

Media Release

Ingrid Stitt MP

Minister for Mental Health

Minister for Ageing

Minister for Multicultural Affairs



Thursday, 14 August 2025

PUTTING WELLBEING AT THE HEART OF VICTORIA'S FUTURE

The Allan Labor Government is taking action to boost the mental health and wellbeing of all Victorians – giving everyone a chance to thrive now and into the future.

Minister for Mental Health Ingrid Stitt today launched *Wellbeing in Victoria: A Strategy to Promote Good Mental Health 2025–2035*, Victoria's first plan to boost wellbeing and reduce mental distress across the community.

One in five Victorians experience a mental health condition each year, and nearly half will face one at some point in their life, but evidence shows that high levels of wellbeing can reduce this risk by up to eight times and significantly improve recovery.

The strategy recognises that achieving wellbeing requires collaboration across all parts of government – from education and housing to transport and jobs – and will embed wellbeing into decision-making across public policy, organisations and institutions.

The strategy drives positive change by supporting schools, businesses, and communities to foster connection and safety, while improving access to public spaces, wellbeing skills, and freedom from discrimination.

The strategy also reflects the growing expectation that wellbeing should be valued alongside economic growth, while supporting reforms to embed Voice, Treaty, and Truth-telling to advance Aboriginal self-determination and improve wellbeing for all Victorians.

The *Wellbeing in Victoria Strategy* delivers on a key recommendation of the *Royal Commission into Victoria's Mental Health System* – putting people at the centre with care and support that is compassionate, accessible, and embedded in community.

The strategy will be delivered through a series of action plans with clear 'markers of change' to track progress, starting with the *Wellbeing Action Plan 2025/26–2026/27* – focused on laying the groundwork for promoting mental health and wellbeing, boosting collaboration across government and using data to guide progress.

For more information, visit health.vic.gov.au/wellbeing-in-victoria-a-strategy-to-promote-good-mental-health-2025-2035.

Quote attributable to Minister for Mental Health Ingrid Stitt

"Good mental health and wellbeing are the foundations of a strong, connected and resilient Victoria – and this strategy is about making sure every Victorian has the opportunity to thrive."

Quote attributable to Parliamentary Secretary for Mental Health and Suicide Prevention Paul Edbrooke

"The Wellbeing Strategy is part of Victoria's landmark mental health reforms, with the vision that all people and communities have what they need for a healthier life, both now and for future generations."

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