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**From:** Darryl Nelson [REDACTED]  
**Sent:** Saturday, 22 January 2022 2:53 PM  
**To:** Mental Health Select Committee  
**Subject:** Mental Health Committee Submission

**Categories:** Submission

Dear Qld Parliament Mental Health Committee

I would like the following views included as a submission on Mental Health:

Mental health is rarely something you can foster by yourself – so often, broader societal and structural factors play a huge role in mental and physical wellbeing. Sexism, racism, homophobia, poverty and exclusion often play a huge role. Debt, financial strain, and unstable employment are among the key triggers for mental illness and self-harm. Capitalism and exploitation hurt us in so many ways.

These issues require more than just clinical support alone (although that is crucial) - these issues also require radical system change that puts the wellbeing of everyday people first, ahead of corporations, or billionaires or politicians. Boosting JobSeeker, putting dental into medicare, making childcare and education free, renters rights and guaranteeing housing for everyone would go a long long way to addressing mental illness for many people. Building community, and having places to belong, is also crucial.

Yours sincerely

Darryl Nelson

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