



**Media Release**

10 October 2008

## **World Mental Health Day on Bellerive Boardwalk**

The Mental Health Council of Tasmania and Mental Health Services are pleased to announce an event on the Bellerive Board Walk to mark World Mental Health Day.

World Mental Health Day is held on 10 October each year. It is a global mental health education campaign.

Clarence and Eastern Districts Mental Health Service are hosting a free BBQ on the Boardwalk from 12 noon to 2pm to celebrate the day and raise public awareness of mental health.

There will be belly dancing, Tai Chi, African drums and music by the Road House Ravens.

Mental Health Council of Tasmania Executive Officer, Michelle Swallow said today "that this is an excellent opportunity for the community to learn more about how to maintain their mental health and wellbeing".

"You can learn about the services available to help and have a fun time on the Boardwalk at lunchtime," Ms Swallow said.

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

Mental health issues will affect one in five Australians some time in the next 12 months.

World Mental Health Day 2008 is on 8 October and is celebrated world wide. In Australia, Mental Health Day is coordinated by the Mental Health Council of Australia and the theme that has been set is reflective of the international mental health theme, *Participate 08*.

This theme allows a wide range of interpretations, from advocating for legislative changes to employment policies to promoting volunteerism, rights and responsibilities of carers and consumers, and general awareness raising about mental health in Australia.

There are many fascinating stories out there waiting to be told. We have a number of people available for interview and can assist you to locate people who are willing to speak about their mental health related experiences.

For further information and to arrange interviews, contact:

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