



Media Release

7 October 2008

Mental Health Week 2008
Participate (in Purple) 08 Mental Health Forum

There is a Mental Health Forum on tomorrow **Wednesday 8 October 1:00pm – 7:00pm** at the Burnie Docker's Football Club Rooms at West Park, opened by entertainer Ronnie Burns.

The forum will host approximately 35 stall holders, with a mix of government and non-government service providers - naturopaths, belly dancing displays, juggling, hoola hoops, art therapy taster, and a singing workshop.

These organisations will be on hand to answer your questions, provide information about their services and encouraging you to participate.

Mental Health Council of Tasmania Executive Officer, Michelle Swallow said today, "There will be panel discussions with a mix of community sector organisations and government services providers including a General Practitioner and Mental Health Staff discussing a range of topics relating to mental health and wellbeing".

Ms Clare Thompson from the North West Regional Organising Committee said "There is a strong sense of collaboration between government, ngos and the community in the north west region, and this evidenced by the number of contributors today".

In addition, today sees the formal launch of 'Vox Populi' (Voice of the People) the North West Community Choir by Sid Sidebottom, inspired by the Choir of Hard Knocks.

Ronnie Burns is singing with the choir – '*that's what friends are for*'. The choir is a choir of people from the community, where the focus is not on mental illness but on participation in your community.

Interviews will be available at the Forum with Emma Adams, mental health consumer; Clare Thompson from the organising committee and Michelle Swallow from the Mental Health Council of Tasmania.

For further information and to arrange interviews, contact:

Michelle Swallow
Executive Officer
Mental Health Council of Tasmania
0407 600 811 or 6224 9222