



Thursday, 11 October 2018

WINNERS ANNOUNCED! 'How Do You Treat Yo Self' Youth Creative Arts Awards

Yesterday (10 October) Health Minister, Michael Ferguson attended the celebration event at Hadley's Hotel in Hobart for the, 'How Do You Treat Yo Self' Creative Arts Awards, where our winners were announced and our artists' work was showcased. In celebration of Mental Health Week (MHW) in 2018, the Mental Health Council (MHCT) held its inaugural Creative Arts Awards for young people aged 15 to 25. The theme of the art prize was, ["How do you Treat Yo Self?"](#)

Winners in each category were:

Traditional: **TJ Booth (South Hobart)**
Written: **Sally McShane (Youngtown)**
Zara Kernan (Kings Meadow)
Digital: **Tessa Wynne (South Launceston)**

It was a very special evening, with MHCT members, politicians, sector friends and our artists joined by their friends and family to celebrate their creative efforts, enjoy other works and mingle in celebration of their collective talent! Well over 30 entries were received from right across Tasmania, with entrants asked to focus their creative works on sharing with the audience the things they do to help themselves feel better when times are tough. It could be as simple as talking with their mates, going to the beach, or trying to get their sleep back on track. There were three broad creative categories, Written; Digital; and Traditional.

MHCT CEO, Connie Digolis, said, "Last night, the Mental Health Council team felt so privileged to spend time with such an incredible group of young people, their friends and family – who all came together to celebrate the talent and ability of our entrants. MHCT has been coordinating Mental Health Week in Tasmania in recent years, and we felt that beyond that role, it was time we held our own special MHW event for young people. Their creative works showed us all just how important our young people take the issue of self-care and valuing your mental and physical health - whether that be connecting with friends and family, getting your paint or sketch on, going on a walk with your dog, or capturing your thoughts and feelings in your diary or on your device. We thank our young Tasmanians for entering the Art Awards, and sharing with the community how best to, 'Treat Yo Self!'"

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*ENDS – **Images on page 2 and attached to your media release email**

Join the Mental Health Council of Tasmania on [Facebook](#) and [Twitter](#) for regular MHW updates and event stories during Mental Health Week. **#strongertogether**

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Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

beyondblue: 1300 22 4636 www.beyondblue.org.au

For support and guidelines on reporting or portrayal of suicide or mental illness, visit [Mindframe](#)



Zara Kernan (Kings Meadow), winner of the 'Written' category in the MHW 'How Do You Treat Yo Self' Youth Creative Arts Award, with Health Minister, Michael Ferguson MP



TJ Booth (South Hobart), winner of the 'Traditional' category in the MHW 'How Do You Treat Yo Self' Youth Creative Arts Award, with Health Minister, Michael Ferguson MP