



Media Release

5 May 2010

From Discrimination to Social Inclusion

Mental health issues are very common. The Australian Bureau of Statistics identifies that half of us will experience a mental health disorder at some time in our lives, and one in five Australians experienced mental illness in the last twelve months.

CEO of the Mental Health Council of Tasmania, Michelle Swallow said today “we are in contact everyday with people affected by mental health problems. They are our friends, our family, and our neighbours. They work along side us; they run our hospitals, our banks and teach our children”.

“The stigma attached to mental ill health often stops people from disclosing. Fear of discrimination stops people talking about their experience, or seeking support. The longer people leave seeking help, the more significant will be their need when they request assistance from health and social services”.

Professor David Adams, Social Inclusion Commissioner will be launching *‘From Discrimination to Social Inclusion – A review of the literature on anti stigma initiatives in mental health’*, on **Thursday 6 May at 11:00am**, on behalf of the Mental Health Council of Tasmania.

Ms Lucy Lester will also be speaking at the launch about her personal experience of living with a mental illness. Ms Lester who supports Australia investing in a national anti-stigma initiative, such as the Scottish See Me Campaign, said “You never know if someone has a mental illness or not. We should never discriminate based on attitudes and ideas that are more often than not wrong”. “Mine is one of the faces of someone with schizophrenia – is it what you expected”?

The launch will be held at Hadleys Hobart, 34 Murray Street, Hobart; media welcome.

Both Professor Adams and Lucy Lester will be available for interview.

For further information and to arrange interviews, contact:

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