




Speech By
Hon. Dr Steven Miles

MEMBER FOR MURRUMBA

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MINISTERIAL STATEMENT

Coronavirus, Mental Health

 **Hon. SJ MILES** (Murrumba—ALP) (Deputy Premier and Minister for Health and Minister for Ambulance Services) (9.47 am): Today we have eight new cases of COVID-19 in Queensland, all close contacts of identified cases. We now have 29 active cases out of 1,143 total cases so far. We conducted 12,075 tests in the last testing period, which is a wonderful effort from Queenslanders. Our contact tracers have been working through the night, and Queensland Health will have updates on contact tracing information as it comes to hand. St Edmund's College has been closed for at least 48 hours for cleaning and contact tracing. All parents have been contacted.

As part of our economic recovery plan we have invested \$1.2 billion in additional funding into our health system. It is because of our excellent health response to COVID-19 that we can get on with our economic recovery and get Queenslanders back to work, but our health response must encompass mental health as well. We know that many people all over the state have had their lives turned upside down since the start of the COVID-19 pandemic. 2020 has not been the year we were expecting and I know many Queenslanders have been doing it tough, navigating more uncertainty than ever before. This has placed unprecedented pressure on families, and now more than ever we need to look after each other and our own mental wellbeing.

As we move ahead with Queensland's plan to unite and recover, our mental health is just as important as our physical health. I am pleased to say that Queensland Health recently launched the second phase of its mental wellbeing campaign called Dear Mind on Sunday, 30 August, targeting Queenslanders who have had their lives impacted by COVID-19. We know that positive mental wellbeing helps build resilience and allows us to better manage stressors in our lives. The campaign can currently be seen across TV, cinema, social media and digital channels over the coming months, and I know it will resonate strongly with Queenslanders.

People can visit the Dear Mind website which provides ideas and inspiration for incorporating mental wellbeing activities into their everyday lives, as well as links to wellbeing resources and support services. The first tranche of the campaign was released in January and was viewed by more than 1.8 million people on YouTube, and the website was visited more than 85,000 times. People who saw the campaign reported feeling more resilient, happier and more comfortable providing support to others than those who had not seen the campaign.

The Palaszczuk government has also committed \$46.5 million to support mental health services, with funds directed towards localised mental health community treatment and support services. On this side of the House, we acknowledge the importance of the mental wellbeing of Queenslanders which is why we built a new adolescent residential mental health facility after the Barrett centre was closed by the Newman government. It is why we have invested more to undo the damage wrought by the Newman era cuts to mental health services and NGOs. Tomorrow is R U OK? Day, a reminder to us all to check

in on our mates. We cannot pretend there are not challenges ahead. However, our government is committed to giving people as much help and as many tools as possible to help navigate these tough times.