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Improving mental health in regional WA

Healthway and DADAA will continue to work together for a further three years to support good mental health through the arts in regional Western Australia and outer-suburban Perth.

DADAA's arts program will be delivered directly into the regional communities of Lancelin, Carnamah, Mullewa, greater Geraldton and Bunbury, maximising participation and increased connection to regional WA to support good mental health.

DADAA executive director David Doyle said the three-year program would have a strategic focus on mental health and wellbeing.

"Rural and remote communities often miss out on long term community arts projects and our Regional and Outer Metro programs will provide a deep and sustained action-based dialogue with WA communities and provide both DADAA and Healthway with the space to develop targeted arts and health responses," he said.

"DADAA has always worked within a community-based model, but what is new is how we are bringing Healthway as a central partner into this space."

WA's Wheatbelt communities will benefit most from the partnership, along with Bunbury, Midland, and Fremantle, through DADAA's revised Annual Program 2023-2025, which will see more than 14,000 people participate - a 45 per cent increase from the previous year.

The exciting new program will target mental health impacts at an engaged level across communities and will support meaningful conversations around mental health.

Healthway Lotterywest CEO Ralph Addis said he was pleased that Healthway would continue to support DADAA over the next three years and that its focus would be delivering the arts program directly to WA's regional communities.

"Creating cultural opportunities for people with a disability, especially in regional WA where access can be limited, is an important and proven pathway to improved mental health," he said.

"Investing in mental health is a strategic way to improve and develop a region's community wellbeing by being part of a diverse and active community of artists."

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DADAA and Healthway, through Act Belong Commit, have enjoyed a long-term partnership, contributing to the health and wellbeing of people with a disability or lived experience of mental illness.

See [here](#) for DADAA's 2023-25 Artistic Program.

Healthway funds sport, arts, racing, and community events to help WA communities create programs and activities that support good health now and into the future. To find out more visit: www.healthway.wa.gov.au.au.

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