

MHCT and sector launches the  
**'Moving Toward a Mentally Healthy Tasmania'** campaign  
**#forallofus**

This morning in Hobart, the Mental Health Council of Tasmania launched a public, year-long campaign – **'Moving Toward a Mentally Healthy Tasmania'**.

During the launch, Kelly – a mental health consumer and staff member at social enterprise, Fresh Start Services – gave the audience a glimpse into her journey. Kelly spoke passionately about how, without the support of community organisations and access to their suite of services, her life trajectory may have been very different.

With searing honesty, Kelly said, ***"I was fortunate enough to gain an interview with start fresh services. 12 months later, I clean at night and I have been working there the longest period I have actually sustained employment since becoming unwell. Looking back, it seems like my life has done a 360. I've changed from not wanting to live anymore to having a life worth fighting for. I believe this once lost soul has found purpose and has found meaning, and I believe I owe this to all the services that has helped me at the right time, and the right place."***



The campaign launch was strongly attended by organisations working in the mental health front line across our state, including: Lifeline Tasmania, Colony 47, Relationships Tasmania, Mental Health Carers and Youth Network of Tasmania (YNOT). Audience members stood together and made a firm commitment to join the movement, pledge their support for a mentally healthy Tasmania, and pass on the message to spread the word right across the state.

MHCT CEO, Connie Digolis, officially launched the campaign, saying, ***"This isn't about demanding more than we deserve, this is about demanding what is right and what we have a right to expect. We deserve a mental health system that ensures all Tasmanians are mentally healthy, resilient and are as well supported as Kelly described. We want to see Tasmanians empowered with an understanding of what they can expect a good mental health system to look like, and recognise how it can meet their or their loved one's needs"***.

Event images can be provided upon request, launch media segments for broadcasters can be downloaded here <https://www.dropbox.com/s/1qf51pc33f53c9e/Mental%20Health%20Council%20Launch%20XDCAM%20SEGS.mov?dl=0> Media enquiries: Julie Martin, Media and Communications Lead, MHCT, 0407616984 or [jmartin@mhct.org](mailto:jmartin@mhct.org)

Pledge your support and join the movement now [www.mhct.org/pledge](http://www.mhct.org/pledge)

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