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# National Mental Health Report 2013

Tracking progress of mental health  
reform in Australia, 1993-2011

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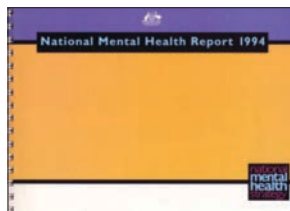
## Guide to the National Mental Health Report series

National Mental Health Report  
1993



Released: March 1994  
Coverage: 1992-93 'baseline year'

National Mental Health Report  
1994



Released: May 1995  
Coverage: Progress in 1993-94

National Mental Health Report  
1995



Released: July 1996  
Coverage: Progress to 1994-95

National Mental Health Report  
1996



Released: March 1998  
Coverage: Progress to 1995-96

National Mental Health Report  
1997



Released: March 1999  
Coverage: Progress to 1996-97

National Mental Health Report  
2000



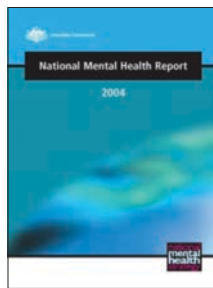
Released: November 2000  
Coverage: Progress to 1997-98

National Mental Health Report  
2002



Released: October 2002  
Coverage: Progress to 1999-2000

National Mental Health Report  
2004



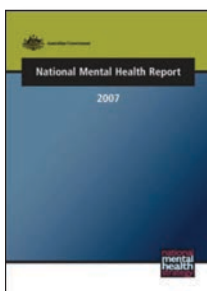
Released: November 2004  
Coverage: Progress to 2001-02

National Mental Health Report  
2005



Released: December 2005  
Coverage: Progress to 2002-03

National Mental Health Report  
2007



Released: February 2008  
Coverage: Progress to 2004-05

National Mental Health Report  
2010



Released: December 2010  
Coverage: Progress to 2007-08

National Mental Health Report  
2013



Released: October 2013  
Coverage: Progress to 2010-11

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## About the cover

### Cover image

NEG, *Landscape of the Mind*, 2005, watercolour on paper, 32 x 24 cm  
The Cunningham Dax Collection. [www.daxcentre.org](http://www.daxcentre.org)

### Artist Profile

NEG has had an experience of mental illness since the age of nine. Following participation in the Prahran Mission's 2nd Story Program, she took a place as an artist in their Stables Studio. NEG has undertaken a Writing and Editing course at RMIT and various art therapy sessions. She has also worked as a secondary school teacher and bookshop assistant.

### Artist Statement

"A friend once told me you never want to fight your demons, they always win. You can escape them tho' and **that's what art does:** you're so focussed on what you're doing: get that line just right, that shading there, and so on, that the demons don't even get a look in, unless you're drawing them, and like vampires they really don't like that, (They're 'sprung' as it were) so they just give up out of boredom and wander off until the next time they can take you by surprise." NEG, 2008, *The Borderline Picture Book*.

### About the Cunningham Dax Collection

The Cunningham Dax Collection, amassed over a 70 year period, consists of over 15,000 artworks including works on paper, photography, paintings, sculptural work, journals, digital media and video created by people with an experience of mental illness and/or psychological trauma. The Cunningham Dax Collection is part of the Dax Centre. The Dax Centre promotes mental health and wellbeing by fostering a greater understanding of the mind, mental illness and trauma through art and creativity.

For more information on the Cunningham Dax Collection, The Dax Centre and to view the online gallery of past exhibitions, visit: [www.daxcentre.org](http://www.daxcentre.org)