

## 5.21 Mental Health

### Objectives

To promote positive mental health to maximise well being in individuals and communities. To foster a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities. To reduce or remove economic or social barriers to participation in the Town’s activities and encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness.

### Strategies

The Town will proactively support positive mental health promotion in individuals and the community through the following supportive strategies:

Provide opportunities for individuals to be mentally, physically and socially active (ACT).

Encourage individuals to join and actively participate in the Town’s activities and those of partner organisations (BELONG).

Encourage individuals to become a volunteer in the Town, to set personal goals for achievement in the activities of the organisation, and to be more broadly involved in other community events and environments (COMMIT).

### Application

Responsibility for the implementation of this policy rest with all Councillors, staff, volunteers and contractors of the Town of Bassendean. The Chief Executive Officer will report on the commitment of the Town to social justice through the annual report. The Policy is to be reviewed every three years.

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| <p><b>Policy Type:</b> Council Policy</p> <p><b>Link to Strategic Community Plan:</b> Inclusiveness, Lifelong Learning, Health and Social Wellbeing</p> | <p><b>Policy Owner:</b> Director Community Development</p> <p><b>Adopted OCM - 26/09/07</b></p> <p><b>Last Review Date:</b> March 2014</p> <p><b>Version 1</b></p> <p><b>Next Review due by:</b> December 2016</p> |
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