



Easy Read



ACT
Government

Mental Health Act review



About Easy Read



Easy Read uses images and simple words to explain things.



We will **bold** and explain words that may be new or hard.



You can find the full details on our website yoursayconversations.act.gov.au/mental-health-act-review



You can get someone to help you read this book.

About this book



This book is from the ACT Government.
When the book says we it means the ACT Government.



This book is about the **Mental Health Act**.
The **Mental Health Act** is a **law**.



This **law** says what mental health care people need.



Sometimes a person is very unwell.
Sometimes a person cannot make safe choices for themselves.



Safe laws

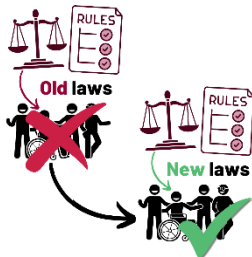


This law says what the person needs to be safe.

What we want to know



We want to know if the law is working well



We want to know if the law should change.



What you say can help make the law better.

Tell us what you think



You need to tell us by 23 October 2026.

You can:



- read the discussion paper
[https://hdp-au-prod-app-act-yoursay-files.s3.ap-southeast-2.amazonaws.com/3417/8754/3246/Mental Health Act 2015 review - Public Discussion Paper.pdf](https://hdp-au-prod-app-act-yoursay-files.s3.ap-southeast-2.amazonaws.com/3417/8754/3246/Mental%20Health%20Act%202015%20review%20-%20Public%20Discussion%20Paper.pdf)



- do the survey online
yoursayconversations.act.gov.au/mental-health-act-review/review-mental-health-act-2015-survey
- share your feedback online
yoursayconversations.act.gov.au/mental-health-act-review/review-mental-health-act-2015-written-submission



- send an email to

mhactreview@act.gov.au



Someone can help you if you need.

Call them between Monday and Friday.

Call 02 5124 6137

How we will use your feedback



What you say will help us know if the **law** needs to change.

We will:



- read your feedback

- write a report



- decide if the law needs to change.



The report will be shared online.

The report will say what feedback we had.

Review topics



Topics in this review may be upsetting.

These topics are:



- mental health

- mental illness



- suicide



- family violence

- domestic violence.

Support services



You can contact support services.

Access Mental Health

Call 1800 629 354



Lifeline

Call 13 11 14



1800RESPECT

Call 1800 737 732

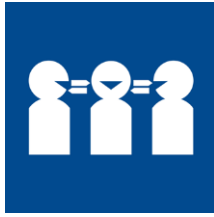


Kids Helpline

Call 1800 55 1800



Call 000 in an emergency if someone is in danger



If you need help with English

Call the free Translating and Interpreting Service. You can call in your language.

Call 131 450

Tell them the phone number you want to call



If you need help to speak or listen

Use the National Relay Service. You must sign up to the service first.

Website

accesshub.gov.au/nrs-helpdesk

Call 1800 555 660

Acknowledgement of Country



Aboriginal and Torres Strait Islander peoples are the First Peoples of Australia.

They have always looked after **Country**.

Country means the land, water, sky and everything in them.



We respect the important connection they have with Country.

Health and Community Services Directorate created this Easy Read document in August 2026. Images used are with permission. Feedback for improvement is welcome.