

Wellbeing Plan 2025-2029 Plan on a page

Vision: Healthy, Connected, Inclusive, and Equitable Communities



Goal 1: Embed respect and inclusion in communities and settings to increase cultural safety, connection and belonging.



Goal 2: Promote relationships that reduce adversity and enhance wellbeing within individuals, families, communities and settings.



Goal 3: Foster mental health and wellbeing awareness and acceptance where all people feel safe and supported.

SITUATION



INPUTS



ACTIVITIES/STRATEGIES



INTERMEDIATE OUTCOMES



LONG-TERM OUTCOMES

Wellbeing is a key priority for the LMPHU, recognising that connected, inclusive and resilient communities are fundamental to improving mental wellbeing and reducing inequities across the Loddon Mallee region.

The [LMPHU Population Health Plan](#) aims to support the delivery of the [Victorian Public Health & Wellbeing Plan](#) 2023-27 through a coordinated, place-based prevention approach that aligns Community Health – Health Promotion Plans, Municipal Public Health and Wellbeing Plans and other local strategies.

The Plan provides a framework for action across the region's nine local government areas and recognises the importance of cross-sector collaboration to strengthen protective factors such as social connection, inclusion, belonging, resilience, cultural safety and community participation.

The outlined Wellbeing strategies focus on equity, inclusion, lived and living experience, and creating the conditions that enable all people and communities to thrive.

This Wellbeing plan has been prepared based on;

- Areas of influence within the LMPHU role and function
- Stakeholder consultations
- Wellbeing [policies and frameworks scan](#) across National and State approaches, and
- Aligning to the [Wellbeing in Victoria: A strategy to promote good mental health, 2025-35, Department of Health](#)

Key initiatives, frameworks and action plans

- [The Pathway to Wellbeing: a change framework](#)
- [Wellbeing Action Plan 2025/26 - 2026/27](#)
- [Victorian Public Health Outcomes Framework](#)
- [Prevention United Evidence Summaries](#)
- [LMPHU Strategic Plan 2026-2030](#)

Loddon Mallee Public Health Unit (LMPHU) Mental Wellbeing [Forum Summary Report](#) 29 April 2025

Place based Wellbeing focussed Networks

Community Health - Health Promotion plans
Municipal Public Health and Wellbeing Plans
MPHWP (9) CHHP 10 of 13 - pg 13 Pop health plan

LMPHU place-based Wellbeing Prevention
Population Health Officers

LMPHU Primary Care & Population Health committees governance structure — established local governance that provides strategic direction, community and stakeholder representation, accountability and oversight to guide LMPHU priorities and action

Population health data - LMPHU Community Data
Profiles and data sources
Lived and Living Experience and Community stories

COLLABORATION:

1. Facilitate and/or support local cross-sector wellbeing networks to support information sharing and guide place-based wellbeing initiatives
2. Embed primary prevention and advocate for lived and living experience voices in our collaborative work
3. Support collective action and advocacy to improve navigation and accessibility of mental wellbeing supports and activities
4. Support the place-based implementation of the Victorian Wellbeing Strategy

CAPACITY BUILDING:

1. Coordinate cross-sector capacity building opportunities; workshops, webinars, and communities of practice
2. Support improved access to meaningful intersectional data for mental wellbeing
3. Share and develop resources to advance inclusive and culturally safe organisations

COMMUNICATION:

1. Create awareness and promote acceptance by amplifying and supporting local celebrations of significance and highlighting issues of importance for priority populations
2. Develop and deliver wellbeing communications and education to promote help-seeking, Aboriginal and Torres Strait Islander self-determination and supportive environments

Connected and collaborative networks

Local stakeholder networks are connected, trusted and collaborative, with clear roles, equitable representation, effective information sharing and alignment to improve mental wellbeing and collective action

Lived and Living Experience Drives Change

Lived and Living Experience is meaningfully represented, valued and embedded in local networks, organisational policies and practice

Local capability and shared understanding

Stakeholders and communities have increased knowledge, confidence and capability to understand local mental wellbeing priorities, navigate supports, and develop and implement effective place-based wellbeing prevention and health promotion initiatives.

Inclusive and culturally safe wellbeing

Stakeholders and communities have increased access to, and capability to provide, culturally safe, inclusive and accessible wellbeing initiatives, services, communications and resources that respond to diverse community needs

Data, evidence and community connection

LMPHU and stakeholders use intersectional wellbeing data, local evidence and community knowledge, alongside opportunities for cultural and community connection, to strengthen understanding, inclusion and place-based wellbeing action

[Victorian Public Health and Wellbeing Outcomes Framework:](#)

Outcome 1.2: Victorians enjoy high levels of mental health

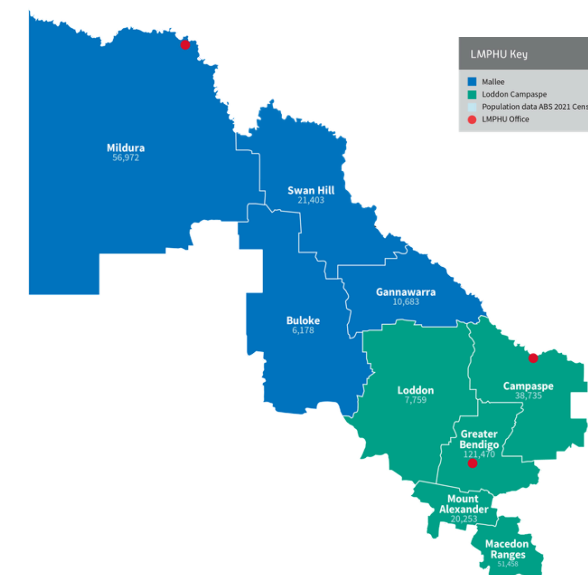
Outcome 1.3: Victorians act to protect and promote health

Outcome 2.1 Victorians are safe and treated with respect

Outcome 2.2 Victorian communities are fair and inclusive

Outcome 2.3: Victorians are free from racism and discrimination

Outcome 5.1: Victorians belong to resilient and liveable communities



Our Approach: A place-based, equity-driven approach that strengthens systems through partnership and collaboration.
Equity lens: Inclusion, Climate justice, lived and living experience, Aboriginal and Torres Strait Islander self-determination.
System Strengthening: Collaboration, capacity building and communication.