



EQUALLYWELL

Quality of Life - Equality in Life

Supporters Meeting

20 May 2026

www.equallywell.org.au



Introduction and Welcome

Russell Roberts



Support Equally Well

Join us in making a real difference in the physical health of people with a mental health lived experience. Your support is crucial to driving our mission forward.

[Pledge your Support →](#)



Welcome new Ambassadors



Sean Halstead

Research Ambassador

"Equally Well has a vital role to play in addressing the significant inequity in health that people living with mental illness experience."



Alexis May

Youth Ambassador

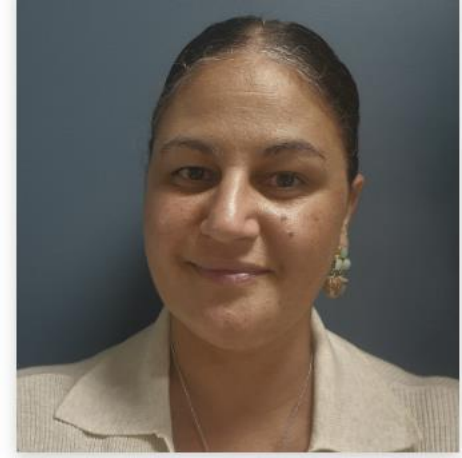
"This collective effort and knowledge sharing is valuable and can help shape my future practice within public youth mental health."



Donna Stanley

Aboriginal & Torres Strait Islander Ambassador

"What inspires me about Equally Well is its clarity, it refuses to accept poorer health outcomes as inevitable and insists that mental health, physical health, culture and dignity belong together."



Jade Ryall

Occupational Therapy Ambassador

"I am inspired by Equally Wells ethos of doing something, no matter how small, to contribute to creating equity in health outcomes for all people."



Call to Action

Justin Chapman



STAND WITH US: CALL TO ACTION

*Uniting for change in
physical and mental health*

Report compiled February 2025, includes proceedings from the
2024 Equally Well Forum: Embedding lived experience
27-28 May, 2024 in Melbourne

Embedding Lived Experience Forum

- Panels, plenary speakers and workshops over two days
- Workshops had facilitators and scribes
- Sessions were recorded and reviewed after the event
- Content was summarised descriptively and:
 - Circulated to attendees
 - Reviewed by Equally Well Alliance
 - Presented in a webinar and feedback sought via questionnaire



Call to action

Actions for government

Ensure legal compliance and enhances research for health equity.



Actions for individuals

Encourage personal advocacy through signing the Equally Well “Call to Action” ministerial letters.



Actions for advocacy bodies

Coordinate training and promote human rights approaches.



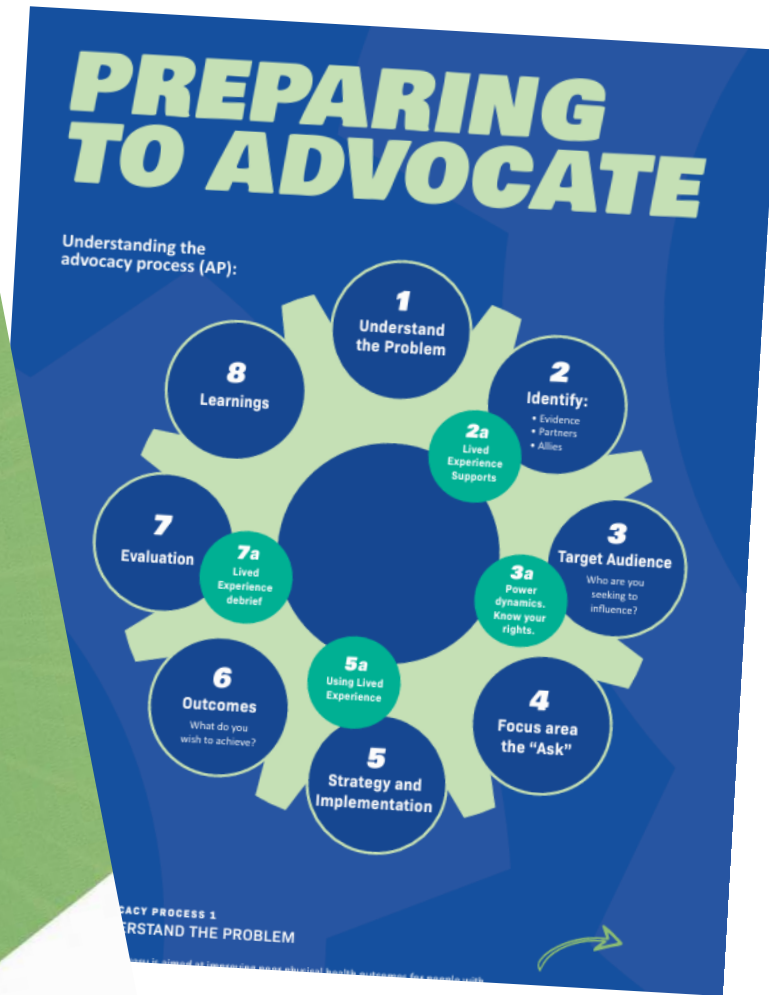
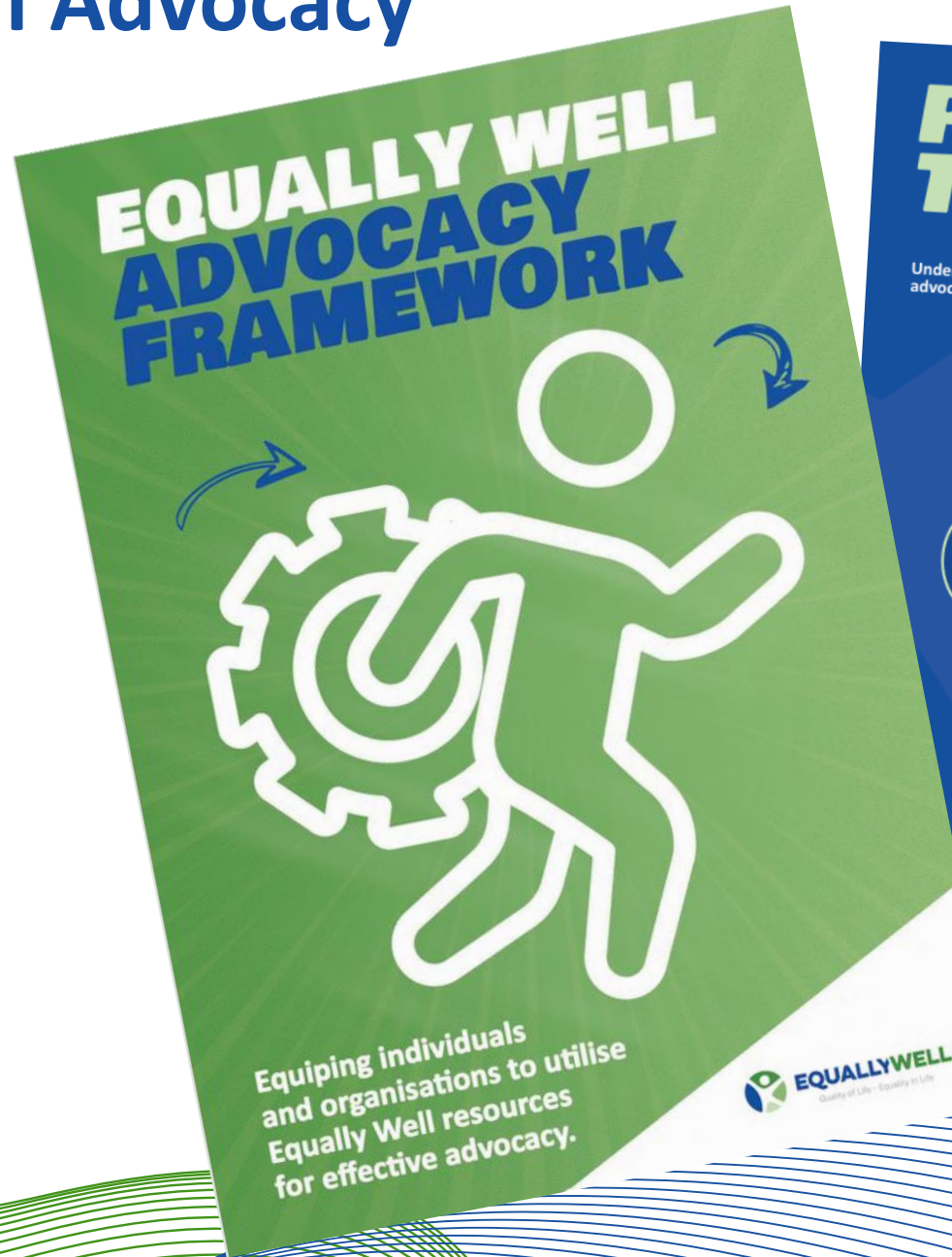
Actions for service providers

Improve service quality through education and integration of lived experience.

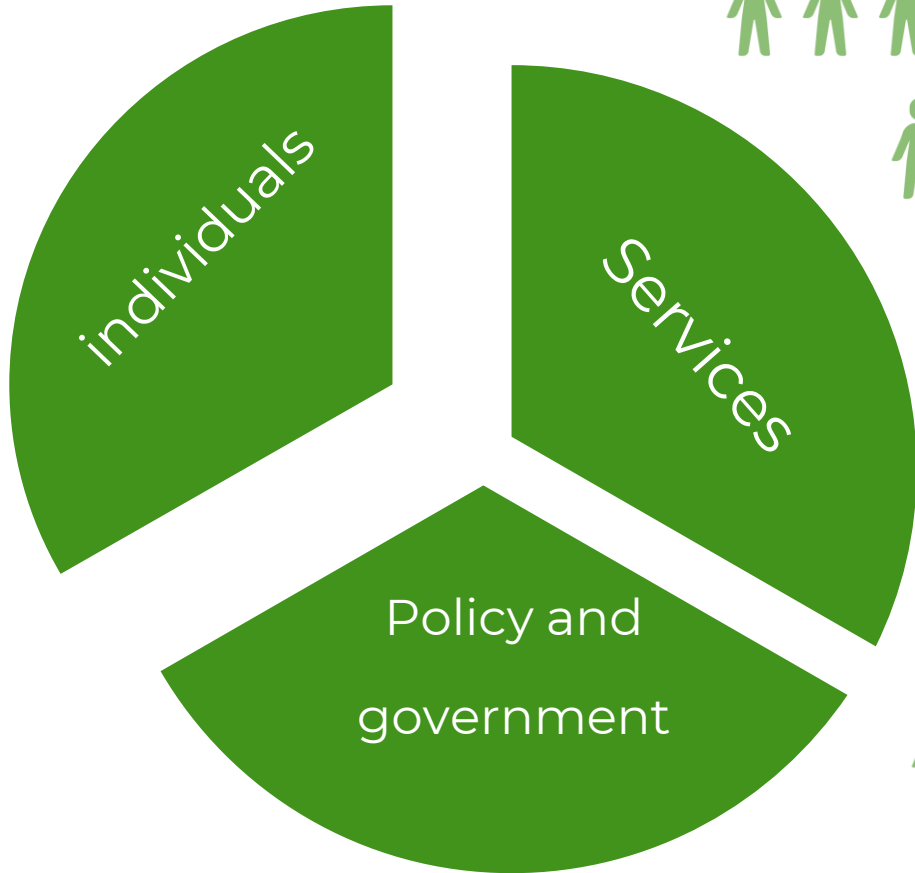


Equally Well Advocacy Framework Launch

Shannon Harwood



Who, What and Where...



How



CONNECT



Get involved! Take part in Equally Well events. Add to the evidence base by sharing practical initiatives, advocacy outcomes, research and publications with the Equally Well network.

JOIN



Understand the benefits of national consensus and the power of focused messaging in advocacy work.

ADVOCATE



ADVOCACY PROCESS

This icon draws attention to advocacy strategies, processes and principles.



ADVOCACY PROCESS

This icon draws attention to Lived Experience advocacy strategies, processes and principles.

ENGAGE



Engage with publications and resources.

PREPARE



Prepare for specific advocacy engagement and strategic advocacy planning, and to access resources and advocacy tools.

ACT



Signposts to action and advocacy possibilities.
Or **quick** action breaks.
A minute to act – for a generation of change!



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

quick
action
breaks

**ACTIONS -
START NOW**



connect

grow

planning
for
action



EQUALLY WELL

Equally Well National Consensus Statement

KEY PUBLICATIONS

IDENTIFYING THE PROBLEM

IDENTIFYING THE SOLUTION



THE EVIDENCE BASE

THE AUTHORISING ENVIRONMENT

ACTIONS - START NOW



Equally Well National Consensus Statement
Essential Elements, refer pg 13



Prepare to Act

Key Message

EQUALLY WELL

Advocacy and action opportunities exist at every level and across every sphere of influence, from an individual consumer advocating for their

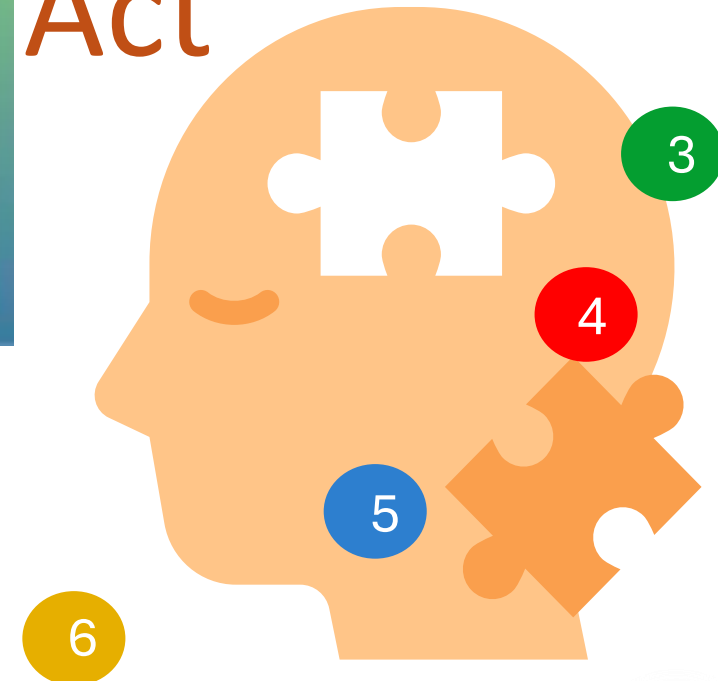
personal health concerns to be fully addressed by their GP, through to advocating for free flu vaccination to be included in the National Immunisation Program.

Key Message

LIVED EXPERIENCE

As you take your first step, speak to the people most affected by the issue. About their concerns and solutions that they would like to see

implemented. Lived Experience leadership improves health outcomes.



EQUALLY WELL ADVOCACY FRAMEWORK



Equipping individuals
and organisations to utilise
Equally Well resources
for effective advocacy.



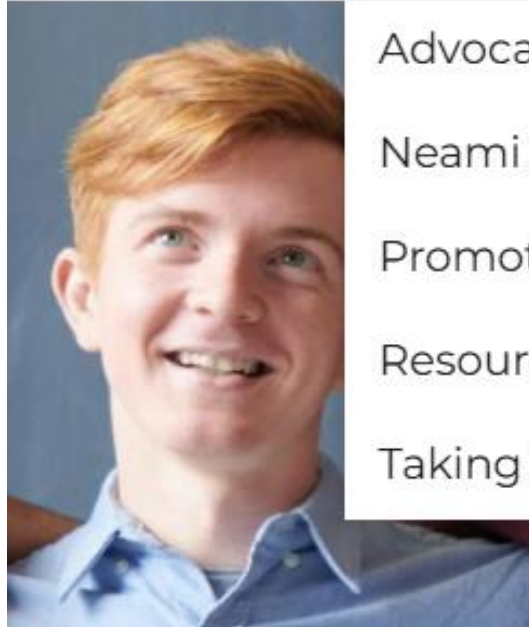
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Quality of Life - Equality in Life

Resources ▾

Directories ▾

News & Events ▾



Advocacy Framework

Neami Health Prompt

Promotional Tools

Resource Library

Taking Charge of your Care

EQUALLY WELL
ANNUAL
SENSUS
STATEMENT

Questions and Feedback

Equally Well Updates

Dave Peters

Share Your Story



Grace's Story

Dancing her way to health and happiness.



Jenny's Story

Learning how to live well with greater self-compassion in advocating for better physical health care



Dave's Story

How a dog and a positive attitude helped Dave through some challenging times.



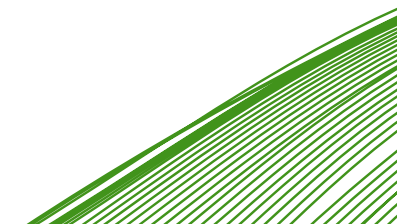
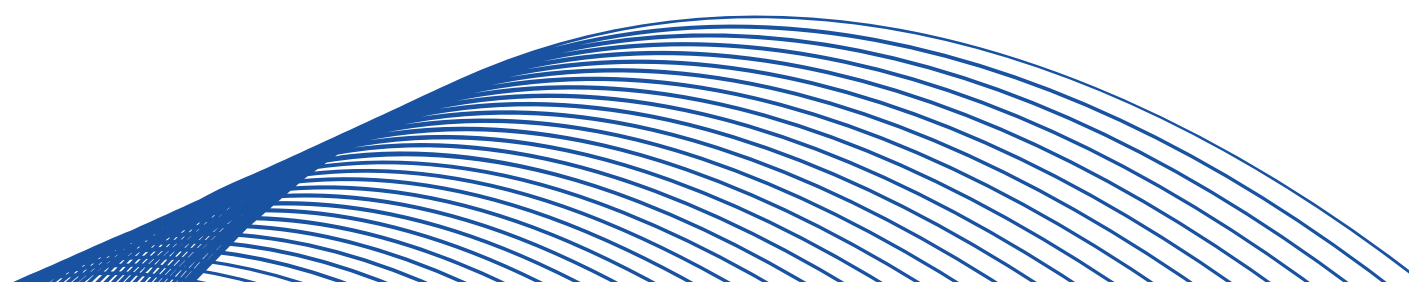
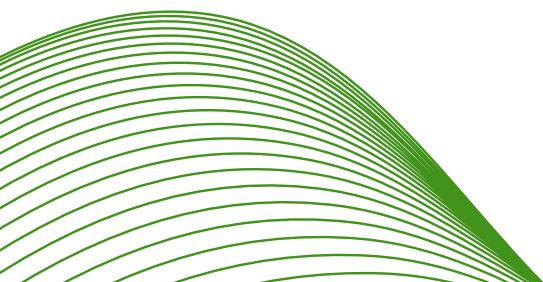
Ben's Story

Getting on the bike helped Ben break through his mental health barrier.



Christine's Story

Taking it one step at a time.



Partnerships - Central Eastern Sydney PHN

EQUALLYWELL

Physical Health Matters

Information for mental health carers

People living with mental illness die earlier than the general population, largely due to **preventable** physical health conditions.

There is an 11-year life expectancy gap for people living with mental illness compared with the rest of the population – two-thirds of these deaths are potentially preventable.

Carers themselves are also at risk of worse health outcomes.

TODAY

46 potentially preventable deaths

24 potentially preventable cancer-caused deaths

People with severe mental illness are **more likely to die from cancer** before age 75, but their cancer screening rates remain low.

2x

Read more in the Unequally Unwell Summary Report

How to help

- Advise** about the benefits of regular health checks and screens and ways of improving health and wellbeing.
- Ask** about their health and if they need support to arrange a health check-up.
- Assist** them to attend health appointments if they want this.
- Empower** the person you care for to use the Equally Well Consumer Resource to help them plan the physical health care they want.

Look after yourself

You too can use Equally Well resources and factsheets to support your own physical health.

Consumer Resource

The Equally Well Consumer Resource can help the person you're caring for to communicate their needs and preferences to doctors and clinicians.



Equally Well Consumer Resource

phn CENTRAL AND EASTERN SYDNEY Local Health District
NSW South Eastern Sydney Local Health District
NSW Health Sydney Local Health District
ST VINCENT'S HEALTH AUSTRALIA

The Sydney children's Hospitals Network
Beino Mental Health Consumers
mhcc

For more information and resources visit: www.equallywell.org.au



Partnerships – Neami National

Russell Roberts

Neami Health Prompt

supported by Equally Well

neaminational.org.au/healthprompt



 neami
national

Improving
Mental Health
and Wellbeing

 EQUALLYWELL
Quality of Life – Equality in Life

2020



Project Overview

Aim

Refresh the Health Prompt to reflect current evidence and practice with a focus on person-led, trauma-informed, and inclusive language

Working Group Membership

Includes consumer and carer lived and living experience, peer workers, community and clinical staff, research, and sector representatives

Key Objectives:

- › Ensure relevance and currency
- › Reflect lived experience
- › Support integrated care
- › Broaden accessibility
- › Amplify impact



Neami Health Prompt

We know screening questions can feel personal. To make sure they're relevant and affirming, please support people to answer based on their own understanding of their body and anatomy.

Legal name:		Preferred name:	
Date of birth:		Consumer ID:	
How do you describe your gender?		What pronouns do you use?	
Date completed:		Review date:	

Section 1: Navigating health care and support

Questions	Yes	No	Skip	N/A
Do you feel confident navigating the health system (such as finding services, making appointments or understanding referrals)?				
Do you feel health professionals (such as General Practitioners) listen to you and support your physical health needs?				
Do you feel you have enough information about the medications you are currently taking, including their side effects?				
Do you have access to (or would you like support accessing) gender-affirming or gender-inclusive healthcare services?				

Section 2: Health checks and preventive care

Questions	Yes	No	Skip	N/A
Have you had a general health check in the last 12 months? Generally, this includes blood pressure, lung function and blood tests such as cholesterol and blood glucose.				
Do you feel supported to understand or manage your risk of diabetes or heart disease?				
Have you been offered a free National Lung Cancer Screening (aged 50+ or those who meet eligibility)?				
Do you feel your bladder and bowel function is consistent and comfortable for you, without any discomfort or changes that concern you?				
Have you been offered a free National Bowel Cancer Screening (age 45+ every 2 years)?				
Have you been offered a free National Cervical Cancer Screening (Pap smear) relevant to you (age 25+ every 5 years)?				
Have you been offered a free National Breast Cancer Screening (mammogram) relevant to you (age 40+ every 2 years)?				
Have you noticed any changes to your skin that you are concerned about?				
Have you been offered a free skin screening check?				
Have you been offered recommended vaccinations relevant to you (such as Flu, Pneumonia, COVID or cervical)?				
Do you have access to sexual health information or services that meet your needs?				
Has a pharmacist or General Practitioner talked with you about reviewing your medications in the past year?				
Have you been able to access a dental check-up in the last 6 months?				

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Section 3: Your daily life and wellbeing

Questions	Yes	No	Skip	N/A
Do you get the chance to do regular movement or exercise that feels good for you?				
Do you feel you have access to a variety of foods that support your needs, preferences, and circumstances?				
Are you usually able to eat enough food across the week in a way that feels nourishing?				
Do you feel you drink enough water each day?				
Have you been a non-smoker / non-vaper for the last 10 years?				
Have you been offered free smoking cessation support or Nicotine Replacement Therapy (NRT)?				
Do you feel supported to talk about alcohol and other substance use if it is impacting your wellbeing and relationships?				

Section 4: Pain, movement and understanding your body

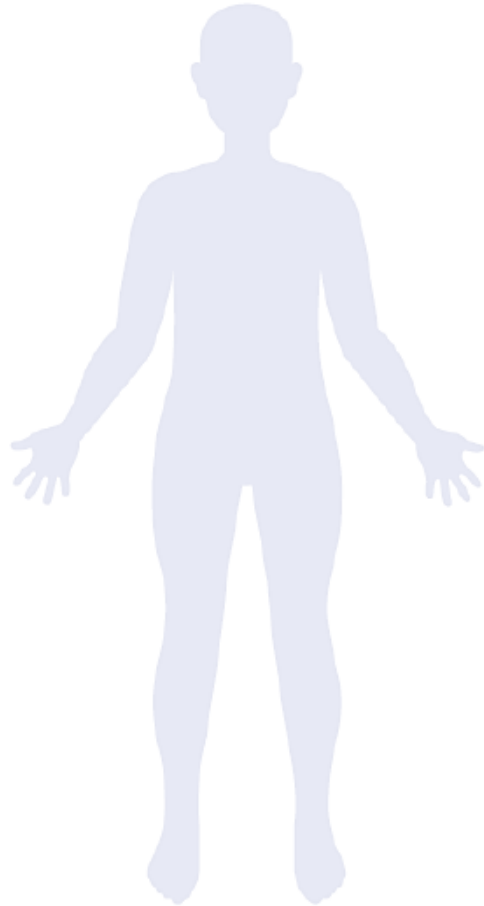
Questions	Yes	No	Skip	N/A
Do you feel safe and stable when moving around?				
Do you feel your body is generally free from sores, swelling or ongoing pain?				
Do you feel your sleep supports your energy and wellbeing?				
Do you feel your body is supporting your wellbeing, without any recent changes in weight or shape that feel concerning?				
Are your teeth and gums free from pain, bleeding or discomfort?				
Do you feel confident in your vision and ability to read or see clearly?				
Do you feel your hearing supports your communication and daily life?				



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Sample Body Chart

Please indicate on the picture below areas on your body that you may be feeling worried or concerned about



Section 5: Your health story and next steps

What feels most important to you about your physical health right now?

What helps you feel safe, respected, and heard when talking about your health?

What kind of support and next steps would be helpful for you right now in relation to your health?


Please share any other health concerns

Translated Versions



Neami Health Prompt

مُدعمة من قبل Equally Well

neaminational.org.au/healthprompt




2024

 neami national Improving Mental Health and Wellbeing |  EQUALLYWELL Quality of Life - Equality in Life



Neami 健康询问工具 (Neami Health Prompt)

由 Equally Well 支持

neaminational.org.au/healthprompt



2024

 neami national Improving Mental Health and Wellbeing |  EQUALLYWELL Quality of Life - Equality in Life

Neami Health Prompt supported by Equally Well

neaminational.org.au/healthprompt

Neami National and Equally Well are proud to launch the updated Neami Health Prompt – a physical health assessment tool for the community mental health and social services sectors.



Scan the QR code to learn more
and download your copy.

Future Projects

Russell Roberts

- Developing Equally Well Implementation Toolkit
- **Scan of Action**
- Lived Experience Australia developing and sharing new resources for Lung Foundation Australia
- State-based workshops around the country coming 2026
- **International Scorecard GLE**
- Equally Well Advocacy Framework next steps

International
Scorecard



Scan of Action



**Thank
you**