



Media Release  
Embargoed until Sunday 5 October 2008

## **Mental Health Week 2008 – ‘Participate 08’**

Mental illness is experienced by one in five Australians. Mental Health Week is a national event held in October each year; this year Sunday 5 October – Saturday 11 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 ‘Participate 08’, which begs the question, what does it mean to participate? And more specifically, what does it mean to participate in your mental health and wellbeing?”

“Participation at its most simple can be defined as being a part of something. This may mean belonging to a group, a community, or an event. You may participate in weekly sporting events, a community choir, or be a volunteer for an organisation. Regardless, your participation is making the community a better place to live”, Ms Swallow said.

“We are encouraging everyone to participate in Mental Health Week this year. Events conducted throughout the week will cater for people experiencing mental health issues, families, mental health professionals, young people and the general public; the specific aim being to encourage you to consider your own mental health and take active steps to improve your mental wellbeing”

Statewide there are a number of events and activities occurring, including tomorrow in **Launceston - Monday 6 October 10:00am – 4:00pm at the Albert Hall** - a free event that includes workshops, information stalls, entertainment by local artists and show bags.

The Expo is being opened by Member for Bass Jodie Campbell, and interviews will be available at the Expo with Dylan Connolly, mental health consumer; Kerryal Willis a local carer and Michelle Swallow.

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For further information or interviews, contact:

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