



Media Release – Embargoed until
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Families at the Cutting Edge of Research

Mental illness is experienced by one in five Australians. Mental Health Week is a national event held in October each year; this year Sunday 4 October – Saturday 10 October. It provides an opportunity for us as a community to work together to raise awareness and reduce the stigma associated with mental illness.

Mental Health Council of Tasmania Executive Officer, Michelle Swallow said today “The theme for Mental Health Week this year is ‘Let’s Make a Difference.... Understand, Support and Act’. We can make a difference by better understanding mental health, by supporting people with a mental illness and by taking actions in our communities and workplaces that support mental health and wellbeing”.

“Many Tasmanians living with a mental illness are supported by their families, friends or other carers, and it is especially important that we support these families and carers by understanding the issues for them, and having a knowledge of the services that are able to assist if required”, Ms Swallow said.

“The Mental Health Council of Tasmania is holding a symposium today ‘**Families at the Cutting Edge of Research**’ to showcase the work being done in Tasmania and interstate in the mental health sector”.

The Symposium is being facilitated by the Mental Health Council of Tasmania as part of the National Building Capacity in Community Mental Health Family Support and Carer Respite Project, funded by the Australian Government under the Mental Health Respite Program.

“Key note speakers include; Barbara Hocking OAM Executive Director of SANE Australia, who be presenting ‘Listening to and supporting the supporters – a real issue’, and Elizabeth Crowther, EO of the Mental Illness Fellowship Victoria, who along with Frances Sanders Business Services Manager ARAFEMI Vic, will be discussing ‘How to manage complex issues in carer respite?’

The Symposium is being held at the Tramsheds, 4 Invermay Road, Launceston from 10:00am – 4:00pm. Barbara Hocking, Elizabeth Crowther and Michelle Swallow will be available for interview at the event between 12:30pm and 1:00pm.

For further information or interview, contact:

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