

ANNUAL REPORT

SPECIAL EDITION:
90 YEARS ANNIVERSARY



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Acknowledgment

Wayahead acknowledges and actively supports the diverse communities we serve, including First Nations people, culturally diverse communities, people with disabilities, and people from the LGBTQ+ community.

Wayahead acknowledges the unique and individual experiences that people who have lived experience of mental health issues have and the lived experience of their carers, families, and kinship groups.

Wayahead is funded by
NSW Ministry of Health.



Wayahead is endorsed by the
Quality Improvement Council (QIC).



ABOUT WAYAHEAD

Mission

A society that understands, values, and actively supports the best possible mental health and wellbeing for all people.

Vision

We champion the wellbeing of all people, in particular their mental health and dignity, through education, information, support, and advocacy.

Values

- Empower people and communities
- Work for social justice
- Embrace diversity
- Act with integrity
- Deliver to the greatest effect

Strategic Plan 2020-2023

1. Everything Wayahead does is centred on and influenced by the lived experience of people living with mental ill health - Wayahead has systems in place to capture and use the lived experience of people living with mental ill health to influence its operations and work throughout NSW.
2. Leadership - Wayahead is recognised as the peak body for mental health promotion in NSW.
3. Wayahead's work provides benefits to individual and community life - Wayahead has programs that provide a positive impact on people's lives and can measure its impact and success through best practice methods.
4. Engagement and communication - Wayahead has clearly defined engagement pathways for its audiences and can clearly articulate its value to further drive the development of the organisation.
5. Make Wayahead the strongest organisation it can be - Wayahead will have robust corporate governance measures, diversify its revenue streams, adopt a Human Resources (HR) strategy and have an ongoing commitment to continually innovate and improve its performance and its services through technology.

Wayahead works towards building a society that understands, values, and actively contributes to the best possible mental health and wellbeing outcomes for individuals and communities by:

- Co-ordinating mental health promotion activities such as Mental Health Month in New South Wales (NSW). The campaigns, education, and information are backed by research and informed by lived experience. Wayahead has a key focus on reducing stigma and discrimination.
- Hosting the annual Mental Health Matters Awards to promote best practices and community-driven initiatives that improve mental health and wellbeing. Grants are awarded to over 30 community groups and organisations each year with the objective of supporting local grassroots projects.
- Helping people navigate the mental health system by providing mental health information through the Wayahead Directory, mental health fact sheets, and the phone line that connects people with support throughout NSW. The services assist in reducing barriers and improving help-seeking behaviour.
- Connecting people through free monthly Anxiety Support Groups for people to come together in safe, friendly, and supportive environments. The groups help to normalise anxiety while creating a sense of belonging through a supportive network of members.
- Providing early intervention through Small Steps workshops for parents and school teachers to raise awareness and improve recognition of anxiety disorders in children. Information is shared to increase awareness and understanding of anxiety, which results in earlier help-seeking behaviour, referral, and treatment. Strategies are discussed that school staff and parents can use to help children build resilience to the cycle of anxiety.
- Facilitating Anxiety Forums that work to educate communities in rural, regional, and remote NSW, promoting early intervention through access to education to improve understanding of anxiety, while connecting people to local services.
- Providing our Workplaces program to promote a network connecting and resourcing professionals and organisations to best support their employees' health and wellbeing. The latest research and best practice, including knowledge from subject matter experts, is shared.





WAYAHEAD'S PEOPLE

BOARD MEMBERS

Dr Meg Smith OAM, President

Sharyn McGee, Chairperson

Ryan McGlaughlin, Deputy Chairperson

Anna Dawson, Deputy Chairperson

Donald Murray, Treasurer

Stephen Bourne, Chair of the Anxiety Disorders Committee

David Harper, Board member

Jeremy Heathcote, Board member

Peter Doukas, Board member

Gabrielle Ruthauskaite, Board member

EMPLOYEES

Sharon Grocott, CEO (*from April 16th*)

Matthew Stanley, Interim CEO (*finishing April 25th*)

Jacque Mitrovits, People & Culture Advisor

Alicia Brightwell, Chief of Staff

Asha Zappa, Mental Health Promotion & Program Manager

Cedar Smith, Mental Health Promotion Administrator/Support Officer

Madii Himbury, Mental Health Promotion Assistant & Small Steps Facilitator

Caryn Shipp, Events Co-ordinator

Monique Brunello, Small Steps Program Lead

Claire Scroope, Small Steps Casual Facilitator

Elizabeth Kirov, Small Steps Casual Facilitator

Bandana Kau, Support Facilitator, Small Steps

Rachel Flint, Support Group Coordinator

Emily Shaw, Casual Support Officer

Paul Leonard, Information Service Lead

Terri Marsh, Membership & Information Officer

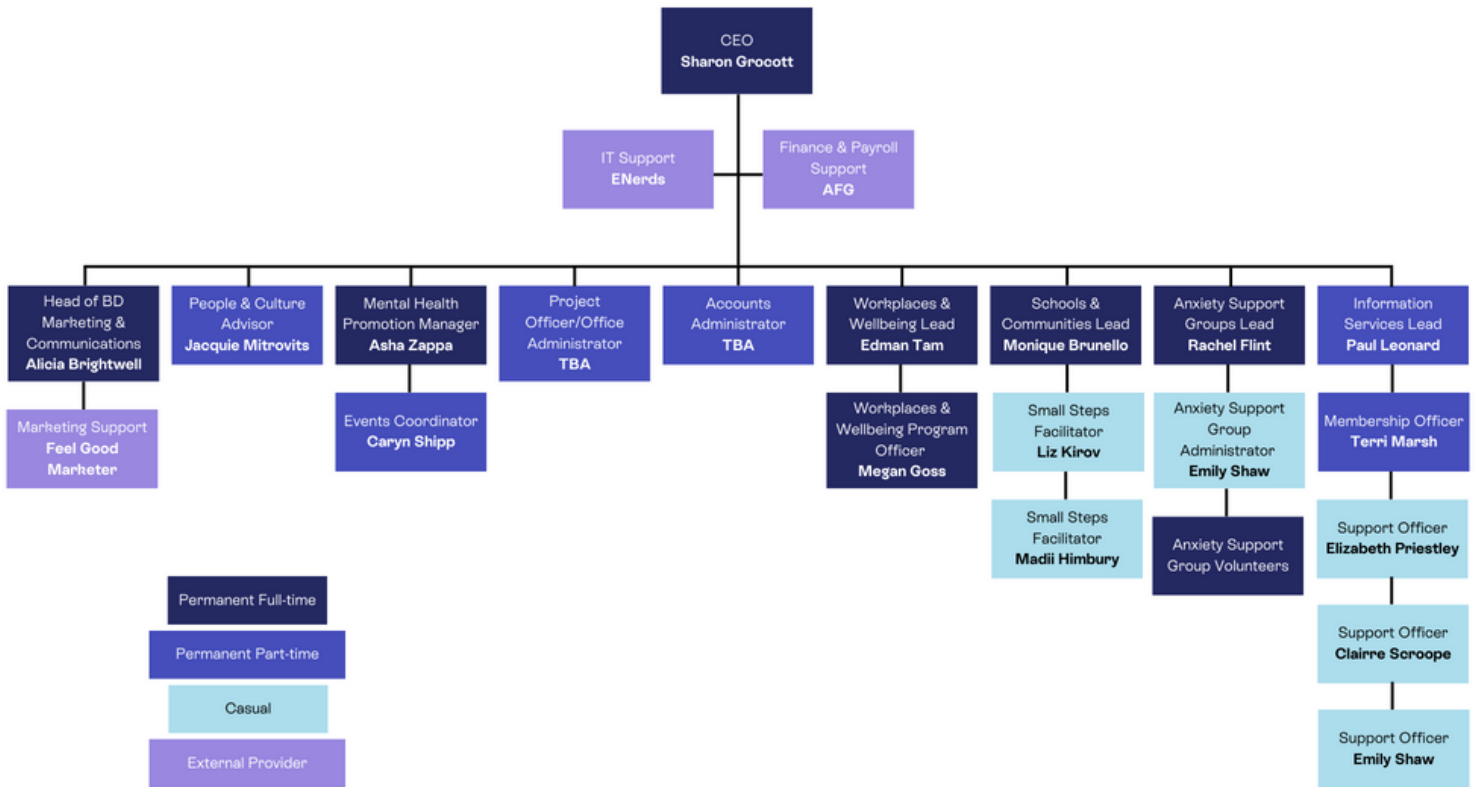
Elizabeth Priestly, Support Officer

Merrick Powell, Support Facilitator, Small Steps

Edman Tam, Workplaces & Wellbeing Lead

Megan Goss, Program Officer Workplaces

ORGANISATION CHART & STRUCTURE



Wayahead, the Mental Health Association NSW Limited is registered with the Australian Charities and Not-for-Profits Commission (ACNC).

A special thank you to:

Tina Pirola, volunteer, for helping with the support groups, general administration, and special projects.

Jessica Thompson, a student completing placement and studying a Certificate IV in Mental Health.

The volunteer facilitators of Anxiety Support Groups across NSW for their incredible work.

The Anxiety Disorders Advisory Committee (ADAC) members, including Chair Stephen Bourne, Professor Rocco Crino, Associate Professor Meg Smith, Sharyn McGee, Jenny Learmont AM, and Professor Ron Rapee for supporting Wayahead with clinical expertise and best practice in the delivery of anxiety programs and education. Wayahead would particularly like to acknowledge the years of support that Professor Rocco Crino provided in delivering presentations to regional, rural and metropolitan areas of New South Wales. Dr Lisa Lampe also retired from ADAC, after many years of dedication and generosity sharing her clinical knowledge.

Our Wayahead members, for your ongoing support.



A MESSAGE FROM THE BOARD

The 2022/23 financial year has been a watershed period for Wayahead, enabling the organisation to undertake major transformation in the coming years and to strengthen the impact of Wayahead in mental health promotion, support, and advocacy, by articulating the evidence base and unique value proposition of our programs.

This year saw us enter another phase of local and global challenges. The death of Queen Elizabeth 2, in September of 2022, while not directly affecting us, was an indication of the many changes occurring in the world. Finding the new normal after Covid lockdowns was a major factor for the internal and external environment. Cost of living has been a continuous issue that impacts people's mental health and wellbeing.

Meanwhile, climate change has not disappeared, and it remains one of our most challenging issues for the mental health and wellbeing of all Australians, especially young people.

Anxiety and depression remain the two most pressing mental health issues in Australia (AIHW, 2023) with about 1 in 6 Australians experiencing an anxiety disorder (about 17% or 3.3 million people). Wayahead continues to develop and strengthen its programs and activities to support, inform and improve the understanding of mental health and wellbeing (especially anxiety) in the community, while reducing stigma, and increasing help-seeking behaviour.

The Board has been very focused this year on the recruitment of a new CEO and the development of our strategic plan. We began a major strategic review in the first part of 2022 and have spent most of the financial year reflecting on our activities and achievements over the last 3 years. We took the opportunity to interrogate our previous strategic plan, our vision, values, goals, programs, evaluation processes and future directions. The Board also began a review of its performance and developed a skills audit which will hold us in good stead for future Board recruitment. Wayahead also completed the QIC Accreditation process and overall received positive feedback. Our website, our logo and related brand strategy are being reviewed and refreshed.

The Mental Health Matters Awards returned in 2022, after the pandemic years. The awards were a collective celebration of the achievements of the sector with around 300 people in attendance. Our guest speaker and ambassador, Olympian and swimming star Cate Campbell, spoke of her experience in the lead-up to the Tokyo Olympics that prompted her to properly address her mental health struggles and the importance of speaking about and normalising mental health issues. Cate's sharing of her lived experience was inspiring, and the event was greeted with much success and pleasure by all those who attended.

Our big news for this year was the employment of our CEO, Sharon Grocott, after an intense recruitment process. Sharon began her tenure with us in April after an extensive career in the community sector, working in State/Local governments and NFP organisations, of which the past 20 years has been in senior leadership/executive roles.

I look forward to reporting on our success as we implement our strategic plan, and I thank my fellow directors, especially our treasurer, Don Murray, who has contributed his financial knowledge and skills over many years and is stepping down from the Board this year.

I would also like to thank our two deputy Chairs, Anna Dawson, and Ryan McGlaughlin, for their unwavering commitment and contribution; our President, Meg Smith; the chair of the Anxiety Disorders Committee, Stephen Bourne; and our CEO, Sharon Grocott, who has brought her immense skills and knowledge to the organisation. Most especially, I would like to thank our team members, new and long-term staff, and volunteers, past and present, who believe in our goals and programs and make them happen.

SHARYN MCGEE
BOARD CHAIRPERSON



A WORD FROM OUR CEO

It is a privilege to join Wayahead, an organisation with a rich and colourful history and an impressive 90-year legacy. I am very excited to lead an organisation that plays such an important role in reducing stigma and discrimination through mental health promotion. This annual report is a special edition that shares the incredible story of Wayahead over the last 90 years and its long history of advocating for the improvement of mental health services and supports.

During my first few months, I attended activities to gain a deeper understanding of the programs including an Anxiety Forum at Gymea and a Workplaces forum. All of Wayahead's programs achieve mental health promotion outcomes - they provide information and education about mental health and wellbeing while building awareness of supports and services, reducing stigma through conversations to normalise mental health, and connecting people, whether this be through the phone line, Anxiety Support Groups, Anxiety Forums, network meetings for Workplaces or Small Steps seminars in schools.

One of the first projects I undertook was working with the staff to develop program logics. Local models enable the collection of data on programs and the ability to make decisions to improve programs. Communicating data and evidence to key stakeholders, including funders, donors, and supporters is also important. Each program's theories of change were also devised to clearly identify the central processes or drivers by which change comes about for individuals, groups, or communities. The programs were mapped with current evaluation indicators and gaps identified. Recommendations were made for the improvement of evaluation. The project has been shared with staff from the Mental Health Branch at NSW Health.

During March 2023, Wayahead underwent a quality improvement performance process to meet the QIC Health and Community Services Standards 7th Ed Accreditation Program. The review enables the opportunity for continuous improvement while striving for best practice. Following the review, an improvement plan was developed, focussing on key areas including developing a workforce strategy, performance review and development, strengthening risk management, and evaluation practice, including an approach to outcomes measurement.

The new brand, including the logo design and colour scheme, is planned to be launched in September 2023. During June, a consultation was undertaken with a small group of key external stakeholders. A website architecture was mapped including the format of each program's page on the new site. The staff also commenced using the Monday.com project management tool, enabling greater collaboration and tracking progress on work plan deliverables.

I would like to thank the staff, Board, and volunteers for their unwavering commitment to Wayahead. I would also like to acknowledge the work of Matt Stanley, interim CEO. Matt provided an important caretaker role over many months. Although I only worked with Matt briefly while he handed over and supported my transition to the CEO role, I appreciate the important role he played in keeping Wayahead on track. Wayahead has always been an agile organisation responsive to changing community needs, with the drive to learn, innovate, and grow. I look forward to working with the Board, staff, and volunteers to continue to have a social impact while elevating Wayahead's voice in the mental health sector.

SHARON GROCOTT
WAYAHEAD CEO



WAYAHEAD'S HISTORY

1932: Founded as the "NSW Council for Mental Hygiene" by concerned individuals during the Great Depression. Professor Harvey Sutton was the Chair (Professor of Psychiatry at Sydney University). Unemployment was 32%, and the economy's collapse led to suicide rates increasing and hospitals overflowing with people experiencing mental-ill health.

1956: Renaming of the organisation as the NSW Mental Health Association.

1958: Advocated for the introduction of the NSW Mental Health Act.

1960s - 1970s: The influence of consumers and carers started to emerge. Wayahead expanded efforts and began providing educational programs, resources, and support services to people living with mental health conditions, their families, and the broader community.

1984: The first Mental Health Week began in Australia.

1985: The Mental Health Association was funded to co-ordinate the information services.

1990: The introduction of the Mental Health Act (1990). The association was instrumental in advocating for this important legislative change which included legal protection of the rights of consumer and the introduction of the Mental Health Review Tribunal. The Anxiety Disorders Alliance began. It was a Standing Committee of the NSW Mental Health Association until 2005/2006. The Alliance brought all of the Anxiety Support Groups together, the forums and Small Steps, and even organised two National conferences.

2000: The Small Steps program began to provide early intervention in schools.

2006: The Mental Health Association moved from Gladesville Hospital to premises at William Street, Sydney, in recognition of community-based rather than hospital-based programs.

2014: The organisation changed its legal status from an incorporated association to a company limited by guarantee under the Corporations Act 2001 and reduced board members from 17 to 11.

2015: The association changed its name to WayAhead.

2017: WayAhead established Collective Purpose, an NGO hub, and shared back-of-office costs with Mental Health Carers NSW, BEING Mental Health Consumers and later expanded this to include SMART Recovery Australia, the Men's Table, International Social Services.

2020: Moved from William Street to the Pyrmont Office.

2020 - 2022: Strengthened our online offerings in response to COVID pandemic.

2022 - 2023: Conducted an in-depth review of the Strategic Plan.



OTHER KEY INITIATIVES OVER THE YEARS

- Contributed to the establishment of the Association for the Welfare of Children in Hospital (AWCH) which is now the Association for Wellbeing of Children in Healthcare (AWCH).
- The fostering of support for people with dementia by establishing Alzheimer's and Related Disorders Society (ADARDS), now called Dementia Australia.
- Founding Member of the Australian National Association for Mental Health.
- Assistance in the provision of support and advocacy for people with depression through the Depressive and Manic-Depressive Association (DMDA).
- Establishment of the Association of Relatives and Friends of the Mentally Ill (ARAFMI), now called Mental Health Carers NSW.
- Founding member of the Mental Health Coordinating Council (MHCC).
- Founding member and support for Ending Loneliness Together.
- Provided support in establishing The Men's Table.
- Fostered and promoted Perinatal Depression and Anxiety Awareness Week.

MENTAL HEALTH MONTH HISTORY

1984: Mental Health & the Elderly

1985: Peace of Mind

1986: Mental Health – a challenge for all

1989: Dare to Care

1990: There's more to your mental health than you think

1991: It's Not So Far from Woe to Go

1992: How's your mental elf?

1993: Isolation is a Health Hazard - Reach Out

1994/5: The Issue is Attitude

1996: Mental illness is a comma, not a full stop

1997: Labels Belong on Jars – Not People

1998: Mental health – it's on for young and old

1999/2000: Healthy Mind Healthy Life

2001: Mental health – Let's work on it!"

2002: Mental Health – Now for the Future- The Early Years

2003: Mental Health - Now for the Future – The Adult Years

2004: Mental Health – Now for the Future – The Older Years

2005: Are You Really Connecting? Connect with those Close to You

2006: Relationships at Work and at Play – Take a Moment to Connect

2007: Relationships in the Community – it's about how we treat each other

2008: Appreciate the Little Things in Life

2009: Sign Up, Link In, Get involved

2010: Good Friends help us to Bounce Back

2011: Wellbeing – Invest in Your Life

2012: Celebrate – Connect – Grow

2013: Kindness – Little Acts, Big Impacts

2014: Be Unique

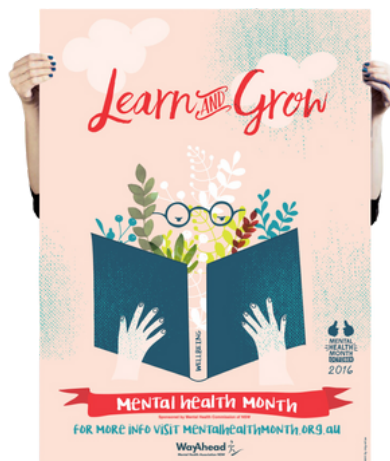
2015: Value Your Mind

2016: Learn & Grow

2017/18/19: Share the Journey

2020/21: Tune In

2022: Tune in this Mental Health





PEOPLE & CULTURE

At Wayahead, our staff are our greatest strength and asset. The successes of our programs are driven by our people's dedication to improving the lives of people living with mental health issues and reducing stigma. We developed our HR plan in line with the strategic plan and values of Wayahead to ensure our short and long-term goals are met and implement effective HR practices and policies that contribute to Wayahead's overall success.

Our goal is to create a vibrant, healthy, and safe workplace environment to enable our staff and volunteers to thrive, champion diversity and inclusion, and encourage a culture of learning, development, and continuous improvement where innovation and creativity flourish. Over the past several months, we have reviewed position descriptions and implemented a structured recruitment process, incorporating lived experience, which has allowed us to ensure that we have the right people in the right roles and recruit using best practice methodologies.

We have several initiatives built to support our staff, including our Employee Assistance Program and wellbeing initiatives. In addition, we have introduced several policies, which include flexible workplace and Workplace Health and Safety (WHS) policies, a review of the Code of Conduct, Grievance procedures, Disciplinary and Workplace leave, and parental leave policies, as well as new compliance policies, Family and Domestic Violence Leave policy and Psychological Risks in the Workplace.

Wayahead's Board and leadership recognise the impact of good human resources practices on overall staff satisfaction and commit to the development and implementation of further initiatives that support our staff in their overall job satisfaction and development.

INFORMATION DIRECTORY

The Information Directory was built to help members of the public navigate the mental health system. Wayahead's efforts have yielded impressive results in community engagement and outreach, reflecting our dedication to providing essential services and support. Our online presence and digital engagement have been instrumental in reaching and assisting the community, with the directory garnering an impressive 652,918 page views this year. This high level of engagement underscores the directory's significance as a resource for individuals seeking information and assistance.

Our staff actively collaborated with various community organisations, programs, and events throughout the year, expanding services and fostering partnerships. We attended presentations by:

- Carer Gateway - Yourside
- Head to Health Popup Hubs - One Door
- Hear2Talk - Neami

Additionally, we showcased Wayahead's programs at Forest Lodge and Glebe Coordination Group (FLAG) networking events, Head to Health Hub in Penrith, City, and Eastern Sydney Ageing and Disability Interagency meetings, and North Shore-Hornsby Support Group – One Door. The team also participated in official visitor training to highlight Wayahead's program involvement.

Throughout the year, we attended many events in order to promote our Wayahead programs and explore potential collaborations as well as reinforce our commitment to supporting communities across NSW:

- Anxiety forum in Port Macquarie and Orange
- 30th anniversary of the NSW Consumer Advisory Group
- Meeting with the NSW State Manager of Neami National
- Head to Health Hub in Penrith
- Carer Gateway Event

In March, we achieved a significant milestone with the highest monthly page views of the Information Directory since Google Analytics began in 2015 at 73,856 page views. This milestone reinforced the directory's continuous evolution as a resource in NSW.

In summary, the directory staff's involvement in impactful initiatives and robust community engagement reflect Wayahead's commitment to supporting mental health and wellbeing. The notable achievements in web engagement, phone support, presentations, and collaborations highlight the effectiveness and importance of Wayahead's services in the community. These efforts are a testament to the dedication and commitment of our staff to improving mental health outcomes for individuals and communities.

“On the Mental Health information line, we receive a variety of different calls. Some calls may take 2 minutes, and sometimes we may be on the phone for over 30 minutes. One example is when we receive calls from parents who are worried about their adult children. Often their children have little or no insight into the symptoms that are observed by the parent. We explain that it is up to individual if they choose to seek help, and they cannot make someone get help if they don’t want it. We would also explain that if they are concerned that the person may be a danger to themselves or others, the Mental Health team, ambulance, or police can be contacted for help. We will then offer tips and advice on different approaches that may be helpful to convince their child that it may be beneficial to seek help. We would refer to the Wayahead directory to let the parent know of the services available in their area so they have the information available if their child does ask for help. We may also refer them to our fact sheet titled ‘When someone needs help but is unwilling to get help’. We would empathise how difficult this situation is for a parent when they can see that their child is not well, and they feel there is nothing they can do to help. Often, they need an understanding ear to listen to them and we are happy to offer that support. In some situations, the Carer Gateway may be a useful referral for the parent if they need extra support for themselves.” – Terri Marsh

806

callers have been referred to appropriate services.

903

calls answered by our staff.

6,531

updates were made to the Directory to maintain accuracy and currency.

62,584

views on our online factsheets.

652,918

page views on the Directory



The information line is available Monday to Friday 9am-5pm (excluding public holidays):

1300 794 991

info@wayahead.org.au

Fact sheets can be found at:

<https://wayahead.org.au/get-the-facts/>

Visit the directory at

<https://directory.wayahead.org.au/>

WAYAHEAD WORKPLACES

The Workplaces team strove to streamline processes for meetings this year, including setting expectations, strengthening the selection of speakers and improving the quality of topics delivered. As well as this, the format of the member's meetings were changed to facilitate greater collaboration and our website was improved in an effort to attract new members and aid membership management.

There was a general increase in the fee structure and more defined price incentives to enable affordable membership for regional/rural organisations, small businesses, and non-profits.

Across the year, four member network meetings were held, enabling members to meet with peers and industry experts:

- The Value of Lived Experience in Mental Health Recovery
- Bridging the Gap: Practical and Effective Promotion of Help Seeking at Work
- Psychosocial Risk Trends from the Perspective of Employee Assistance Programs (EAPs)
- Leaders as the Stewards of Workplace Wellbeing

This year we continued the trend of hybrid meetings, with a meeting held on April 26th at Wayahead's Pyrmont office, online and in-person. Marion Chua, Comcare's Assistant Director of Mental Health presented "A jurisdictional approach to supporting mentally healthy workplaces" exploring the topic of psychological injury and workers' compensation, and Huw Thomas, Director of Blue Seed Consulting, presented "Leading large-scale organisational change without breaking your people", exploring change management and mental health from the perspective of an organisational change consultant.

A collaborative activity explored foundational frameworks in workplace wellbeing, which had high engagement from attendees. Short presentations by Comcare, The Hatchery, and Transitioning Well also highlighted key events, opportunities, and projects throughout the sector. The event had 20 in-person attendees and 16 online attendees. Members enjoyed the diversity of speakers and topics.



96 members, 22 non-paying members

\$463 average membership fee per year

Annual Member Forum

The Annual Member Forum was held on the June 21st at the Fraser Suites. The event was attended by a range of incredible speakers who presented on wellbeing, indicators of a thriving workplace, technology, wellness champions in the workplace, and harnessing energy in the workplace. There was representation from both the National Mental Health Commission and the Mental Health Commission of New South Wales. The June forum was a hybrid event and exceeded expectations by fully booking the venue, with 83 attendees joining in-person and 25 virtually.

Our team received strong positive feedback on the quality and relevance of the forum with:

- **86%** of participants agreed or strongly agreed that the content was relevant to their work
- **88%** of participants agreed or strongly agreed that the content was useful
- **93%** of participants agreed or strongly agreed that the content was interesting
- **92%** of participants agreed or strongly agreed that the speakers were engaging

“The presentations and discussions were incredibly insightful, providing valuable information on the latest advancements in this field.”

“The presentation facilitated creative thinking and deeper insight into the Artificial Intelligence space.”

“It was a great leadership presentation and a true example of authenticity.”

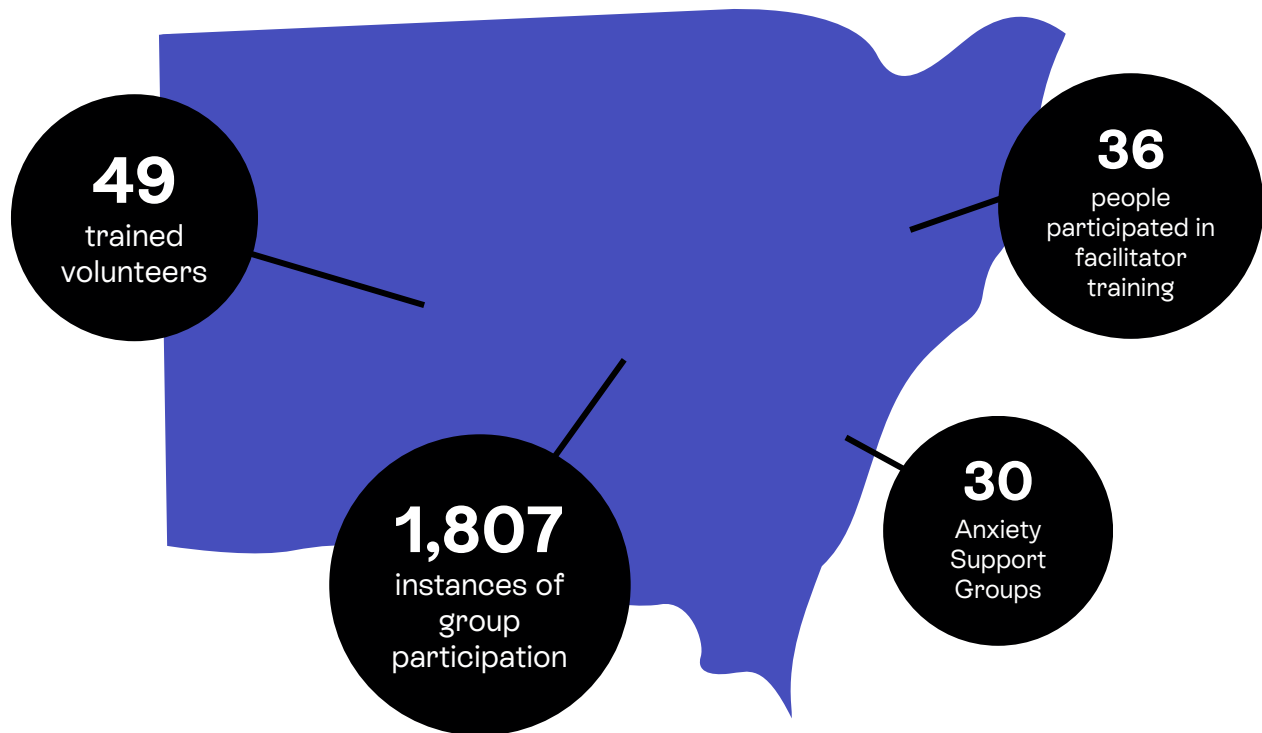
In June 2023, Workplaces was successful in obtaining a grant of \$23,100 (inc. GST) from the NSW Government Customer Services (Better Regulation Division) workplace-specific resources for Mental Health Month in October. The funding will enable Workplaces to work with partners to develop a webinar series on topics such as relationships in the workplace and life transitions. Partners include Super Friend, Relationships Australia NSW, The Opus Centre, Transitioning Well, and SafeWork NSW.



ANXIETY SUPPORT GROUPS



Online and face-to-face support groups serve as a sanctuary for those with lived experiences of anxiety. Our support groups are in higher demand than ever with the need for community exceeding the available resources, emphasising the growing recognition of peer support as a crucial component of mental health treatment and recovery.



This financial year (2022-2023), one notable addition to this program was the Social Anxiety Online Support group, which quickly gained popularity, offering solace and connection for many. The Orange support group, continued to extend support to new members, despite challenges in volunteer recruitment.

Our dedicated team and wonderful volunteers, collectively worked to facilitate groups across New South Wales and played a pivotal role in making these support groups a reality.


- 36 people engaged in facilitator training, equipping themselves with the necessary skills to lead the support groups effectively.
- 30 Anxiety Support Groups ran, where individuals gathered regularly to share their experiences and struggles.
- 1,807 instances of group participation were recorded.

The introduction of WhatsApp and regular online meetings helped keep our team connected and committed. It is important to recognise the volunteers, whose unwavering commitment and compassion remain the backbone of Wayahead's support groups.

This year we were able to establish four new groups, expanding the program's reach and accessibility including:

- Port Macquarie Anxiety Support Group.
- Western Sydney University Anxiety Support Group for Western Sydney University (WSU) students facilitated by WSU students, online and face-to-face.
- Wyoming Anxiety Support Group.
- Orange Anxiety Support Group, which had been closed for years, was re-launched.

[Tim Gentle Interview](#) on Wyoming Anxiety Support Group.



“It is about getting together with people who also live with an anxiety disorder and hearing what has worked or has not worked for them and having the space to share my own experience (which I hope can help others).”

To measure the impact of these support groups, members were asked a series of questions, and the results were incredibly encouraging.

100%

of participants felt they could connect with others who truly understood their experiences.

84%

expressed a desire to apply the new knowledge they had gained from these gatherings.

The general feedback from group members painted a picture of a friendly, safe, and constructive environment. These comments illustrated the profound impact of our support groups on the lives of those who found solace within them. Participants emphasised the importance of sharing experiences and strategies and simply knowing they were not alone in their struggles.

Additionally, the program's impact extended beyond the individual level, fostering awareness, understanding, and empathy among members. The support groups provided a space for people from different backgrounds to come together, share their stories, and find common ground.

“In the past couple of months of facilitating, it has been a rewarding experience seeking the attendees connect with each other through sharing similar and unique experiences. It has also been really encouraging to see many of the attendees be vulnerable when sharing their difficulties and adversities in relation to their anxiety. I hope many of the attendees continue to attend the support group and feel that they are not alone when it comes to dealing with their anxieties.”

– Volunteer Facilitator

The program's success this year was not solely due to the volunteers and participants but also to the support of external partners who offered free room hire and promotion. Partnerships with EXODUS, ACON, The Glen Rehab, WSU, Neami, and Club Central were instrumental in expanding the reach and impact of the Anxiety Support Groups Program.

In summary, the Anxiety Support Groups Program, with its passionate volunteers, dedicated participants, and valued partners, proved to be a beacon of hope for those navigating the challenges of anxiety. The compassion and camaraderie found within these support groups had a transformative effect on the lives of those involved, demonstrating the immeasurable power of peer support in the realm of mental health.



ANXIETY FORUMS

Wayahead's Anxiety Forums enable safe storytelling from people with a lived experience of mental health issues, while highlighting the importance of connection to services and the value of local partnerships.

This year, we forged partnerships with 30 organisations within the mental health sector, spanning from Primary Health Networks in South-Western Sydney to the Mid-North Coast and Western NSW. These forums collectively reached out to 375 individuals, with an immeasurable ripple effect extending to friends and family.

'Let's Talk About Anxiety' forums were hosted in the following locations:

Hastings – Port Macquarie Hastings (Birpai Country) is a rural town on the beautiful Mid-North Coast. After being impacted by 210 days of fire, followed by severe flooding of over 800 homes, the people were suffering psychological distress. The Mayor opened the event and discussed the need for mental health support. Meet the Services showcased four local mental health services, with speakers from Neami National (the regional Head to Health endorsed service), Lifeline suicide prevention, Carers NSW, and headspace Port Macquarie Hastings. Out of this event, Wayahead is now running a monthly Anxiety Support Group in Port Macquarie.



Orange – Uncle Glen Timbery provided the Welcome to Country at Orange, representing the Gweagal People of the Dharawal Nation. Clinical psychologist, Monique Shipp, connected with attendees, answering all their questions, and those who attended listened to the impactful story of the lived experience of anxiety from a local resident. The event was opened by the Mayor of Orange and attended by the Local Member for Orange and in the spirit of breaking down stigma; the Mayor announced that he was personally managing anxiety while working in a high-profile job. Meet the Services included headspace Orange, Likemind, New Access, Grand Pacific Health, and Strong Minds.

Southern Sydney – Wayahead partnered with Sutherland and St George Primary and Community Health, Caringbah Community Health Centre, and St George and Sutherland Mental Health Service, holding the forum at Hurstville Entertainment Centre, in South-East Sydney LHD (SESLHD). 105 people attended, and eight local mental health organisations joined us to introduce themselves for 'Meet the Services.' Senior Clinical Psychologist Dr. Rocco Crino presented his last forum after 20 years working as a presenter for Wayahead and a member of ADAC (Anxiety Disorders Advisory Committee).

Sutherland Shire - Gymea Tradies was the event's location, with an attendance of 95 people. Partners included NSW Health in SESLHD and partnered with eight mental health services. Alison and Alex Li were standout speakers at this event, telling their story of lived experience, living with agoraphobia, and Alex's journey as Alison's carer. Partners included the Sutherland and St George Child & Family Interagency Facilitator, Child, Youth and Family Services, Primary and Community Health, and Caringbah Community Health Centre. A particular thanks is needed for the wonderful Kate Bradshaw.

Wayahead Pyrmont Office – The forum coincided with Carers week, which was held in the first week of October 2022. The forum was a hybrid event, live at the Pyrmont office and online. Wayahead partnered with Mental Health Carers NSW. Presenters included Clinical Psychologist Merrick Powell. The Carers Gateway and One Door Mental Health represented mental health services.

“Thanks for helping the Hastings, as it is definitely a needed service in the Mid North Coast.”

“I gained a better understanding of anxiety and the supports available.”

“Hearing Paul Leonard from Wayahead share his personal story and talking about being kind to himself was very powerful.”



MENTAL HEALTH MONTH



Mental Health Month Theme

The theme for Mental Health Month (MHM) in 2022 was 'Tune In This Mental Health Month'. This included sub-themes of tuning into hope, learning, others, self, and community. Becoming a mental health ally was one of the major hallmarks of this theme. The aim was challenging stigma and discrimination and helping to create a world that is safer and more supportive for people experiencing difficulties with their mental health.

Feedback received highlighted 'Tune In' as a great starting point for connecting with individuals and a chance to provide valuable information and resources with others. Others expressed their appreciation for the 'Tune In' slogan, which encouraged individuals to evaluate their mental health, while some found the 'Tuning into Your Senses' material to be particularly helpful.

Mental Health Month Resources

This year we conducted a Poster Competition for the 'Tune In' theme poster and we had some incredible designs submitted. The winner of this year's MHM poster was Nina Hurr, with her incredibly eye-catching and engaging design as seen above.

45,000 printed resources were distributed throughout NSW for Mental Health Month, fulfilling nearly 300 orders. Among these, the workplaces pack and university tips proved to be the most sought after, closely followed by the 'Tips to Tune In' and theme-related resources.

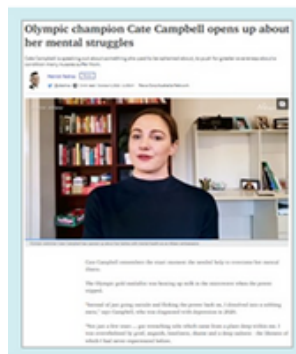
The comprehensive set of resources included the Workplaces Pack, University Tips Pack, Tune in Toolkit, Mental Health Ally Pack, Deadly Tips Poster, and Perinatal Depression and Anxiety (PNDA) information sheets.

Public Relations and Media Engagement

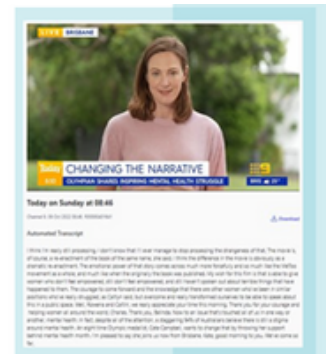
Wayahead partnered with Pure Public Relations to deliver a comprehensive Mental Health Month (MHM) campaign. The campaign aimed to achieve several key objectives, including positioning Wayahead as a leading organisation for mental health, utilising MHM to effectively promote Wayahead’s messaging and resources, increasing awareness of the MHM theme, and generating awareness of the Mental Health Matters Awards.

Throughout the campaign period with Pure Public Relations, Wayahead achieved results with substantial media coverage across mainstream print, digital, and TV news outlets. This success extended to stories featured in niche publications. The campaign results included coverage in 25 diverse media outlets with an estimated reach of 2,775,063, and an approximate advertising value of \$685,634.

Additionally, the Mental Health Month (MHM) advertising campaign in collaboration with JCDecaux extended from September 2022 into 2023. The posters were displayed on bus stops and small-format advertising signs across Sydney CBD, the inner west, north shore, and east.



Herald Sun



Today

90

grant applications
across 5 categories

Mental Health Month Grants

90 grant applications were submitted for Mental Health Month grants across the five categories: General, Youth, Culturally and Linguistically Diverse, LGBTQ+, and Aboriginal and Torres Strait Islander. 40 grants were awarded across these categories, totalling \$35,000 in funding for Mental Health Month-related events and activities across NSW.

35k

in funding for
initiatives across NSW

Grant recipients provided feedback indicating that attendance figures varied, with some reporting between 20 and 50 attendees, while others had 10 to 20 individuals participate in their training or event throughout the month.

Mental Health Month Ambassador

Olympic Swimming Champion Cate Campbell OAM was the 2022 Mental Health Month Ambassador. Cate utilised her platform to share her personal journey with mental health, taking a firm stance in breaking the stigma associated with mental health

Mental Health Matters Awards

The Mental Health Matters Awards event took place at The Waterview in Bicentennial Park and proved to be a great success. The event featured guest speakers Cate Campbell and NSW Mental Health Commissioner, Catherine Lourey. Catherine highlighted the commendable work happening in the community, while Cate shared her personal journey, addressing the challenges of dealing with depression and anxiety while competing at the highest level of swimming.

In memory of the late Julie Leitch, who we sadly lost in early 2022, we have renamed the Lived Experience Award to the Julie Leitch Leadership through Lived Experience Award to honour her enduring legacy. Julie's impact resonates in all our endeavours at Wayahead. We extend a special thanks to Julie's husband, Dennis, and daughter, Amy, for their assistance in presenting this award.



WAYAHEAD WORKPLACES WELLBEING AWARD

Cow, are you going? by The Rural Adversity Mental Health Program and NSW Women in Dairy Partnership

MENTAL HEALTH MATTERS YOUTH AWARD

2021 Need a lift? Youth Photography Competition by NSLHD Child and Youth Mental Health Service

MENTAL HEALTH MATTERS MEDIA AND THE ARTS AWARD

Tiny Universe by Milk Crate Theatre and Shopfront Arts Co-op

MENTAL HEALTH MATTERS COMMUNITY INITIATIVE AWARD

Supporting Refugees and Migrants through Life Mentoring Skills by Mentoring Men

ABORIGINAL SOCIAL AND EMOTIONAL WELLBEING AWARD

Young Aboriginal Mothers Program by Gunawirra

JULIE LEITCH LEADERSHIP THROUGH LIVED EXPERIENCE AWARD

Julie Hering

MENTAL HEALTH MATTERS RAINBOW INCLUSION AWARD

QI Project: Gender Affirmative Practice by Gna Ka Lun Campbelltown Hospital

OUTSTANDING ACHIEVEMENT IN MENTAL HEALTH PROMOTION AWARD

How's Ya Mate? By Lifeline Broken Hill Country to Coast

SMALL STEPS

Through the delivery of seminars to school and preschool staff teams, parents, and teachers, the Small Steps Seminar Program increases awareness of childhood anxiety and early intervention. Real-life examples are used to demonstrate techniques and strategies teachers and caregivers can use with children. With early intervention being a key indicator of improved health outcomes for children living with anxiety, Small Steps aims to build awareness of anxiety and to develop support networks for teachers and parents.

Our team provided seminars and resources to attendees across various communities this year.

- 16 Small Steps seminars were delivered to 366 attendees in the first half of the year.
- The second half of the year improved on this result with 27 seminars reaching 444 attendees, marking a nearly 70% increase from the previous period.

This surge in engagement coincided with a significant transition in schools, shifting from lockdowns and closures to adapting to a post-Covid educational landscape.

Beyond Blue's 2023 research findings, revealed that 86% of teachers considered poor mental health the most significant challenge for Australian students, which highlights the critical importance of the program's work.

Q1 & Q2

366

attendees

16

seminars

Q3 & Q4

444

attendees

27

seminars

70%

increase from the first half of the year





In January 2023, we introduced a new Small Steps seminar - Small Steps: Separation Anxiety (Getting Ready for Big School). Eight of these seminars were conducted in public libraries around Sydney, offering essential support to parents and caregivers.

These seminars were held in collaboration with Local Area Health Districts, School Links Coordinators, and other school networks to expand the reach of the program. There was an average of 41 attendees, while individual school seminars averaged 14 attendees. This data emphasises the value of these partnerships in generating interest, bookings, and larger attendee groups.

810
attendees

43
seminars

95%

of participants expressed intention to implement strategies learned, demonstrating its efficacy.

The future focus of the program includes developing and delivering online Small Steps modules to meet the evolving needs of attendees.

Our journey this year was marked by growth, community impact, and a commitment to providing vital mental health support and education. The program's dedication to innovation and collaboration promises a bright future in the ever-important mission of improving mental health outcomes for students and their families.

“Staff have given positive feedback and are already using the strategies presented at the seminar with success in the classroom and on the playground. Parents have also given positive feedback and formed support groups to stay in touch and provide informal support to each other. The sessions were invaluable to us in a regional setting where access to allied health providers and services is extremely limited.”

- Lauren Shepherd, Principal, Cudal Public School



RESEARCH

A QUALITATIVE INVESTIGATION OF MENTAL HEALTH ACCESS FOR SOCIOECONOMICALLY DISADVANTAGED CHILDREN AND THEIR FAMILIES.

There is evidence that child and adolescent mental disorders are twice as prevalent among families from low socioeconomic backgrounds. A research partnership was formed with the Interrelate and the Centre for Emotional Health at Macquarie University, with Professor Ron Rapee and Sophie Dickson (PhD student) supporting the project. The aim of the qualitative study is to identify barriers and facilitators to mental health service access and engagement as perceived by families with low socio-economic status in Australia.

The fieldwork for the research was conducted between April and August this year. Ethical approval was received, and we conducted four focus groups with young people, parent/carers, and mental health professionals with experience working with low-income families.

An additional 85 families were surveyed as there was a high level of interest in participating in the focus groups. The families were so eager to share their experiences with us. There was a cross-section of diverse families from rural, regional, and metropolitan NSW. The families co-designed solutions as the focus groups were led by the young people and parent/carers. The research project provided very unexpected insights from the families. The results will be included in a report in November 2023.

NATIONAL STIGMA AND DISCRIMINATION REDUCTION STRATEGY

Wayahead made a submission to the National Mental Health Commission on the Draft National Stigma and Discrimination Reduction Strategy.

MENTAL HEALTH MEASURE

New data conducted for Mental Health Month 2022 debunks the notion that mental health stigma is a thing of the past, with 94% of Australians with lived experience of mental health issues saying stigma is prevalent – particularly in the workplace.

Latest research conducted for Mental Health Month into mental health perceptions and realities for those with both lived and non-lived experiences of mental health issues has shown that 84% of people with a mental health issue have been judged or criticised because of it.

The Mental Health Measure 2022 survey, conducted by WayAhead - (Mental Health Association NSW) gained insights from 2000 respondents nationwide, half with lived experience of mental health and half without, revealing that 90% of respondents have, at some point in their life, been afraid or embarrassed to ask for help about their mental health.

Despite most Australians living with mental health issues saying they knew where to get help (84%), only 19% said they got it as soon as they realised issues were arising.

WayAhead's Mental Health Promotion Manager, Asha Zappa, said the data matched what is being seen in the community when it comes to people not asking for help when they need it, due to fear of being judged or viewed differently.

“In our Mental Health Measure findings, we are seeing that although people know where to go, less than a third are getting help within the first few weeks of realising they need it; 39% said it took three months to a year, 20% said it took one year or more, and 10% indicated they are yet to get help. Digging deeper into the findings, it becomes glaringly obvious that Australian workplaces are behind the times when it comes to offering safe and supportive environments for people experiencing mental health concerns.”

Nearly 70% of respondents with lived experience of mental health issues felt stigma was most prominent in the workplace, with only 7% of participants indicating they 'always' felt comfortable speaking about their mental health with their employer. Across all age brackets, the workplace was the front runner when it came to where stigma is most prevalent.

More than half of the respondents (52%) indicated they felt their job had been jeopardised or impacted by stigma related to their mental health.

Mx Zappa said the research showed that the view of those with lived experience of mental health issues matched those of Australians without.

“The majority of Australians (75%) with non-lived experience indicated that 'rarely' do Aussie workplaces provide a safe environment for people experiencing mental health issues and furthermore, just 22% of people felt that in their own workplace, there was 'always' a supportive environment for people with mental health issues. This group of survey respondents overwhelmingly agreed with those with lived experiences – with 91% saying there's still stigma in Australia surrounding mental health.”

Interestingly, when respondents without lived experience were asked if the disclosure of mental health concerns from someone they knew would impact how they saw or treated them, only half (51%) said it would have no impact, with the remaining 49% indicating it would have an impact.

Millennials were the most hesitant to ask for help from their families than any other age group, with 50% of those aged 18-24 choosing family, ahead of workplace, school or friends when asked who they were most afraid or embarrassed to seek help from.

Mx Zappa said conversations about mental health needed to continue in an effort to overcome the stigma, with both sides of the survey showing that people believe public education is key.

“We need to continue educating Australians in our school, workplace, family and community settings,” Asha said. “At WayAhead, we are working hard to reduce the pervasive stigma that still exists around mental health through support programs, education and advocacy.

“Together, we need to lift the veil on mental health and help society understand ways to work with people experiencing mental health concerns and navigate the process with acceptance and without judgement and criticism.”



FINANCIAL REPORT

FOR THE YEAR ENDED 30TH JUNE 2023

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2023

		2023	2022
	Notes	\$	\$
Current assets			
Cash assets	5	1,073,030	1,156,547
Receivables	6	39,259	51,899
Other	7	48,930	27,247
Total current assets		1,161,219	1,235,693
Non-current assets			
Property, plant and equipment	8	4,317	9,767
Right-of-use assets	9	166,565	423,493
Total non-current assets		170,882	433,260
Total assets		1,332,101	1,668,953
Current liabilities			
Payables	10	262,104	287,835
Contract liabilities	11	19,010	33,249
Provisions	12(a)	92,795	106,861
Lease liabilities		212,125	275,563
Total current liabilities		586,034	703,508
Non-current liabilities			
Provisions	12(b)	10,432	23,375
Lease liabilities			<u>199,350</u>
Total non-current liabilities		10,432	222,725
Total liabilities		596,466	926,233
Net assets		<u>735,635</u>	<u>742,720</u>
Members Funds			
Retained funds	16	735,635	742,720
Total Members Funds		<u>735,635</u>	<u>742,720</u>

The Statement of Financial Position should be read in conjunction with the notes to the financial statements.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

	Notes	2023 \$	2022 \$
Revenue from ordinary activities	2	2,077,930	2,161,099
Expenses from ordinary activities:			
Depreciation and amortisation	3	(262,703)	(278,206)
Interest expense	3	(15,688)	(28,663)
Employee benefit expenses		{1,239,504}	(1,190,887)
Professional and consultancy fees		(63,546)	(112,442)
Contracting costs		(115,377)	(94,309)
Other expenses from ordinary activities		{388,197}	{406,079}
Surplus / (deficit) from ordinary activities before income tax expense		(7,085)	50,513
Income tax revenue / (expense) relating to ordinary activities	4		
Surplus / (deficit) from ordinary activities related income tax expense		(7,085)	50,513
Other comprehensive income			
Total comprehensive income attributable to the members of the entity		(7,085)	50,513

The Statement of Profit or Loss and Other Comprehensive Income should be read in conjunction with the notes to the financial statements.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

**STATEMENT OF CHANGES IN MEMBERS' FUNDS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023**

	Retained funds
	<u>\$</u>
Balance at 1 July 2021	
Surplus/(deficit) for the year	692,207
	50,513
Other comprehensive income	<u>742,720</u>
Balance at 30 June 2022	742,720
Surplus/(deficit) for the year	(7,085)
Other comprehensive income	
Balance at 30 June 2023	735,635

The Statement of Changes in Members' Funds should be read in conjunction with the notes to the financial statements.

MENTAL HEALTH ASSOCIATION NSW LIMITED

A.B.N. 11 326 005 224

STATEMENT OF CASH FLOWS

FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

	Notes	2023 \$ Inflows (Outflows)	2022 \$ Inflows (Outflows)
Cash flows from operating activities			
Interest received		920	434
Interest paid		(15,688)	(28,663)
Receipts from government grants		1,923,866	1,910,005
Membership fees		26,585	34,735
Other receipts		349,593	315,937
Payments to suppliers and employees		<u>(2,083,820)</u>	<u>(2,073,855)</u>
Net cash provided by/ (used in) operating activities	15(b)	201,456	158,593
Cash flow from investing activities			
Payments for property, plant and equipment		(22,185)	(4,179)
Proceeds from the sale of property, plant and equipment			<u>18,733</u>
Net cash provided by/ (used in) investing activities		<u>(22,185)</u>	<u>14,554</u>
Cash flow from financing activities			
Lease repayments		<u>(262,788)</u>	<u>(243,750)</u>
Net cash provided by/ (used in) financing activities		(262,788)	(243,750)
Net increase/ (decrease) in cash held		(83,517)	(70,603)
Cash at the beginning of the financial year		<u>1,156,547</u>	<u>1,227,150</u>
Cash at the end of the financial year	15(a)	<u>1,073,030</u>	<u>1,156,547</u>

The Statement of Cash Flows should be read in conjunction with the notes to the financial statements.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 - Statement of significant accounting policies

Financial Reporting Framework

The financial statements are special purpose financial statements prepared for use by the board of the company and have been prepared to meet the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act). The Board members have determined that the company is not a reporting entity as there are no users dependent on general purpose financial statements.

Statement of Compliance

The financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the Australian Charities and Not-for-profits Commission Act 2012, the basis of accounting specified by all Australian Accounting Standards and Interpretations, and the disclosure requirements of Accounting Standards AASB 101: Presentation of Financial Statements, AASB 107: Cash Flow Statements, AASB 108: Accounting Policies, Changes in Accounting Estimates and Errors, AASB 1048: Interpretation of Standards and AASB 1054: Australian Additional Disclosures.

The company has concluded that the requirements set out in AASB 10 and AASB 128 are not applicable as the initial assessment on its interests in other entities indicate that it does not have any subsidiaries, associates or joint ventures. Hence, the financial statements comply with all the recognition and measurement requirements in Australian Accounting Standards.

Basis of Preparation

The financial statements are prepared on an accruals basis and are based on historic costs and do not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of the financial statements.

Accounting Policies

(a) Current Investments

Investments are brought to account at cost or at Board members' valuation. The carrying amount of investments is reviewed annually by the Board to ensure it is not in excess of the recoverable amount of these investments. The recoverable amount is assessed from the investments' current market value. The gains or losses, whether realised or unrealised, are included in net profit.

(b) Plant and equipment

Plant and equipment is brought to account at cost or at an independent Board's valuation.

The depreciable amount of all plant and equipment is depreciated on a straight line basis over the useful lives of the assets of the Company commencing from the time the asset is held ready for use.

The carrying amount of plant and equipment is reviewed annually by the Board to ensure it is not in excess of the recoverable amount from these assets.

The recoverable amount is assessed on the basis of the expected net cash flows which will be received from the assets employment and subsequent disposal. The expected net cash flows have not been discounted to their present values in determining recoverable amounts.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 - Statement of significant accounting policies (continued)

(c) Inventories

Inventories are measured at the lower of cost and net realisable value.

(d) Employee entitlements

Provision is made for the association's liability for employee entitlements arising from services rendered by employees to balance date. Employee entitlements expected to be settled within one year, together with entitlements arising from wages and salaries, annual leave and long service leave which will be settled after one year, have been measured at their nominal amount.

Contributions are made by the Company to employee superannuation funds and are charged as expenses when incurred.

(e) Taxation

The activities of the Company are exempt from income tax.

(f) Revenue recognition

The company is first required to determine whether amounts received are accounted for revenue as per MSB 15: Revenue from Contracts with Customers or Income as per MSB 1058: Income for Not-for-Profit Entities.

Funding arrangements which are enforceable and contain sufficiently specific performance obligations are recognised as revenue under MSB 15. Otherwise, such arrangements are accounted for under MSB 1058, where upon initial recognition of an asset, the entity is required to consider whether any other financial statement elements should be recognised (e.g. financial liabilities representing payable amounts), with any difference being recognised immediately in profit or loss as income.

Revenue is measured at the fair value of the consideration received or receivable. The company recognises revenue when the amount of revenue can be reliably measured, it is probable that future economic benefits will flow to the entity and specific criteria have been met for each of the company's activities as described below. All revenue is stated net of the amount of goods and services tax (GST).

Grants, donations and bequests

Contributed assets

If the company receives assets from the government and other parties for nil or nominal consideration in order to further its objectives, these assets would be recognised in accordance with the recognition requirement of other applicable standards (MSB 9, MSB 16, MSB 116 and MSB 138).

On initial recognition of an asset, the company recognises related amounts (being contribution from owners, lease liabilities, financial instruments, revenue or contract liabilities arising from a contract with a customer).

The company recognises income immediately in profit and loss and the difference between the initial carrying amount and the asset and the related amount.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 • Statement of significant accounting policies (continued)

Operating grants and donations

When the company receives operating grant revenue or donations, it assesses whether the contract is enforceable and has sufficient specific performance obligations in accordance with AASB 15. When both these conditions are satisfied the company identifies each performance obligation relating to the grant, recognises a contract liability for these obligations and recognises revenue as it satisfies its performance

Where the contract is not enforceable or does not have sufficiently specific performance obligations the company either recognises the asset received in accordance with the requirements of other applicable accounting standards, recognises related amounts or recognises income immediately in profit and loss as the difference between the initial carrying amount of the asset and the related amount.

If a contract liability is recognised as a related amount above, the company recognises income in profit and loss when or as it satisfies its obligations under the contract.

Revenue is measured at the fair value of the consideration received or receivable. Amounts disclosed as revenue are net of taxes paid. Revenue is recognised for other items as follows:

- (i) Interest revenue is recognised using the effective interest method, which for floating rate financial **assets** is the rate inherent in the instrument.
- (ii) Other revenue is recognised when the right to receive the revenue has been established.

(g) Receivables

Trade receivables and other debtors are recognised at fair value less provision for doubtful debts. Trade receivables are due for settlement based on normal terms of credit from the date of invoice.

Collectability of trade receivables is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off. A provision for doubtful receivables is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables. The amount of the provision is the difference between the carrying amount of the asset and the total of estimated future cash flows. The amount of the provision is recognised in the statement of profit or loss and other comprehensive income.

The application of AASB 9 has resulted in the need to review the lifetime expected credit loss when assessing any provision for doubtful debts.

(h) Leases

Leases are recognised under Accounting Standard AASB 16: Leases. Applicable leases whether finance or operating in nature are to be recognised on the statement of financial position as liabilities with corresponding right-of-use assets. These leases are measured at their net present values and include future lease payments under an option where that option is reasonably expected to be taken up. The leases are amortised on a straight-line basis over the term of the lease. For operating leases that do not need to meet the requirements under this standard being leases that are less than 12 months or of minor values, and where substantially all the risks and benefits remain with the lessor, these are recognised as expenses

The lease liabilities are measured at the present value of the remaining lease payment. The company's incremental borrowing rate as at 1 July 2019 was used to discount the lease payments.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 • Statement of significant accounting policies (continued)

(i) Cash and cash equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts.

(j) Financial instruments

Initial recognition and measurement

Financial assets and financial liabilities are recognised when the entity becomes party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the association commits itself either purchase or sell the asset (trade date accounting is adopted).

Financial instruments are initially measured at fair value plus transaction costs except where the instrument is classified "at fair value through profit or loss", in which case transaction costs are expensed to profit or loss immediately.

Trade receivables are initially measured at transaction price if the trade receivables do not contain significant financing components.

Classification and subsequent measurement

Financial instruments are subsequently measured at fair value, amortised cost using the effective interest method, or cost. Where available, quoted prices in an active market are used to determine fair value. In other circumstances, valuation techniques are adopted.

Amortised cost is calculated as the amount at which the financial asset or financial liability is measured at initial recognition less principal repayments and any reduction for impairment, and adjusted for any cumulative amortisation of the difference between the initial amount and the maturity amount calculated using the effective interest method.

The effective interest method is used to allocate interest income or interest expense over the relevant period and is equivalent to the rate that exactly discounts estimated future cash payments or receipts (including fees, transaction costs and other premiums or discounts) through the expected life (or when this cannot be reliably predicted, the contractual term) of the financial instrument to the net carrying amount of the financial asset or financial liability. Revisions to expected future net cash flows will necessitate an adjustment to the carrying amount with a consequential recognition of an income or expense item in profit or loss.

Fair value is determined based on current bid prices for all quoted investments. Valuation techniques are applied to determine the fair value for all unlisted securities, including recent arm's length transactions, reference to similar instruments and option pricing models.

As per AASB 9 an expected credit loss model is applied, and not an incurred credit loss model as per the previous applicable standard (AASB 139). To reflect changes in credit risk, this expected credit loss model requires the association to account for expected credit losses since initial recognition.

AASB 9 also determines that a loss allowance for expected credit loss be recognised on debt investments subsequently measured at amortised cost or at fair value through other comprehensive income, lease receivables, contract assets, loan commitments and financial guarantee contracts as the impairment provision would apply to them.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 • Statement of significant accounting policies (continued)

In the case of financial assets carried at amortised cost, loss events may include: indications that the debtors or a group of debtors are experiencing financial difficulty default or delinquency in interest or principal payments; indications that they will enter bankruptcy or other financial reorganisation; and changes in arrears or economic conditions that correlate with defaults.

If the credit risk on a financial instrument did not show significant change since initial recognition, an expected credit loss amount equal to the 12 month expected credit loss is used. However, a loss allowance is recognised at an amount equal to the lifetime expected credit loss if the credit risk on that financial instrument has increased significantly since initial recognition, or if the instrument is an acquired credit impaired financial asset.

The association has adopted the simple approach under MSB 9 in relation to trade receivables, as the loss allowance is measured at the lifetime expected credit loss.

The association reviewed and assessed the existing financial assets on 1 July 2019. It was determined that there was no significant change in credit risk from the date they were initially recognised and no adjustment was required.

Derecognition

Financial assets are derecognised where the contractual rights to receipt of cash flows expire or the asset is transferred to another party whereby the entity no longer has any significant continuing involvement in the risks and benefits associated with the asset. Financial liabilities are derecognised where the related obligations are discharged, cancelled or have expired. The difference between the carrying amount of the financial liability, which is extinguished or transferred to another party, and the fair value of consideration paid, including the transfer of non-cash assets or liabilities assumed, is recognised in profit or loss.

(k) Trade and other payables

Trade and other payables represent liabilities for goods and services received by the association during the reporting period that remain unpaid at the end of the reporting period. The balance is recognised as a current liability with amounts normally paid within 30 days of recognition of the liability.

(l) Goods and services tax

Revenues, expenses and assets are recognised net of the amount of goods are

- (i) where the amount of GST incurred is not recoverable from the taxation authority, it is recognised as part of the cost of acquisition of an asset or as part of an item of expense; or
- (ii) for receivables and payables which are recognised inclusive of GST.

The net amount of GST recoverable from, or payable to, the taxation authority is included as part of receivables or payables.

(m) Provisions

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured. Provisions recognised represent the best estimate of the amounts required to settle the obligation at the end of the reporting period.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 1 • Statement of significant accounting policies (continued)

(n) **Comparative Figures**

Where necessary, comparative figures have been adjusted to conform to changes in presentation in the current year.

(o) **New and Amended Accounting Policies**

The company has considered all new and amended accounting standards effective from 1 July, 2022 none of which are expected to have a significant impact in the future.

	2023	2022
	\$	\$
Note 2 • Revenue		
Membership fees	24,168	31,577
Publication / Promotional sales	22,449	10,343
Donations and bequests	8,576	13,931
Grants received	1,765,190	1,808,452
Interest received	920	434
Other income	256,627	285,681
Income - Support		<u>10,681</u>
	<u>2,077,930</u>	<u>2,161,099</u>

Note 3 • Surplus / (deficit) from ordinary activities

Net gains and expenses

Profit from ordinary activities before income tax expense includes the following specific net gains and expenses:

	2023	2022
	\$	\$
Expenses		
Audit fees	10,200	9,700
Depreciation	262,703	278,206
Interest expense	15,688	28,663
	<u>288,591</u>	<u>316,569</u>

Note 4 - Income tax

As indicated in Note 1, the company is exempt from income tax.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

2022
\$

Note 9 - Non-current assets - Right-of-use assets

The company's lease relates to leased premises which is recognised under MSB 16 in the statement of financial position.

Leased buildings	1,016,383	1,016,383
Accumulated amortisation	<u>(849,818)</u>	<u>(592,890)</u>
Net carrying amount	<u>166,565</u>	<u>423,493</u>
Movements		
Balance at the beginning of the period	423,494	677,589
Additions		
Depreciation charge	<u>(256,929)</u>	<u>(254,095)</u>
Closing net book	<u>166,565</u>	<u>423,494</u>
MSB 16 related amounts recognised in the statement of profit or loss		
Amortisation charge on right-of-use assets	256,929	254,095
Interest expense on lease liabilities	15,688	28,663

Note 10 - Current liabilities - Payables

Income received in advance	25,585	8,278
Trade creditors	60,718	91,212
Sundry creditors & Accruals	121,802	134,346
Rental bonds	<u>53,999</u>	<u>53,999</u>
	<u>262,104</u>	<u>287,835</u>

Note 11 - Current liabilities - Contract liabilities

Grants in advance	<u>19,010</u>	<u>33,249</u>
	<u>19,010</u>	<u>33,249</u>

Note 12 - Provisions

(a) Current

Provision for annual leave	61,437	85,943
Provision for long service leave	<u>31,358</u>	<u>20,918</u>
	<u>92,795</u>	<u>106,861</u>

(b) Non-current

Provision for long service leave	<u>10,432</u>	<u>23,375</u>
	<u>10,432</u>	<u>23,375</u>

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

Note 13 - Segment reporting

Mental Health Association NSW Limited is a non-government organisation actively involved in promoting the understanding of Mental Health problems in the community in New South Wales.

Note 14 - Economic dependency

The company's continuing operations are based on the understanding that there will be future government grants to cover ongoing commitments.

2022
\$

Note 15 - Statement of Cash Flows

(a) Reconciliation of cash

Cash at the end of the financial year as shown in the statement of cash flows is reconciled to the related items in the statement of financial position as follows:

Cash at bank	974,145	1,057,662
Deposits at call	<u>98,885</u>	<u>98,885</u>
	<u>1,073,030</u>	<u>1,156,547</u>

(b) Reconciliation of cash provided by/ (used) in operating activities

Operating surplus / deficit	(7,085)	50,513
Non-cash flows in operating surplus		
Depreciation and amortisation	262,703	278,206
(Profit) / loss on disposal of fixed assets		(8,926)
Changes in assets and liabilities		
(Increase)/ decrease in receivables	12,640	(15,549)
(Increase) / decrease in prepayments	(21,683)	(7,618)
Increase/ (decrease) in payables	(3,871)	28,107
Increase/ (decrease) in contract liabilities	(14,239)	(72,084)
Increase / (decrease) in provisions	<u>(27,009)</u>	<u>(94,056)</u>
	<u>201,456</u>	<u>158,593</u>

The Company has no credit stand-by or financing facilities in place.

There were no non-cash financing or investing activities during the period.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2023

	2023	2022
	\$	\$
Note 16 - Retained funds		
Movements in retained funds are summarised as follows:		
Retained funds at the beginning of the financial year	742,720	692,207
Current year surplus / (deficit)	<u>(7,085)</u>	<u>50,513</u>
Retained funds at the end of the financial year	<u>735,635</u>	<u>742,720</u>

Note 17 - Related party transactions

(a) Key management personnel compensation

Any persons having authority and responsibility for planning, directing and controlling the activities of the entity, directly or indirectly, including any director (whether executive or otherwise) of that entity is considered key management personnel.

The totals of remuneration paid to key management personnel of the company during the year are as follows:

	2023	2022
	\$	\$
Key management personnel compensation	<u>249,555</u>	<u>287,942</u>

(b) Other related party transactions

There were no other related party transactions in the period.

Note 18 - Events subsequent to balance date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company in financial years subsequent to the financial year ended 30 June 2023.

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224 DIRECTORS'

DECLARATION

The directors have determined that the Company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the Directors the financial report:

1. Presents a true and fair view of the financial position of Mental Health Association NSW Limited as at 30 June 2023 and its performance for the year ended on that date.
2. The financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act).
3. At the date of this statement, there are reasonable grounds to believe that Mental Health Association NSW Limited will be able to pay its debts as and when they fall due.

This declaration is made in accordance with a resolution of the Directors and is signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profits Commission Regulation 2022.



Meg Smith OAM
President



Donald Murray
Treasurer

SYDNEY,
2 November 2023

THOMAS DAVIS 6 CO

CHARTERED ACCOUNTANTS

ESTABLISHED 1894

www.thomasdavis.com.au mail@thomasdavis.com.au

MENTAL HEALTH ASSOCIATION NSW LIMITED

A.B.N. 11 326 005 224


**AUDITOR'S INDEPENDENCE DECLARATION UNDER SECTION 60-40
OF THE AUSTRALIAN CHARITIES AND NOT-FOR-PROFITS COMMISSION ACT 2012 TO
THE BOARD MEMBERS OF MENTAL HEALTH ASSOCIATION NSW LIMITED**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2023 there have been:

- (a) no contraventions of the auditor independence requirements of section 60-40 of the ACNC Act in relation to the audit; and
- (b) no contraventions of any applicable code of professional conduct in relation to the audit.



THOMAS DAVIS & CO.



J. G. Ryan

Partner

Chartered Accountants

Sydney
2 November 2023

THOMAS DAVIS 6 CO

CHARTERED ACCOUNTANTS

ESTABLISHED 1894

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INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF MENTAL HEALTH ASSOCIATION NSW LIMITED ABN
11 326 005 224

Opinion

We have audited the financial report of Mental Health Association NSW Limited, which comprises the statement of financial position as at 30 June 2023, the statement of profit or loss and other comprehensive income, statement of changes in members' funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the Directors' declaration.

In our opinion, the financial report of Mental Health Association NSW Limited has been prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, including;

- (a) giving a true and fair view of Mental Health Association NSW Limited financial position as at 30 June, 2023 and of its financial performance for the year then ended; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1 and the Australian Charities and Not for-profits Commission Regulation 2022.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the company in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110: Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter - Basis of Accounting and Restriction on Distribution and Use

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling Mental Health Association NSW Limited financial reporting responsibilities under the Australian Charities and Not-for-profits Commission Act 2012. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Directors for the Financial Report

The Directors of the company are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the needs of the requirements of the Australian Charities and Not-for-profits Commission Act 2012 and is appropriate to meet the needs of the members. The Directors' responsibility also includes such internal control as the Directors determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the Directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes in our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Obtain an understanding of internal control relevant to audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.

Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Directors.

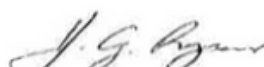
Conclude on the appropriateness of the Directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.

Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



THOMAS DAVIS & CO.



JG RYAN PARTNER

Chartered Accountants

SYDNEY,
2 November 2023

Liability Limited by a scheme approved under professional standards legislation

THANK YOU

ANNUAL REPORT
SPECIAL EDITION:
90 YEARS ANNIVERSARY

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