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New Regional Mental Health and Suicide Prevention Plan released for South Western Sydney

A new Regional Mental Health and Suicide Prevention Plan has been released for south western Sydney, setting the direction for the next five years to support people experiencing mental health challenges.

A collaboration between South Western Sydney Primary Health Network (SWSPHN) and South Western Sydney Local Health District (SWSLHD), the plan outlines shared priorities to improve access to care, strengthen integration across services and ensure community needs remain at the centre of planning and delivery.

The plan builds on strong foundations established through the previous Regional Mental Health and Suicide Prevention Plan, which brought together primary care, hospital services and community organisations to improve coordination and outcomes across the region.

SWSPHN Acting Chief Executive Officer Amy Prince said the new plan reflected a shared commitment to improving how people experience mental healthcare.

“The second Regional Mental Health Plan is about coming together to create a future where everyone can find the right support, at the right time, in the right place,” Ms Prince said.

“Solutions must come from the community as well as the health system.”

SWSLHD Chief Executive Sonia Marshall said the plan built on the strength of existing partnerships and the progress already achieved across the region.

“Significant progress has been made for the south western Sydney region through strong collaboration across SWSPHN, SWSLHD, service providers, GPs and people with lived experience,” Ms Marshall said.

“These partnerships have delivered new, innovative and culturally-responsive services which are improving access, integration and outcomes for people experiencing mental health challenges.”

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This activity is supported by funding from the Australian Government through the PHN program.

South Western Sydney PHN is a not-for-profit organisation dedicated to supporting general practitioners, practice nurses and other primary health providers to deliver the best possible care for their patients. Our aim is to improve access to quality local healthcare for all residents living in the Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee LGAs. We acknowledge the traditional custodians of the land, water and skies of South Western Sydney, the Darug, Dharawal and Gundungurra peoples, and pay our respects to Elders past and present.

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The release of the plan was marked with a launch event attended by leaders from across the health and community sectors, highlighting ongoing opportunities for collaboration as the region works towards a more connected, responsive and person-centred mental health system.

“This momentum provides the springboard for the new Regional Mental Health and Suicide Prevention Plan, setting the course to 2030,” Ms Marshall said.