

A circular botanical illustration border surrounds the central text. It features various plants including ferns, a red leaf, a green leaf, a yellow flower, a purple flower, and a green leaf with a red vein. The background is a light blue-grey color.

Equally Well Healthtalk Launch

Associate Professor Chris Maylea



A constellation model





Our team

Associate Professor Chris
Maylea

Professor Renata
Kokanović

Professor Russell Roberts
Grace McLoughlan

Rosiel Elwyn

Dr Nicholas Hill

Dr Kate Johnston-Ataata

Professor Stuart Thomas

Dr Chloe Green

Esther Le Couteur



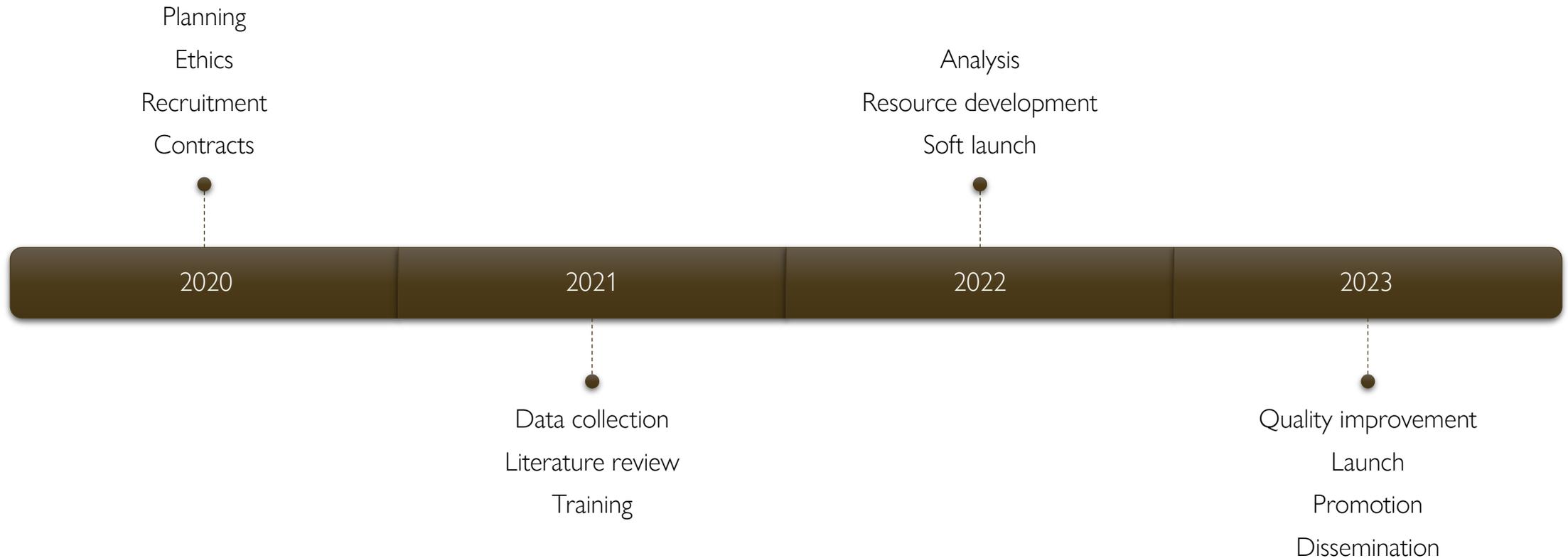
A critical review of research into mental health consumers' perspectives on their physical health: Is there an absence of consumers in the design, conduct, analysis and reporting of this research?

Chloe R Green, Rosiel Elwyn, Nicholas Hill, Kate Johnston-Ataata, Renata Kokanović, Chris Maylea, Grace McLoughlan, Russell Roberts, Stuart D M Thomas

Codesign?



Timeline





Participants

32 people around Victoria and New South Wales

28 in the resource

Between 21 and 66 years old

12 men, 20 women, none trans or non-binary

Australia, New Zealand, the United Kingdom, Lebanon, Oman, Egypt, Malaysia, the Philippines, and one member of the Gamilaroi nation

Diagnoses



Adenomyosis

Allergies

Amenorrhea

Anaemia

Asthma

Blood clots

Cancer

Cerebral palsy

Chronic pain

COPD

Crohn's disease

Diabetes

Eczema

Encephalitis

Endometriosis

Epilepsy

Fertility concerns

Fibromyalgia

Fused bones

Gastroesophageal reflux disease

Headaches

Hernia

High blood pressure

High cholesterol

Hypertension

Idiopathic intracranial hypertension

Incontinence

Infections

Insomnia

Intussusception

Irritable bowel syndrome

Joint pain

Mastitis

Meningitis

Multiple sclerosis

Osteopenia

Pneumonia

Polycystic ovary syndrome

Postural orthostatic tachycardia syndrome

Pre-menstrual dysphoria disorder

Sciatica

Seizures

Sleep apnoea

Stroke

Thyroid conditions

Traumatic brain injury

Wounds and injuries

A large, white, serif capital letter 'R' is centered on a light teal background. The letter is filled with botanical illustrations, including green ferns and small white flowers with orange centers. To the right of the letter, a vertical strip of the same teal background contains a more detailed botanical illustration of various plants, including ferns, white flowers with orange centers, and green leaves.

R

Recovery narratives work

Impact of receiving recorded
mental health recovery
narratives on quality of life in
people experiencing non-
psychosis mental health
problems (NEON-O Trial)



Elise

Your story is valid and [you should] push for the right care. Don't just back down because someone tells you, like that someone is de-validating that you're important and that their story is important and it deserves to be listened to and just because people can't see it doesn't mean that it's not there.



Findings

Communication and relationships

Access

Misunderstanding barriers

Dismissal and discrimination

Medication impacts

Agency and advocacy



Jessica

Are you ready to advocate for yourself a lot? It's going to be tough, which is sad to all say, but it's true. You have to advocate yourself a lot. And if you can't do that, you need to have people around you who can.



Equally Well Consumer Resource

Coming soon...





THANK YOU

Associate Professor Chris Maylea

c.maylea@latrobe.edu.au

@chrismaylea

<https://www.healthtalkaustralia.org/physical-wellbeing-and-mental-health/overview/>

