1. The Queensland Government is committed to improving the mental health and wellbeing of Queenslanders and to reducing the incidence, severity and duration of mental illness and mental health problems.
2. Good mental health and wellbeing affects our ability to cope with the normal stresses of life, work productively and contribute to the community. However many people experience poor mental health with 10.8 per cent of Queenslanders experiencing high or very high levels of psychological distress.
3. Mental illness is also common with one in five Queenslanders experiencing a mental illness in any given year of varying types.
4. The *Early Action:* *Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015-2017* contributes to improving the mental health and wellbeing of Queenslanders and aims to reduce the incidence, severity and duration of mental health problems and mental illness.
5. It focuses attention on the different needs of people at important stages of life to enable Queenslanders to:
* Start Well - setting the foundation for lifelong mental health and wellbeing
* Develop and Learn Well - enabling children and young people to achieve their full potential as they transition to adulthood
* Live Well - living in inclusive and connected communities
* Work Well - supporting productive and connected workplaces
* Age Well - supporting involved and active lives**.**
1. The Queensland Mental Health Commission will monitor and report on implementation of the Action Plan and progress towards improving mental health and wellbeing annually.
2. Cabinet endorsed the *Early Action:* *Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 205-2017* and the *Queensland Mental Health Awareness, Prevention and Early Intervention Action Plan Summary* be publicly released.
3. *Attachments*
* [*Early Action:* *Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015-2017*](Attachments/Plan.PDF)
* [Summary of *Early Action:* *Queensland Mental Health Promotion, Prevention and Early Intervention 2015-2017*](Attachments/Summary.PDF)