impact but the number of deaths by suicide in Australia remains an unacceptable public health concern.

The greater focus on post-discharge care for people following a suicide attempt addresses a major gap in the current system, and has been proven to be effective in reducing the number of deaths by suicide.

It will reduce barriers to accessing follow-up care, increase attendance to appointments with health and other social support services, and will reduce the risk of further suicide attempts.

This measure is part of a \$72.6 million suicide prevention package which includes additional funding for Lifeline Australia and SANE Australia's *Better Off With You* campaign.

Who will benefit?

Over the next four years, an estimated 28,000 people will be discharged from hospital after a suicide attempt. This measure will ensure these people have appropriate services and support.

How much will this cost?

The Australian Government's contribution to this measure will be \$37.6 million from 2018-19 to 2021-22; beyondblue will contribute \$5 million; plus co-contributions from state and territory governments.



Medical Research Future Fund – Million Minds Mental Health Research Mission

The Government will deliver \$125 million over 10 years to the Million Minds Mission to assist a million people who might otherwise not be part of mental health research and clinical trials to access new approaches to diagnosis, treatment and recovery. The Mission will support priorities under the Fifth Mental Health and Suicide Prevention Plan and is consistent with *Australian Medical Research and Innovation Strategy 2016–2021* and *Priorities 2016–2018*.

Why is this important?

More than 3.8 million Australians aged between 16 and 85 experience a mental illness each year. Ongoing research into the causes, prevention and treatment of mental illness is critical for reducing its prevalence and impact.

The Million Minds Mission will better support innovative, systems-based research that addresses key national health priorities. It will also ensure mental health research is translated into practice, giving all Australians access to better mental health care.

The Mission will stimulate research into eating disorders, suicide prevention, Aboriginal and Torres Strait Islander mental health, depression, anxiety, bipolar disorder, and other areas of critical importance to national mental health and wellbeing.

The Mission will be guided by a research roadmap developed in consultation with researchers, clinicians, consumers and co-funders.

Who will benefit?

Australians will benefit from new ways of preventing and treating mental illness through the national Million Minds Mental Health Research Mission.

Health and medical researchers will receive support to translate their mental health research into patient benefits.

Healthcare providers operating across public and private sectors, and their affiliated institutions, will be able to offer patients new treatments and products to improve their mental health and wellbeing.

How much will this cost?

This will cost \$125 million from 2017–18 to 2026–27 from the Medical Research Future Fund.



Better Ageing – mental health support for older Australians

The Government will increase funding for aged care by \$5 billion over five years. The Government will invest \$102.5 million in two measures to support the mental health needs of older Australians:

- A \$20 million trial to improve mental health services for Australians over 75 years of age whose mental and physical health are at risk because of social isolation and loneliness. The Australian College of Mental Health Nurses will lead the development of a mental health nurse led service focused on reducing the detrimental health and mental health impacts of social isolation.
- \$82.5 million in new mental health services for people with a diagnosed mental disorder living in residential aged care facilities.

Why is this important?

It is important that older Australians have access to mental health services, both in residential care and in the community.

Mental illness in later life is associated with increased rates of chronic or serious health conditions, reduced capacity for independent living and increased suicide risk.

Loneliness and social isolation are also strongly associated with a range of physical and mental health conditions, including depression, reduced capacity for independent living, and increased suicide rates.

Who will benefit?

In June 2017, around 1.6 million Australians were aged over 75 years. While estimates vary, one report states that up to a third of older people experience loneliness, with seven to nine per cent experiencing severe loneliness.

Men over 85 years of age are at particular risk, with the highest suicide rates for all ages, at 39.3 deaths per 100,000.

How much will this cost?

These measures will cost \$102.5 million from 2018–19 to 2021–22.



Australian Government
Department of Health

Budget 2018-19

Prioritising Mental Health – funding for Head to Health

The Government will invest \$338.1 million in mental health. The Government will help people to access evidence-based information and advice on mental health services through an improved telephone service and enhanced portal.

Why is this important?

Digital mental health services offer cost-effective pathways for people seeking help for mental health issues. Evidence shows that for many people, digital interventions can be as effective as face-to-face services.

The National Mental Health Commission's Review of Mental Health Programmes and Services found previous digital services were poorly integrated and difficult for people to access and navigate. The Review also recommended a stepped care approach to mental health. This funding supports Head to Health to respond to these needs.

Who will benefit?

One in five working age Australians experience a mental illness each year.

How much will this cost?

This measure will cost \$4.7 million from 2018–19.



Prioritising Mental Health – strengthening the National Mental Health Commission

The Government will invest \$338.1 million in mental health. The Government will provide additional resources to the National Mental Health Commission to better review and report on the performance of Australia’s mental health system and increase its capacity to provide national leadership in advising on mental health reforms, including expanding its role under the Fifth National Mental Health and Suicide Prevention Plan.

Why is this important?

This measure fulfils the Government’s election commitment to bolster the Commission to oversee mental health reform nationally.

Additional funding allows the Commission to provide a cross-sectoral perspective on national mental health policy development and reform.

The Commission also has an expanded role under the Fifth National Mental Health and Suicide Prevention Plan, and will be responsible for monitoring and reporting on the plan’s priority areas and action items.

Who will benefit?

This measure will benefit Australians who are affected by mental illness through improvements in the delivery and design of mental health support services and policies.

How much will this cost?

This measure will cost \$12.4 million from 2018–19 to 2021–22.



Guaranteeing Medicare – modernising the health and aged care payments systems

The Government will provide an additional \$106.8 million over four years from 2018–19 to modernise the health and aged care payments systems and ensure that the Government continues to own and operate the ICT systems that support the delivery of Medicare, the Pharmaceutical Benefits Scheme, aged care and related payments into the future. This measure includes funding for replacing and decommissioning ageing ICT systems, upgrading cyber security, and introducing user experience improvements for consumers and providers of health and aged care services.

Why is this important?

The current health and aged care payments systems support more than 600 million payments to individuals and providers each year.

This measure will ensure that the health and aged care payments systems are stable and secure, and that the public, healthcare professionals and aged care providers can continue to claim and receive Medicare and aged care payments in a timely and efficient manner.

The Government will continue to own, operate and deliver the systems.

Who will benefit?

This project will make it easier and quicker for consumers, aged care providers and health professionals to interact with the Medicare, pharmaceutical and aged care payment systems.

How much will this cost?

This will cost \$106.8 million from 2018–19 to 2021–22.



Stronger Rural Health – guaranteeing rural and remote access to dental, mental health and emergency aeromedical services through the Royal Flying Doctor Service

The Government will provide additional funding to the Royal Flying Doctor Service (RFDS) to increase the availability of dental services, provide new mental health services and ensure ambulance services for rural Australians.

From 1 January 2019, a new Mental Health Outreach Clinic program will provide professional mental health services to areas where there are currently few or none. The measure also increases the Government contribution to ensuring ambulance services are available from RFDS bases.

Why is this important?

The RFDS faces significant funding pressures to provide essential aeromedical services.

While ambulatory, dental and mental health services are provided across Australia, this measure recognises the essential contribution of the RFDS. It provides necessary funding to ensure that these services are continued or extended to areas of need.

Who will benefit?

Patients in rural and remote areas will benefit from increased access and new services through this measure.

How much will this cost?

This measure is part of the Stronger Rural Health Strategy. The investment in the Royal Flying Doctor Service is \$84.1 million.



Stronger Rural Health Strategy – delivering high quality care

The Government is committed to improving the health of people living in rural, regional and remote Australia and will provide opportunities for Australian doctors through better teaching, training, recruitment and retention. This will deliver around 3,000 additional specialist GPs for rural Australia, over 3,000 additional nurses in rural general practice and hundreds of additional allied health professionals in rural Australia over 10 years.

Teaching

- A Murray–Darling Medical Schools Network will be established to provide end to end teaching in rural locations.
- Curtin University and La Trobe University will be included in the Rural Health Multidisciplinary Training program to improve rural undergraduate training.

Training

- Under the More Doctors for Rural Australia Program, Australian trained doctors will be able to undertake private practice in rural and remote areas, billing through Medicare.
 - Training arrangements will be streamlined for non-vocationally recognised GPs, with funding to support gaining full fellowship.
- The two GP colleges – RACGP and ACRRM – will have a greater role in GP training.
- An additional 100 vocational training places to support rural generalists undertaking General Practice training from 2021 – earmarked to support the National Rural Generalist Pathway.
- Junior doctors will be supported to gain clinical experience in the private sector with an emphasis on more rural primary care settings.

Recruitment and retention

- Improved incentives and bonding arrangements will encourage more doctors to work and stay in rural and remote areas.
- The Workforce Incentive Program will assist general practices to employ allied health professionals and support doctors to practise in non-metropolitan areas.
- Rural bulk billing incentives for general practices will be better targeted.
- The nursing workforce will be strengthened through training and support for nurses moving into general practice, and a review of current curricula.

Why is this important?

There is an over-supply of doctors in some urban areas, and shortages in rural, regional and remote areas. Australians' increasing complex and chronic health needs require team-based and multidisciplinary primary healthcare.

Who will benefit?

Patients across the country will benefit from improved healthcare, including access to bulk billed services, through more and higher qualified doctors, and extended outreach services.

How much will this cost?

The Stronger Rural Health Strategy is a \$550 million investment to support improved rural health services.



Guaranteeing Medicare – improving safety and quality through stronger compliance

The Government will invest \$9.5 million over five years from 2017–18 to continue to improve Medicare compliance arrangements and debt recovery practices to ensure Medicare services are targeted at serving the health needs of Australian patients. In consultation with the Privacy Commissioner, legislation will be introduced to support improved compliance.

Why is this important?

This measure includes better targeting investigations into fraud, inappropriate practice and incorrect claiming and will use data analytics and behavioural driven approaches to compliance. This measure will also ensure that patients are receiving the right health services and that health funding is being used to deliver the best outcomes.

Improved compliance and debt recovery arrangements were among the principles agreed in the compacts negotiated with the Australian Medical Association and the Royal Australian College of General Practitioners in preparing the 2017–18 Budget. The Government will continue to consult professional bodies and stakeholder groups on improved compliance strategies.

Who will benefit?

Improved compliance and debt recovery benefits all Australians, including patients, taxpayers and health providers, through a clinical and cost-effective Medicare that is protected against fraud and inappropriate practices.

How much will this cost?

This measure will cost \$9.5 million over five years from 2017–18.



Preventive Health – support for alcohol and drug abuse

The Government will increase the health budget by \$12.4 billion over five years. The Government will provide \$40 million over three years from 2018–19 to support professional development and primary care for treatment and support for alcohol and drug abuse and residential rehabilitation services.

Why is this important?

Drug and alcohol rehabilitation has been identified as an area of need. *The New Horizons: Review of Drug and Alcohol Treatment Services in Australia*, undertaken in 2014, estimated unmet demand for drug and alcohol treatment services to be between 200,000 and 500,000 people per year.

GPs and broader primary care services are well placed to identify people with drug and alcohol problems, provide intervention and treatment and, where necessary, refer them to rehabilitation services.

Who will benefit?

The *National Ice Taskforce Final Report* (2015) recognised that demand is a longstanding issue and recommended further investment in drug and alcohol treatment services.

The Report also identified a lack of effective early intervention and highlighted that primary care can have an important role in reducing harms and addressing unmet demand.

Increasing the level of funding for drug and alcohol rehabilitation services will assist those people affected by drug and alcohol abuse, including the broader community and the treatment sector.

Building the professional development of primary care providers enhances opportunities for early intervention and faster recovery.

How much will this cost?

This will cost \$40 million from 2018–19 to 2020–21