

Mindgardens Psychosis Centre

A life worth living. Changing what's possible in psychosis care.



Mindgardens Neuroscience Network brings together the strengths of its members, South Eastern Sydney Local Health District (SESLHD) and UNSW Sydney, with government, health services, researchers and lived-experience leaders.



Health
South Eastern Sydney
Local Health District



UNSW
SYDNEY

About Mindgardens

We work alongside NSW Health, Commonwealth and State governments, Universities, Primary Health Networks, consumer and carer organisations, professional bodies, industry, community and philanthropic partners to improve the lives of people living with complex mental health conditions.

Our FY2027–FY2030 Strategy builds on our foundational work to establish the Mindgardens Psychosis Centre as a single, integrated place where four essential elements come together:

Specialist care

**Research
translation**

Workforce support

**Lived-experience
leadership**

What is psychosis?

Psychosis is a serious health condition that can profoundly disrupt a person's sense of what is real. It may involve distressing hallucinations, such as hearing or seeing things others do not; strongly held beliefs that do not match shared reality; and changes in thinking, emotion and behaviour.

At its most severe, psychosis can disrupt relationships, education, work and everyday life. With the right care and support, people can and do recover.

Psychosis can occur in conditions including schizophrenia, schizoaffective disorder, postpartum psychosis, bipolar disorder, as well as substance use and other medical conditions.

Why psychosis care in Australia must change

Psychosis remains one of the most under-recognised and underfunded areas of healthcare. Too much of the system is still built around crisis rather than recovery.

A MAJOR CHALLENGE

100,000

Australians living with psychosis right now

THE HUMAN COST

10–20 years

of life lost, largely through preventable physical health conditions and suicide

THE ECONOMIC COST

\$5 billion

cost to the Australian economy every year

12.8%

of people living with psychosis experienced homelessness in the previous year

80%

of people living with psychosis are outside paid work

17 years

for research breakthroughs to reach everyday care

THE MINDGARDENS CASE FOR CHANGE

Care over containment. Recovery as the clinical standard. A life worth living.



Our vision: to be Australia's leading comprehensive psychosis centre, investing in a world-class hub and scaling proven models of care, research, education and lived-experience leadership.

So that more Australians can access a life worth living, while our translational research delivers impact nationally and globally.

Two streams, one integrated centre



How we will do this

- Leverage the strength of our members:** combine SESLHD's and UNSW Sydney's clinical and research expertise to align research, clinical and workforce activity, while harnessing other key stakeholders in psychosis.
- Build on our proven programs and research:** scale what works in psychosis care, growing reach across NSW, partnerships and innovation to deliver better outcomes at a national level.
- Lead with lived experience:** consumers, carers and peer workers are embedded in governance, help set research priorities and lead co-design.

What this will mean by 2030, for:

People living with psychosis Recovery-focused care integrating physical and mental health, with earlier access to new treatments and trials	Families and carers Clear, connected care pathways, a genuine voice in service design, and support beyond the clinic	Clinicians and the workforce MindLabs skills, training and capacity building, with research pathways and knowledge shared across NSW and beyond	The health system Faster research translation, transparent outcome reporting, with a cost-effective model ready to scale nationally
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