

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Budget Estimates 30 & 31 May and 1 June 2012

Question: E12-014

OUTCOME 11: Mental Health

Topic: Mindfulness and Mental Health

Type of Question: Written Question on Notice

Number of pages: 1

Senator: Senator Boyce

Question:

- a) Is the department aware of compelling research that demonstrates that mindfulness and mindful meditation has a dramatically positive impact in reducing stress, anxiety, depression and other mental illnesses?
- b) Does the department have any programs that promote the health benefits of mindfulness?
- c) Is the department doing anything to increase awareness of the value of mindfulness and mindful meditation given that it can have such a dramatic effect on a person's health?

Answer:

- a) The Department is aware of research regarding the effectiveness of mindfulness on high prevalence mood disorders.
- b) c)
The Department funds organisations to provide mental health programs and some of these include mindfulness components. For example:
 - 1. The Black Dog Institute through their 'Bite Back' website focuses on positive thinking and provides information on mindfulness.
 - 2. The Inspire Foundation has a fact sheet on 'Mindfulness in the Classroom'. This fact sheet provides information on mindfulness meditation and is available online at: <http://teachers.reachoutpro.com.au/teaching-resources/lesson-ideas/mindfulness-in-the-classroom/mindfulness---the-facts.aspx>