



Media Release
2 October 2008

WARD 1E TOUR DE TASSIE wellto Beauty Point!!!

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 **5 - 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?”

A number of staff from Ward 1E, including nurses, doctors, and allied health along with their community sector organisation partners including Richmond Fellowship, and consumers will certainly be **participating** this year.

This collaborative event is also to promote Mental Health Week and the **Health and Wellbeing Expo** being held in Launceston on Monday 6 October **10:00am – 4:00pm** at the **Albert Hall**, there will be a bike riding team leaving Ward 1E to ride to Beauty Point; approx 50 kms, returning to Launceston Ward 1E at approximately 4:00pm.

This exciting health promotion event also raises awareness of the importance of physical and mental health, and how we all need to consider our own mental health and take active steps to improve our mental wellbeing and live a healthy lifestyle.

Cat Schofield Strategic Nurse Co-ordinator - Ward 1E, said today “Our bike ride aims to promote mental health and physical health, and provides us with a collective goal, highlighting the importance of exercise, promoting team work and most importantly having some fun. “

Ms Schofield will be available for interview at 9:15am outside Ward 1E, where riders will be preparing to commence their ride.

For further information or interview, contact:

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