



#### Standard 4 : Promoting community acceptance

*The MHS promotes community acceptance and the reduction of stigma for people affected by mental disorders and/or mental health problems*

#### Standard 6 : Prevention and mental health promotion

*The MHS works with the defined community in prevention, early detection, early intervention and mental health promotion*

#### Created by Consumers & Occupational Therapists at the Northern Beaches Supported Accommodation Service

We began by discussing how mental health can be promoted and mental disorders can be managed and overcome. Mental health prevention can take place in the community and rehabilitation programmes based on individual needs can prevent relapse. By living in the community it is hoped that the stigma so long associated with people with mental disorders will eventually disappear. The MHS has a real role in promoting positive images of mental health and wellbeing.

Our square also depicts our personal perspectives and experiences for example, activities which promote mental health like:

- Getting back to nature
- Taking part in or learning how to play music
- Watching the clouds
- Having coffee with a friend and going to a march and wave a flag
- Telling someone how much you love and appreciate what they do.