



Island Mind - Organisational Overview

Purpose + Charitable Objectives

Island Mind is an independent, Board-led charitable organisation (charity status under review) established to improve population mental health outcomes through high-quality research, public education, and system-level reform. The charitable organisation exists to ensure that individuals, carers, clinicians, service leaders, and policymakers have access to the evidence they need to make informed, effective, and compassionate mental health decisions. The charitable objectives of Island Mind are:

1. To advance public health, education, and scientific knowledge by generating national mental health research and intelligence to inform policy, prevention, and system reform.
2. To promote public understanding of mental health through education, stigma reduction, and service awareness.
3. To educate, promote and assist in the advancement of improved mental health outcomes for young people and communities through systems change and policy reform.

Mission

To transform mental health outcomes in island communities by translating research into policy, eradicating stigma, and delivering evidence-based prevention and early-intervention initiatives.

Core Areas of Work

Island Mind operates at the intersection of **research, promotion, and education**, translating evidence into action to strengthen mental health systems. Its core areas of work include:

- Conducting national surveys, situational analyses, and system mapping to identify population-level mental health needs and service gaps;
- Translating research into accessible, actionable insights to inform public policy, service planning, advocacy priorities, and health investment decisions;
- Promoting public understanding of mental health through education, stigma reduction, and service awareness;



- Educate, promote and assist in the implementation of evidence-informed mental health legislation, policy reform, and system improvement, with a strong focus on prevention, early intervention, and youth mental health;
- Supporting the design, implementation, and evaluation of whole-of-system youth mental health policies;
- Embedding co-design approaches that ensure lived experience meaningfully informs advocacy, policy development, and system reform.

Values and Principles

Island Mind's work is guided by the following core values:

- **Collaborative** – We foster partnerships across Ministries, service providers, and community organisations to drive coordinated and sustainable impact.
- **Evidence-based** – All recommendations are grounded in high-quality data, research, and best practices, with a strong focus on prevention and early intervention.
- **Lived experience centred** – People with lived experience of mental health challenges are represented and share their voice at every level, and in every meeting.