



Centrepiece: I'm made to a high standard!

Created by Mary Beth Allen, Northern Beaches Mental Health Service

This square was created with the intention of promoting the essence of the National Standards for Mental Health Services and launched the advent of the National Standards Quilt Project at the 7 October 2000 NSW CAG Mental Health Standards Festival whose theme was "I'm made to a high standard".

The main colours (yellow and blue) represent the colours used in the presentation of the "National Standards for Mental Health Services" booklet. The Australian flag represents the national campaign supporting the Mental Health Standard as well as the enthusiasm that captured the spirit of Australia during the 2000 Olympics.

Where the hill represents the obstacles that consumers, carers and clinicians encounter in their attempts to achieve high quality mental health care, the person reaching for the largest star reflects the fact that despite these obstacles, high quality mental health care is not beyond our reach.

Using the hill as a springboard to the stars is a significant reminder to us suggesting that despite the obstacles we may encounter, if they are managed creatively and effectively, they too can hold the key to our achievement of the best.