



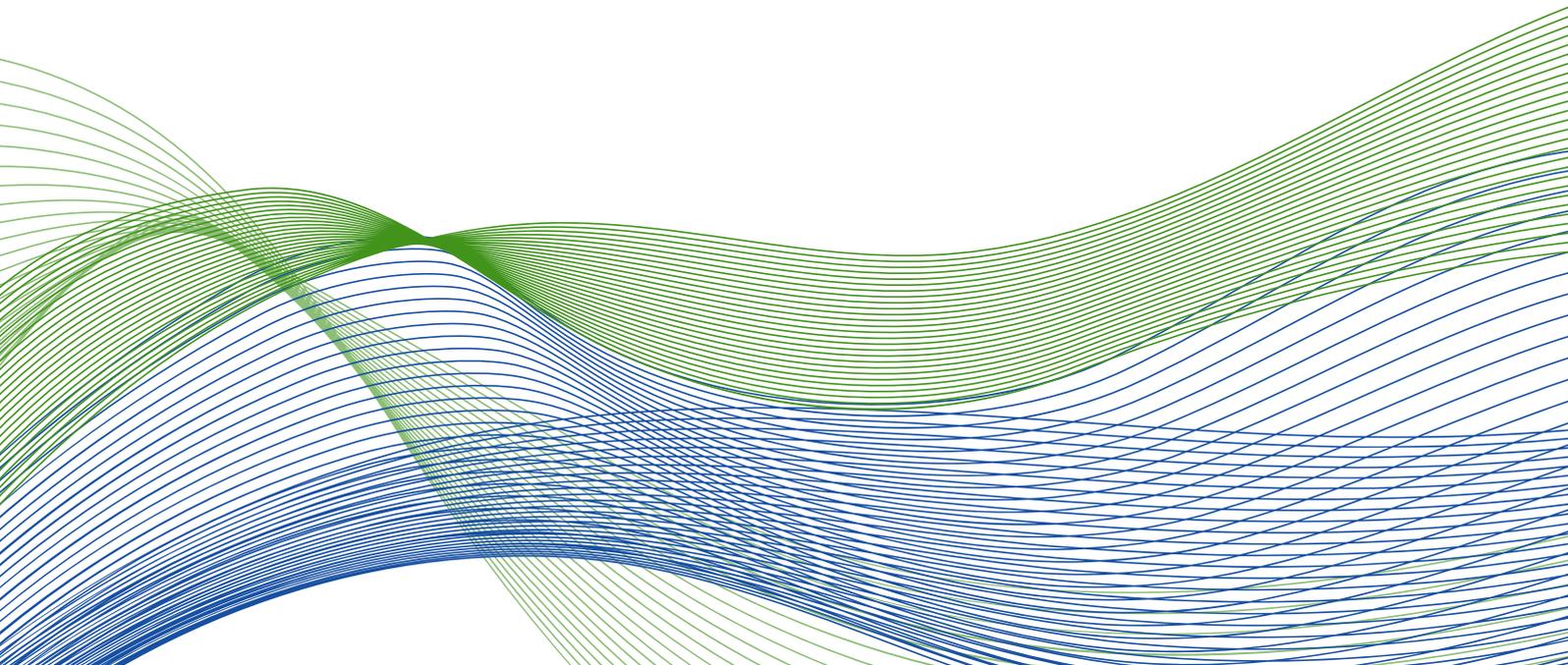
EQUALLYWELL

Promotional Tools

2024

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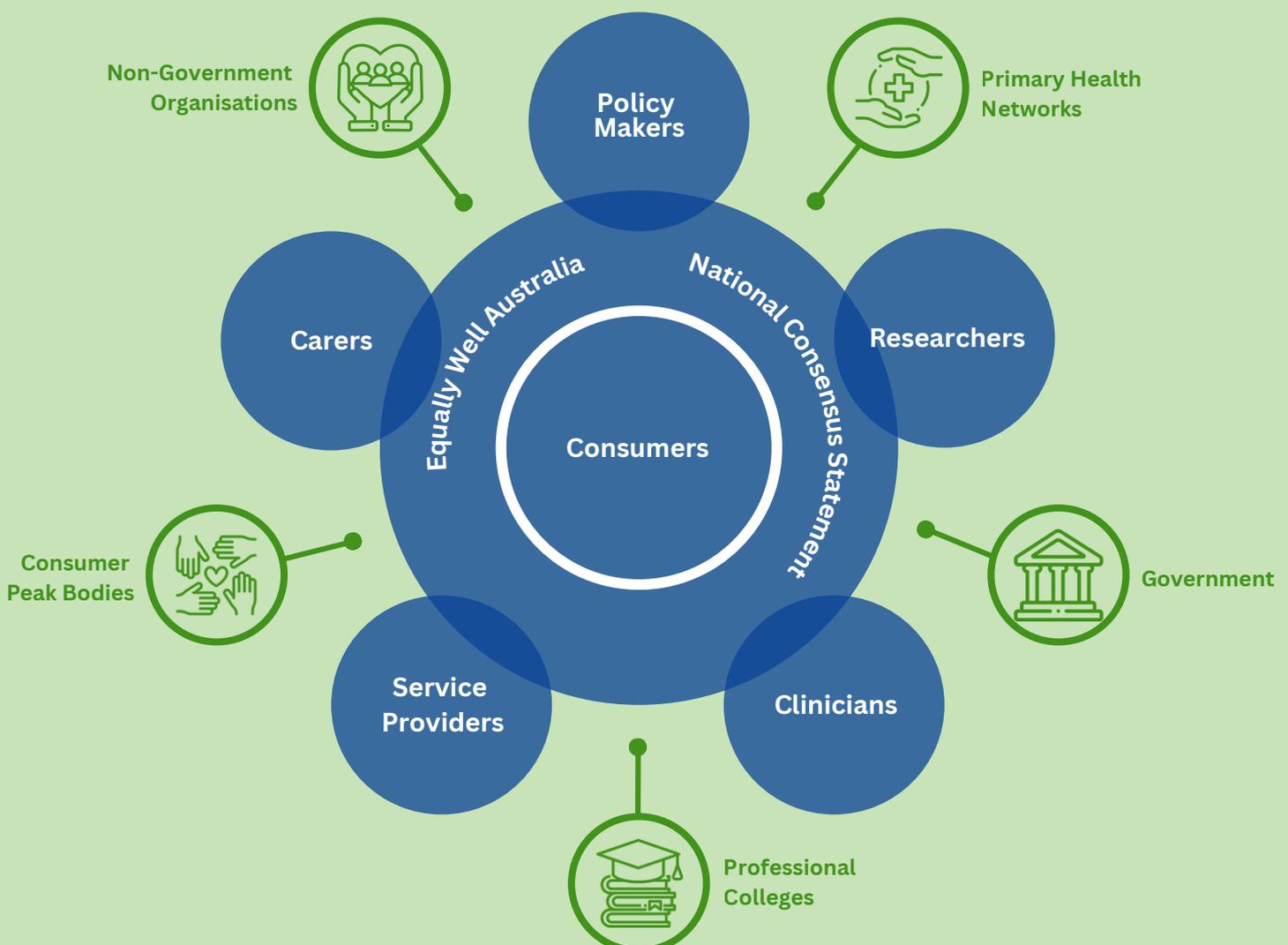
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Who is Equally Well?

Equally Well Australia is a diverse collective of national, state and regional organisations, working together to improve the quality of life for people living with mental illness.

Equally Well is all of us.



What is Equally Well?

The Equally Well Project Team works to coordinate and connect organisations, sectors and system elements together, to mobilise and enable an effective response to this problem.

We identify opportunities for collaboration and partnerships to further support our goal of reducing the life expectancy gap for people living with mental illness by building connections, sharing resources and showcasing practice and policy improvements.



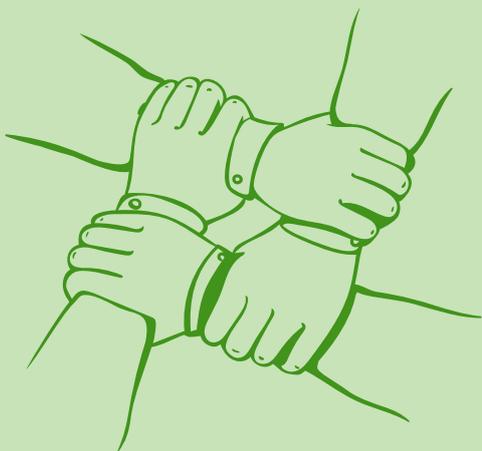
Key Message

Equally Well is a movement around the shared goal of improving the physical health and wellbeing of people with a lived experience of mental health challenges, and promoting equity of access to physical health care as a basic human right.

We encourage action: at any and all levels.

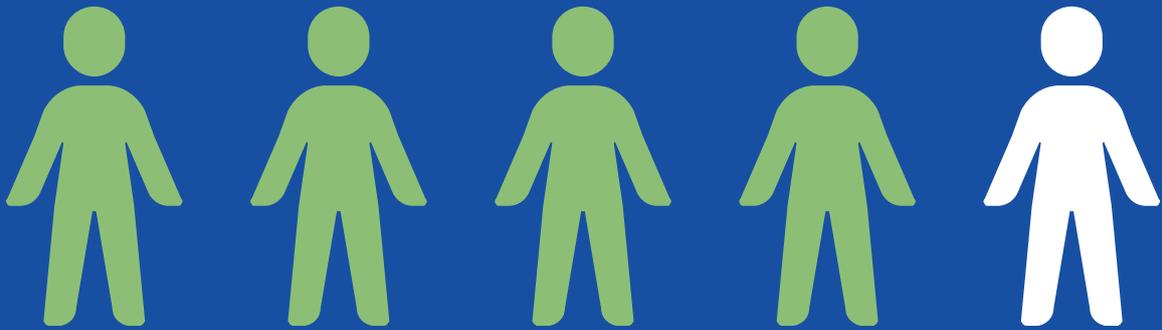
**“ Do what you can,
where you can,
when you can. ”**

Health outcomes and life expectancy of people living with mental illness is significantly worse than the rest of the population, but it doesn't have to be this way!

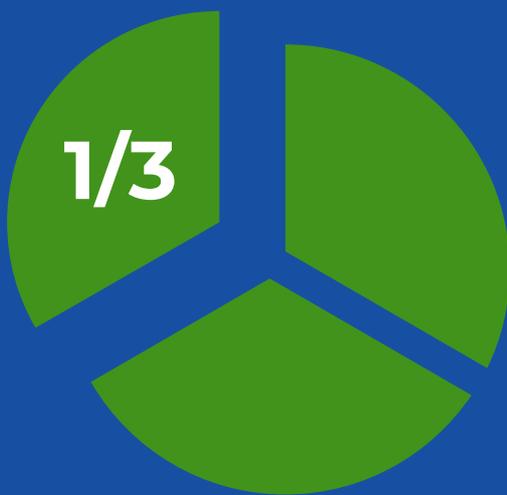


*By working together,
we will make a difference.*

Statistics



Four out of every five people living with mental illness have a co-existing physical illness.



One third of all avoidable deaths are made up of those living with severe mental illness

Statistics

Compared to the general population, people living with mental illness are:

2X

more likely to have cardiovascular disease

6X

more likely to have dental problems

2X

more likely to have respiratory disease

2X

more likely to have osteoporosis

2X

more likely to have diabetes

65%

more likely to smoke

Social Media



Equally Well Au @EquallyWell_Au @EquallyWellAu @equally_well_au

QUALITY OF LIFE - EQUALITY IN LIFE

“ BE A PART OF THE CHANGE ”

#EquallyWellAU

Four out of every five people living with mental illness have a co-existing physical illness.

Supporting the mission of **EQUALLYWELL**

EQUALLYWELL Quality of Life - Equality in Life

Did you know...

People living with mental illness are more likely to have poorer physical health.

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Quality of Life - Equality in Life
www.EQUALLYWELL.org.au

Quality of Life - Equality in Life
www.EQUALLYWELL.org.au

The 6 Essential Elements

- 1 A holistic, person centred approach to physical and mental health and wellbeing
- 2 Effective promotion, prevention and early intervention
- 3 Equity of access to all services
- 4 Improving quality of health care
- 5 Care coordination and regional integration across health, mental health and other services and sectors which enable a contributing life
- 6 Monitoring of progress towards improved physical health and wellbeing

EQUALLYWELL

Closing the life expectancy gap between people living with mental illness and the general population.

EQUALLYWELL

[Click Here to view or download social media tiles](#)

Copy

Use these examples or create your own

The purpose of Equally Well

The vision of Equally Well Australia is to improve the quality of life of people living with mental illness by providing equity of access to quality health care, with the ultimate aim of bridging the life expectancy gap between people living with mental illness and the general population.

Is your organisation ready to pledge support to the Equally Well Consensus Statement?

Follow the link:

<https://www.equallywell.org.au/contact-us>

Closing the gap

Mental health and wellbeing is a basic human right often denied to many in our community. People living with mental illness have poorer physical health, yet they receive less and lower quality health care than the rest of the population – and die younger. Did you know, people with psychosis die between 14 and 23 years earlier than the general population?

Equally Well is on a mission to close the life expectancy gap for people living with severe mental illness.

Read the Equally Well Consensus Statement here:

<https://www.equallywell.org.au/media/>

Copy

Use these examples or create your own

The Six Essential Elements

These are the Six Essential Elements of the National Consensus Statement and the values that guide the mission of all those who are part of the Equally Well movement.

Element 1: A holistic, person-centred approach to physical and mental health and wellbeing.

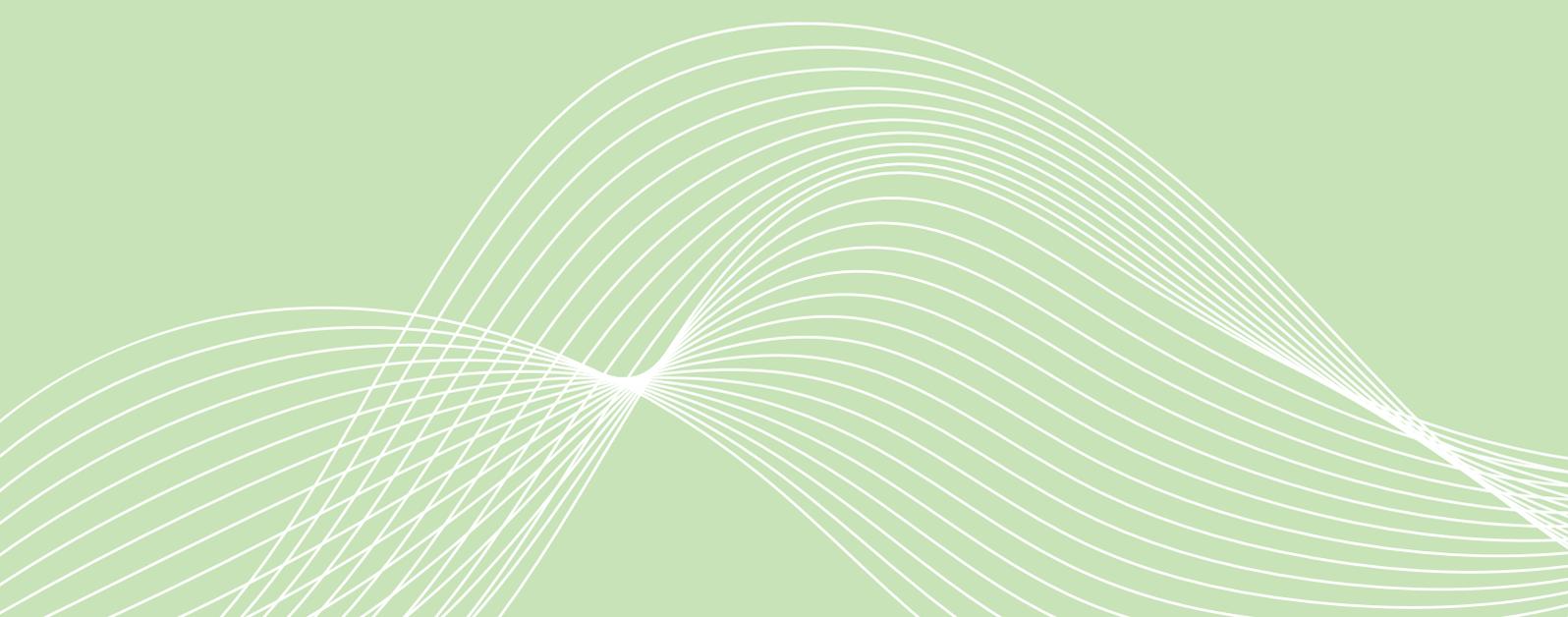
Element 2: Effective promotion, prevention and early intervention.

Element 3: Equity of access to all services.

Element 4: Improved quality of health care.

Element 5: Care coordination and regional integration across health, mental health and other services and sectors.

Element 6: The monitoring of progress towards improved physical health and wellbeing.



Copy

Use these examples or create your own

Physical Health - A Vital Piece of the Mental Health Puzzle

Mental health services should include physical health care checks as part of routine care, and emphasise healthy lifestyle choices.

Only 1 in 5 *consumers* reported their mental health professional asking about their physical health.

Only 1 in 4 *carers* reported mental health professionals asking about the physical health of the person they support.

Let's work together to make a change!

Did you know?

Four out of every five people living with mental illness have a co-existing physical illness.

It's time to make the physical health of people living with mental illness a priority at all levels, and prevent the premature deaths of 20,000 people with mental illness each year, who die mostly due to preventable physical illnesses.

Join the Equally Well movement: www.equallywell.org.au

Presentation Slides

EQUALLYWELL
Quality of Life - Equality in Life

Presentation Title
Presenter Name

Australian Government
Department of Health and Aged Care

Charles Sturt University

EQUALLYWELL
aims to improve the quality of life of people living with mental illness.

Equally Well in Action

Implementing strategies to improve the physical health of people living with mental illness

Who is EQUALLYWELL?

Equally Well is a movement around the shared goal of improving the physical health and wellbeing of people with a lived experience of mental health issues and promoting equity of access to physical health care as a basic human right.

Equally Well is anyone who works together to improve physical health for people living with mental illness.

EQUALLY WELL IS ALL OF US!

Did you know...

Four out of every five people living with mental illness have a co-existing physical illness.

One third of all avoidable deaths are made up of those living with severe mental illness

Compared to the general population, people living with mental illness are:

- 2X** more likely to have cardiovascular disease
- 6X** more likely to have dental problems
- 2X** more likely to have respiratory disease
- 2X** more likely to have osteoporosis
- 2X** more likely to have diabetes
- 65%** more likely to smoke

Many factors contribute to people's poorer physical health outcomes.

Mental health services should include physical health care checks as part of routine care, and emphasise healthy lifestyle choices.

“ BE A PART OF THE CHANGE ”

Figure: Nursing, Midwifery and Allied Health Professions Policy Unit, Improving the physical health of people with mental health problems: Actions for mental health nurses. Dept. of Health, Public Health England 2016.

Why should health professionals worry about the physical health of people living with mental illness?

- Holistic care is our job
- Equity of access to health care and optimal health is a fundamental human right
- Poor physical health is associated with a 4 times increase in the incidence of psychological distress
- And associated with 47% of completed suicides
- Improved physical health results in far fewer hospitalisations, reducing pressure and costs to medical staff, services and facilities.

“ Do what you can, where you can, when you can. ”

SCAN ME

equallywell.org.au

Stay connected and join the Equally Well movement.

Physical Health is a vital piece of the mental health puzzle

Only 1 in 5 consumers reported their mental health professional asking about their physical health.

Only 1 in 4 carers reported mental health professionals asking about the physical health of the person they support.

[Click Here to view or download presentation slides](#)

Email Signatures



*Don't forget to add a hyperlink to make your signature clickable;
www.equallywell.org.au/*

[Click Here to view or download email signatures](#)

Supporter Banners



EQUALLYWELL supporter



EQUALLYWELL ambassador



EQUALLYWELL alliance member

[Click Here to view or download banners](#)

Style Guide

COLOUR PALETTE



#1750A3



#41931B



#8DBE76



#C7E3B7



#B5B5B5

LOGOS

PRIMARY 1



EQUALLYWELL

Quality of Life - Equality in Life

SECONDARY 1



EQUALLYWELL

PRIMARY 2



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Quality of Life - Equality in Life

SECONDARY 2



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SUBMARK



KEY FONTS

Heading 1
Hagrid Text
HAGRID TEXT

Heading 2
Redkits
REDKITS

Body
Montserrat
MONTSERRAT

[Click Here to download logos](#)

Language

Equally Well acknowledges the wide range of terms often used within the field of mental health, such as service user, consumer, patient, client, person with lived experience and psychiatric survivor. These terms reflect local contexts, historical moments, political influences and preferences. We use the terms people living with mental illness, and consumers. We also acknowledge the critique and limitations of all terms, including people living with mental illness.

The intention of our communication and use of terminology is for inclusive language that reduces stigma and discrimination, reflects the diversity of our community, and is appropriate for the context in which it is applied.



Contact Us



enquiries@equallywell.org.au



(02) 6365 7630

**“ Do what you can,
where you can,
when you can. ”**



Equally Well Au



@EquallyWell_Au



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@equally_well_au

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