



MChart Newsletter

3rd edition

Welcome



After a successful two-year trial in the ACT, digital mental healthcare navigation tool MChart, is ready to be launched across the country, changing how mental health resources are found.

Professor Luis Salvador-Carulla
University of Canberra Health Research
Institute (Co-Deputy Director)
Mental Health Policy Unit (Head) MChart
(Project Lead Researcher)

MChart Launch

The official launch of MChart occurred on 9 October 2025 at the National Museum of Australia, Canberra.

Honourable Bill Shorten, University of Canberra Vice-Chancellor and President and ACT Minister for Mental Health, Ms Rachel Stephen-Smith provided opening remarks at the launch.

Mr Shorten stated, "I know the power this tool can have, because I know that departments and planners need to understand how to best allocate scarce resources and how to identify where needs are, as well as what changes have happened over time."

Ms Rachel Stephen-Smith said that the online tool provides, for the first time in the ACT, a level of visibility into the mental health landscape that hasn't been seen before:

"I have absolutely no doubt this is going to help us to plan services to reduce fragmentation and improve connections, ultimately helping us deliver more integrated care,"

The launch was attended by approximately 80 guests in-person and online, including consumers, mental health consumer advocates, mental health community managed organisations, ACT Health, Commonwealth Department of Health Ageing and Disability and many others.

MChart Team at the Launch





Ms Eileen McDonald, a consumer advocate, welcomed the next stages of the MChart roll out and the differences it will make. *"The cry from the community is that we want to know that we are safe, we want to know that there is quality and safety in the provision of services"*



'Breakthrough' digital mental health service map will help plug gaps

After a successful two-year trial in the ACT, digital healthcare navigation tool MChart, is ready to be launched across the country, changing how mental health resources are found.

Five universities and more than 50 researchers and partners, including ACT Health and lived experience advocates, collaborated in shaping MChart into the platform that is ready for roll-out nationally and internationally. Trialled on mental health services in Canberra since December 2022 – the 9th October launch opens the door for the online tool to be used more broadly across other areas of human services.

"It provides the big picture of where services are and where they need to be, it helps navigators understand things like what is open and who is working in them" University of Canberra Professor Rosenberg said. He further stated, *"We think that there's a great deal of scope for it to be used in spaces like disability services and education, these are areas where it can be used to best plan how to deliver better and more efficient services to Australians."*

"I have absolutely no doubt this is going to help us to plan services to reduce fragmentation and improve connections, ultimately helping us deliver more integrated care," ACT Minister for Mental Health, Ms Rachel Stephen-Smith said.

Media related to the launch

<https://www.canberratimes.com.au/story/9085032/new-breakthrough-tool-maps-mental-health-services-nationwide/>

<https://www.abc.net.au/listen/programs/canberra-drive/drive/105851560>

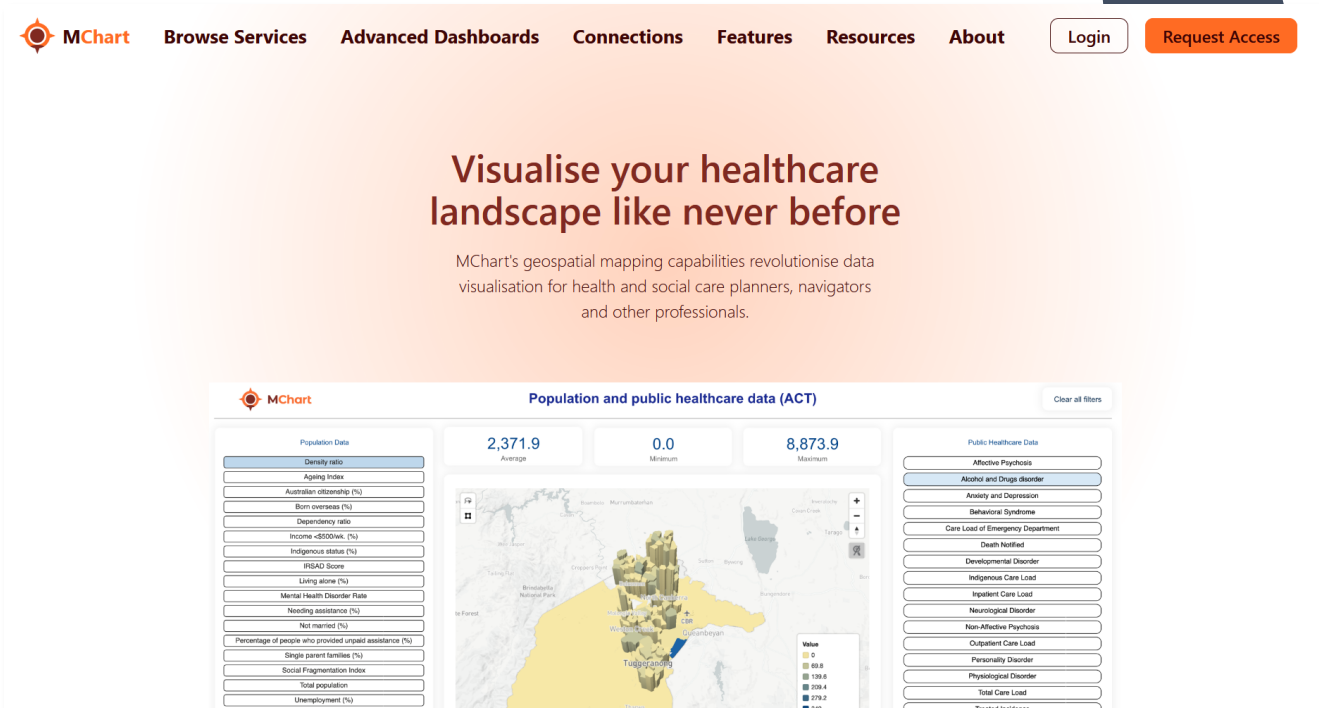
"It's a triumph of interdisciplinary collaboration, it's a triumph for data accuracy, and it is a triumph for anyone who cares about mental health in this country."

Honourable Bill Shorten, University of Canberra Vice-Chancellor and President acknowledged the strength that comes from collaborative research.



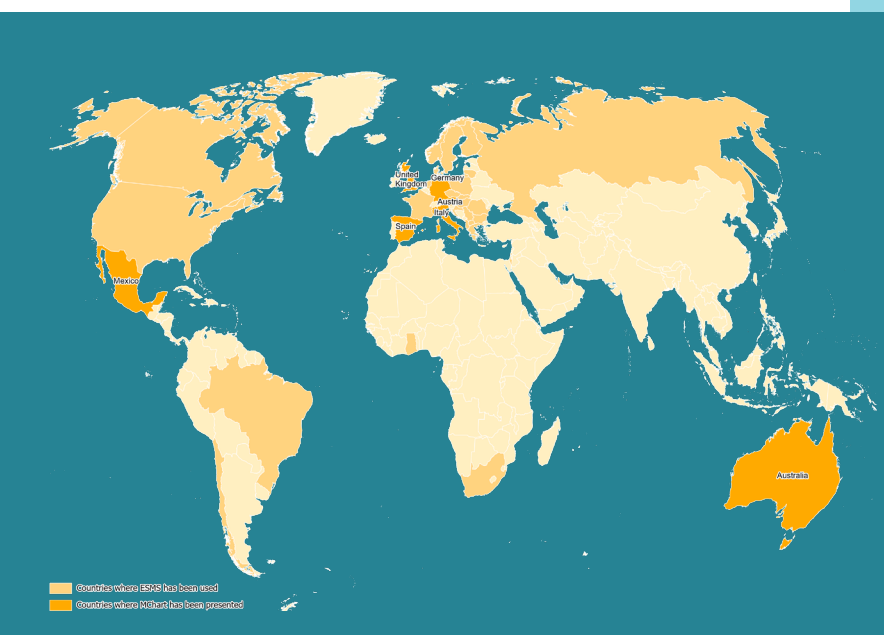
Register Now For Access!

Following the successful launch of the MChart tool the website, mchart.ai, is now live. Register now to gain access to the dashboards visualising the big picture of mental healthcare services, workforce, needs, and data.



International Interest In Mchart

There is already considerable overseas interest in MChart and its associated products. This raises the prospect not only of continuing to build and expand MChart but also to build Australia's capacity to share and compare data.



The Americas

Mexico: System adopted by the National Institute of Public Health Mexico, System presented in March 2025, MoU submitted to UC. Offer to translate MChart to Spanish. Pilot Atlas in Morelos and Mexico DF

Canada: Information requested (Red Cross), Meetings under preparation as part of the GLE

Europe

Spain: Dept of Health Madrid, Basque Country, Balearic Islands, Saint John's God. Meetings under preparation as part of the GLE

Italy: Institute of Public Health (Rome, May 2025), Dept of Health Friuli Veneto Giulia

Austria: University of Viena

Germany: University of Hamburg

United Kingdom: University College of London

Expert Panel

The Expert Panel was instrumental in the development and refinement of MChart and we gratefully acknowledge their contribution. Nine structured Expert Panel meetings were convened between October 2023 and August 2025, with 28 stakeholders. The panels validated definitions, service directories, data layers, and prototype functionality. They also provided iterative feedback that shaped both the Alpha and Beta versions of MChart. The Expert Panel provided 60 recommendations, of which 40 (66%) were partially or fully incorporated into MChart's final design.

Panel Members*

Laura Eason (*ACT Health*), Samantha Gill (*Marymead Catholic Care Canberra & Goulburn*), Paul Mayer (*Office for Mental Health and Wellbeing*), Eileen McDonald (*Lived Experience Consultant*), Dr Elizabeth Moore (*Office for Mental Health and Wellbeing*), Steven Morrison (*Woden Community Service*), Associate Professor Denise Riordan (*Canberra Health Services*), Dr Daniel Rock (*Western Australia Primary Health Alliance*), Jason Thomson (*Australian Institute of Health and Welfare*), Dr Deepa Singhal (*Canberra Child Psychiatry Centre, Clinical Lecturer- Australian National University, Staff Specialist- Canberra Hospital*), Dr Jenny Weeks (*University of Canberra*), Chris Wood (*Capital Health Network*), Tony Stevenson (*Mental Illness Fellowship of Australia*)

*28 members of the Expert panel met through the project to advise on the development and usability of the MChart tool. These members consented to be acknowledged. Members' affiliations reflect the time of their involvement on the Expert Panel.

Next Steps

1. Scale up MChart by:

- Applying it to other jurisdictions in Australia
- Adapting it to care and support systems including: disability, ageing, primary care, culturally and linguistically diverse communities, and First Nations peoples
- Applying it in other countries

2. Developing of a data intelligence platform that incorporates artificial intelligence, environmental and crisis indicators

Project Team

Lead and Investigators

Luis Salvador-Carulla, Rachel Davey, Carlos Garcia Alonso, Sue Lukersmith

Study Team

Manoj Disaayake, MaryAnne Furst, Hossein Tabatabaei- Jafari, Jane Koerner, Sebastian Rosenberg, and Greeshma (Anu) Sunil

Technical Team

Amir Aryani, Nasser Bagheri, Vincent Learnihan, Nakul Nambiar, Jaswanth Marakala, Jose Alberto Salinas Perez, Anna-Maree Syme, Zhouchen Wu, Jihoon Woo

Cybernetics Team

Gabriel Ferraro, Andrew Delaney, Nathan Lindorff

Marketing Consultants

Uwe Dulleck, Rebekah Russell-Bennet, Rob Hudson

Partners

Anais le Gall (*Capital Health Network*), Chris Wood (*Capital Health Network*), Lynette Round (*Bupa Foundation*), Olivia Lynch (*Bupa Foundation*), Elizabeth Moore (*Office of Mental Health and Wellbeing*), Paul Mayers (*Office of Mental Health and Wellbeing*), Alessandro Luongo (*Digital Health Cooperative Research Centre*), Judith Ngai (*Digital Health Cooperative Research Centre*), Annette Schmiede (*Digital Health Cooperative Research Centre*), Win Yee Tan (*Digital Health Cooperative Research Centre*)

Our Partners

This collaborative research involves many universities and health services investigators and partnerships.



Contact Us

If you would like to discuss any information in this newsletter or would like further information about the MChart project, please contact:

Project Lead

Professor Luis Salvador-Carulla
luis.salvador-carulla@canberra.edu.au

Administration

Anu Sunil
MHPU@canberra.edu.au

SELF-CARE TIP

Spend Time in Nature

Nature is a natural mood booster. Even adding an indoor plant to your home can make you feel better! Spending time in nature not only boosts feelings of happiness and positivity, but also enhances focus, inspires creativity, and offers a refreshing sense of awe that can shift our outlook on life. You could:

- Go to the park
- Walk in the bush
- Visit the beach
- Walk barefoot in the grass

* <https://toolkit.lifeline.org.au/articles/techniques/self-care-for-mental-health-and-wellbeing>