

Commitment

to partnering with people
with lived-living experience
in Queensland

The Queensland Mental Health Commission values people with lived-living experience and knows that true system reform emerges when grounded by the insight, the contribution and solutions of people who have had, or are having direct experiences with services and systems.

Our commitment formally captures how we partner with people with personal experience/s of mental health challenges, and/or alcohol and other drug use, and/or suicide in our system transformation efforts. This includes family, kin, unpaid carers and other unpaid supporters of people experiencing mental health challenges, and/or alcohol and other drug use, and/or suicide; as well as people who are bereaved by suicide. It also extends to people in designated Lived-Living Experience roles, as well as Lived-Living Experience leaders in communities, non-government organisations, peak bodies and government agencies.

Our commitment articulates the values we hold and how we will put them into action when partnering with people with lived-living experience.

Our values

We welcome lived-living experience involvement, expertise and leadership

We are courageous

We do what we say

We are transparent about the way we partner

We stand alongside people with compassion, listen deeply and respond with care

We uphold people's rights

Maintaining the integrity of our commitment

Your insights are critical to our growth in this area. As a valued partner, we invite you to hold us accountable to this Commitment. We want to hear from you about what worked, where we can improve, and how we can mutually uphold our commitment to each other. Together, we can strengthen our approach and deepen the impact of our collective work.

You can contact us about this Commitment in the following ways:



Send an e-mail
info@qmhc.qld.gov.au



Speak with us by phone
1300 855 945

Our values in action

We partner with people with diverse and intersectional identities and lived-living experience

We address barriers to partnering

We share and shift power towards people with lived-living experience

We take a trauma-informed approach

We learn, grow, and benefit each other

Our *Commitment to partnering with people with lived-living experience* is available on the Commission's website at www.qmhc.qld.gov.au



Queensland
Mental Health
Commission

Our values in action

We partner with people with diverse and intersectional identities and lived-living experiences

We will do this by:

- Ensuring high levels of representativeness in reform activities.
- Embracing everyone for who they are.
- Developing partnership approaches with First Nations people and communities.
- Being culturally inclusive, safe and responsive.

We address barriers to partnering

We will do this by:

- Identifying and addressing barriers to involvement.
- Being flexible in our partnership approaches.
- Collaborating with regional, rural and remote communities.

We share and shift power towards people with lived-living experience

We will do this by:

- Promoting opportunities.
- Sharing information and knowledge.
- Reducing the impact of power dynamics in partnerships.
- Supporting shared decision-making.
- Recognising when system reform activities should be lived-living experience-led.

We take a trauma-informed approach

We will do this by:

- Co-creating safe (enough) spaces.
- Appropriately framing experiences.
- Providing access to supports.

We learn, grow and benefit each other

We will do this by:

- Respecting and valuing difference.
- Championing new ideas and approaches.
- Holding reflective spaces.

