



2 August 2018

Young people's resilience celebrated with Creative Arts Awards

The Mental Health Council of Tasmania today launched its Creative Arts Awards for young people aged 15 to 25. The theme of the Awards are "How do you *Treat Yo Self?*", with entrants asked to focus their creative work on the things they do to help themselves feel better when times are tough.

The Awards are one of many activities to be held around Tasmania in celebration of Mental Health Week, 7-13 October 2018.

"Sometimes life can be very tough for young people, and we want to recognise and encourage the healthy things they do to help themselves feel better. It could be talking with their mates, going to the beach, or getting their sleep back on track," said Connie Digolis, CEO of the Mental Health Council of Tasmania.

"The Mental Health Council of Tasmania invites young people aged 15 to 25 to submit a creative work that shows us what they do to look after themselves when they are sad or stressed. The theme of the Awards are "How do you *Treat Yo Self?*"

"The Awards have three broad creative categories, being traditional artwork, digital pieces and written composition.

Entries close 24 September 2018, with winners revealed at a ceremony on World Mental Health Day 10 October 2018.

Application packs are available at www.mhct.org. Poster and flier attached.

ENDS-

Available for interview: **Connie Digolis, CEO, MHCT**

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Photo opportunities with young artists in Hobart and Launceston.