

2025 Tasmanian State Election Priorities

Community Solutions for a Flourishing Future



Dear Candidate,

Picture a Tasmania where the conversation around mental health is about thriving;
where Tasmanians access the support they need, when and where they need it;
and where people are supported to avoid mental health crisis and hospitals.

This isn't wishful thinking – for some, this is happening right now, supported by community managed mental health organisations to be at their best in all facets of their lives. But, due to uncertain and insufficient funding, these organisations struggle to keep up with demand and many people miss out on the support they need and deserve.

The support community managed mental health organisations provide leads to better outcomes for individuals and their loved ones, and is more cost effective than the alternative: waiting until people become so unnecessarily unwell they require more acute care in Tasmania's struggling hospital system.

This incredible but under resourced network of organisations across the state don't just treat illness – they build resilience, foster connection, and create the conditions where mental wellness can flourish. They know that early intervention can prevent crisis, that peer support can transform lives, and that prevention is not just better than cure – it's fundamental to being the healthiest state.

FUNDING CERTAINTY FOR COMMUNITY ORGANISATIONS

Commit to providing five-year contracts with adequate indexation and six-month renewal periods for community managed mental health services at the next budget.

This single, simple change alone would enable organisations to plan for the future, retain skilled staff, and provide the consistent, vital support that Tasmanians depend on. It's the most efficient way to ensure investment in mental health makes a real difference.

WELLBEING THROUGH PREVENTION, PROMOTION AND EARLY INTERVENTION

Commit 5% of the mental health budget to mental health prevention and promotion by 2030.

It is always better to prevent someone from becoming unwell than to treat them in a crisis. This is a common-sense investment in the long-term wellbeing of all Tasmanians, helping people stay healthy and reducing strain on our struggling health system.

MAKE SURE NO TASMANIAN MISSES OUT ON SUPPORT

Commit to improving access to and integration of community mental health services.

Too many Tasmanians are still missing out on the support they need, when and where they need it. By increasing focus on integrating community based services as a vital part of the broader mental health system, we can create clear pathways for people to access help early, step up and down between different levels based on need, and reduce waitlists, ensuring everyone has the best opportunity to be and stay mentally healthy.

Commit to closing the psychosocial support gap.

According to the Health Policy Analysis report released last year, there are over 9,500 Tasmanians with moderate to severe mental illness who are missing out on vital psychosocial support they need and deserve. Through a state and federal partnership, we can close this gap, significantly reduce the impact on individual and family health and wellbeing, and also reduce the pressure on our health system by avoiding more costly interventions like hospitalisation.

This is your opportunity to lead. Voters want action on mental health. By backing these simple, practical and cost effective solutions, you can show Tasmanians you are committed to a future in which Tasmanians have the resources and support they need to flourish.

What is psychosocial support?

Put simply, psychosocial supports help people with moderate to severe mental illness live independently in their community. They are usually delivered by community organisations as a range of supports tailored to meet the needs of the individual.

What does that look like in practice?

It may include support to:

- ✓ Develop social skills and friendships
- ✓ Build relationships with family
- ✓ Manage money
- ✓ Find and look after a home
- ✓ Build skills and qualifications
- ✓ Develop work goals
- ✓ Stay physically well
- ✓ Manage their alcohol use
- ✓ Build confidence and resilience
- ✓ Access the NDIS

Psychosocial supports matter because...

...they fill a critical gap...

Right now, over 9,500 Tasmanians with moderate to severe mental illness are missing out on the support they need. Psychosocial supports are tailored to the individual – helping them manage and recover from their illness and live independently in the community.

...which takes pressure off our hospitals...

Without access to psychosocial supports, people become increasingly unwell and are more likely to need more acute, complex, and costly interventions. Psychosocial supports help people stay well and out of hospital – preventing crisis before it happens.

...saving Tasmania money...

Preventing a crisis is always better than responding to one. A 2020 analysis showed one Tasmanian psychosocial program alone delivered over \$1.3 million in savings. By supporting people to live independently, we reduce the reliance on more costly interventions like emergency services, hospital admission, and homelessness support.

...and creating better mental health outcomes.

No one wants to end up in hospital if they don't have to. With access to the right supports at the right time, we can prevent people from becoming unnecessarily unwell, empowering them to be active and engaged participants in the community, and live happy, healthy and productive lives.

Psychosocial supports and the better outcomes they enable are basic human rights, not a luxury or a nice to have.

We urge all candidates to back these solutions and work with MHCT and the community managed mental health sector to build a Tasmania where mental wellness is possible for everyone.