



Media Release

16 September 2015

Mental Health Council of Tasmania launches Mental Health Week

Thursday 17th September | Parliament Lawns | 1:30pm – 2:30pm

Media Conference 1.45pm – 1.55pm

The Mental Health Council of Tasmania would like to encourage everyone to attend the official launch of Mental Health Week tomorrow afternoon on Parliament Lawns with the Honourable Michael Ferguson MP.

Mental Health Week runs from 4-11 October and is part of the national mental health promotion campaign that is held each year. The theme for 2015 is **'Mental Health Begins with Me.'**

"Mental Health Week encourages everyone to maintain and look after their mental health as they would their physical health. In Tasmania, there is a wide variety of support to be found from organisations across the state and a week such as this is the chance for people to learn more and engage with those services," said Mental Health Council of Tasmania CEO, Connie Digolis.

The launch aims to highlight the week long series of activities and events that will be held around Tasmania in October to support and promote mental health and wellbeing.

"Mental Health Week is an opportunity for people from around Tasmania to come together and have meaningful discussions about mental health and how we can support so many people in our community experiencing mental illness and their carers. This year there are over forty events being held by a wide variety of community groups, local councils and schools to raise awareness and connect people to support services that can assist them. We would also like to let people know that it is not too late to consider holding your own mental health week event in your workplace or community," said Ms Digolis.

As part of the theme, the launch will include a 'promise wall' for attendees to write a personal promise that will be a simple commitment to look after their own mental health in their day-to-day lives.

Local catering company, Lean-To Kitchen, will be at the launch to promote staying social and catching up with friends over a cuppa as a way to maintain your mental health. The Lean-To team will be there in the GASP Mobile food van with mini doughnuts and hot drinks for sale on the day.

Representatives from media organisations are invited to attend the formalities on the day from 1.30pm and there will be interview opportunities with the Hon. Michael Ferguson MP and Connie Digolis to follow at 1.45pm.

Full Program of events available at: <https://www.facebook.com/events/974015212666155/>

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Advice on how to report sensitively and accurately on mental health and suicide can be found at:

<http://www.mindframe-media.info/for-media>