



www.mhct.org/mentalhealthweek

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Mental Health Council Launches 'Stronger Together' Video Series for Mental Health Week in 2017

The Mental Health Council of Tasmania (MHCT), is proud to announce the release of five short videos featuring Tasmanians talking about being 'Stronger Together' as part of Mental Health Week for 2017.

Each of the five films are designed to give insight into managing mental health, building resilience and drawing strength from your community, loved ones and mental health heroes in your life. MHCT CEO, Connie Digolis, is excited to be able to showcase these films that celebrate the positive and capture what Mental Health Week is truly about.

"We wanted to produce something that specifically featured Tasmanians talking about their mental health. There are so many campaigns that focus on illness, this is about recognising that for everyone Mental Health is a journey. You can overcome adversity. You can find support in your own community. It's not always easy, but it is possible," said Ms Digolis.

The Stronger Together videos star ordinary Tasmanians who volunteered for the project:

Amber and Diane: Amber is a passionate Mental Health advocate who volunteers with the consumer organisation Flourish Mental Health Action in our Hands Inc. and the Hobart Human Library. She also has a lived experience of mental illness. Diane is Amber's Mother and a volunteer with the Red Cross Mates program. The Mates program aims to reduce social isolation in the community by matching a trained volunteer with participants that could benefit.

VIEW THEIR FILM HERE: <https://vimeo.com/236846040>

Michael: Michael is a Tutor with Save the Children's HIPPY (Home Interactive Program for Parents and Youngsters.) Program He also has a lived experience of mental illness. He enjoys working with young people and is passionate about supporting his Gagebrook community and the Tasmanian LGBTI community.

VIEW HIS FILM HERE: <https://vimeo.com/236845985>

Simon: Simon has had a rough time over the past few years before arriving at the Men's shelter Bethlehem House. He now aspires to speak more about his experiences and journey so far and recently spoke to a group of CEOs as part of the 'CEO Sleep Out'

VIEW HIS FILM HERE: <https://vimeo.com/236846180>

Sally and Willow: Sally is a Mother, Comedian and Children's entertainer. Willow is her 8-year-old daughter who loves horse-riding and making You Tube videos. Willow also has a lived experience of mental health issues.

VIEW THEIR FILM HERE: <https://vimeo.com/236844989>

John: Originally from Sierra Leone, but now a proud Launceston local, John is a Counsellor with the organisation Catholic Care. John is passionate about working with people with refugee and recent migrant backgrounds. John has a lived experience of trauma stemming from the war in Sierra Leone.

VIEW HIS FILM HERE: <https://vimeo.com/236846109>

Interview Opportunities: Catherine Delpero on 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>