



Media Release

28 September 2016

Mental Health Council of Tasmania launches Mental Health Week

Thursday 29th September | The Tramsheds Function Centre | 11:30am – 12.30pm

The Mental Health Council of Tasmania (MHCT) would like to encourage everyone to attend the official launch of Mental Health Week tomorrow at the Tramsheds Function Centre in Launceston at 11.30am.

Mental Health Week is an annual event in October and is part of the national health promotion campaign. The week is running from 9 – 15 October and we are proud to announce that for this year the theme is 'Mental Health Begins with Me.'

MHCT CEO, Connie Digolis, said that the theme sends an important message that everyone can and should get involved.

"I think Mental Health Week is a wonderful way for people to not only be spreading the message that we are all responsible for our mental health and wellbeing but to do so in a way that is both fun and accessible for everyone."

"We are encouraging schools, workplaces, families and communities to start having these conversations about ways they can improve their mental health as well as ways to support each other in times of need," said Ms Digolis.

The launch aims to highlight the week long series of activities and events that will be held throughout Tasmania in October for communities to support and promote mental health and well-being.

There are over 30 events being held state-wide during Mental Health Week from as far as King Island to Zeehan to Kingborough and beyond. These events include: art exhibitions, community breakfasts, mental health expos, family fun day activities and interactive workshops. Details of events open to the public can be found at www.mhct.org/events

The Launch will be in collaboration with the Lifting the Lid on Mental Health Organising Committee who will be hosting a forum on the 10th October in Launceston. The forum will feature a Q&A style panel comprised of local community members and special guest Dr Mark Cross with the aim to create community discussion around mental health.

The 2015 Tasmanian Mother of the year Lisa King is one of the panel members. Ms King was initially feeling nervous about being on the panel but hopes by sharing her story it may help others.

"It's never easy to admit that you have mental health problems, but I hope by sharing our stories that it may let others know that they aren't alone," said Ms King.

Media Opportunity:

Formalities from 11.30am, Interviews available from 11.55am. Media representatives are welcome to attend the entire event

All Enquiries Contact: Catherine Delpero (MHCT): 0407218198

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

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