



NATIONAL MENTAL HEALTH
CONSUMER ALLIANCE



Meaningful mental health reform starts with us.

DRIVEN BY JUSTICE



Built on decades of advocacy, we fight for human rights, person-led care, and consumer-led reform—holding systems and power to account.

UNITED FOR CHANGE



A federated alliance of states and territories representing 8000+ mental health consumers.

LED BY LIVED EXPERTISE



We're standing on the shoulders of giants, with 135+ years of collective consumer leadership.

About Us

We are Australia's national peak body for mental health consumers, built by and for people with lived experience of mental health challenges

We believe that those who've walked the path of mental health challenges should lead the way in shaping the systems that affect our lives.

We are not problems to be 'fixed'. The problem is a system that still treats distress as disorder, and diversity as deviance.

Join Us in Reimagining Mental Health



Follow us

@NMHCAlliance



admin@nmhca.org.au



www.nmhca.org.au