



Media Release

6 October 2008

**Launch of Mental Health Week 2008
'Participate 08'
&
Mental Health and Wellbeing Expo**

Mental Health Council of Tasmania Executive Officer, Michelle Swallow said today "This year, we are challenging you to reconsider how you might think about mental health and wellbeing and encourage everyone to participate in Mental Health Week *Participate 08*".

There is a Health and Wellbeing Expo on today **Tuesday 7 October 9:30am – 4:00pm** at the Botanical Gardens, including an entertainment program, a 'Young at Heart Program' on the lawns for young people and a number of presentations by guest speakers throughout the day.

Ms Swallow says we invite the community to "Learn more about how to maintain your mental health and wellbeing. Learn about the services available to help and have a fun and relaxing day in the Royal Tasmanian Botanical Gardens".

There will be 38 service providers from the mental health sector at the event. Organisations like Beyond Blue, Rural Alive & Well Tasmania, Mental Health Services, Hobart Clinic, Wise Employment, Sexual Support Service and Advocacy Tasmania will be in attendance.

These organisations will be on hand to answer your questions, provide information about their services and engage with you in activities.

In addition, today is the formal launch of Mental Health Week by the Hon Lara Giddings Minister for Health, at 10:30am, with entertainment by the Choir of High Hopes.

Interviews will be available at the Expo with Darren Jiggins, mental health consumer; Anne Bevan a local carer, Amanda Quealy CEO of the Hobart Clinic and Michelle Swallow from the Mental Health Council of Tasmania.

For further information and to arrange interviews, contact:

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