



## Media Release

Friday 19 June 2015

### Health Minister launches film to encourage all to Act-Belong-Commit for a mentally healthy Tasmania

Minister for Health, Michael Ferguson MP will be launching a film tomorrow at Albert Hall in Launceston created by key mental health consumer organisation Flourish, Mental Health Action In Our Hands Inc. during Mental Health Week in 2014.

‘Flourish’s ABC of Mental Health’ is an innovative short film that is a compilation of over 100 interviews from around Tasmania answering questions about what we can all do to improve our mental health by following the simple message of Act-Belong-Commit.

Miranda Ashby, Executive Officer of Flourish, is excited about the launch and urges everyone to come along on the day.

“It is important that we look after our mental health as much as we focus on looking after our physical health. This film provides practical ideas from real people and I think everyone can take something positive from it and see how it could work for them. I think the film is a unique way of making mental health inclusive and shifting the focus toward wellbeing at all stages in your life,” said Ms Ashby.

The lead film maker on the project, 19 year old, Zac Lockhart (also a mental health consumer from the North) is proud of the film and says that it has something to offer all ages.

“Mental health issues can affect anyone at any age and it’s important for everyone to take positive steps to maintain their mental health and seek help when needed,” said Mr Lockhart.

The film production was funded through a Mental Health Week grant provided by the Mental Health Council of Tasmania as part of the small grants program delivered each year and supported by the Department of Health and Human Services.

Mental Health Week is held every year in October and in 2015 is from 4-11 October and will once again be an opportunity for the whole Tasmanian community to get involved in events and activities across the state. For more information on Mental Health Week 2015 visit [www.mhct.org/mentalhealthweek.html](http://www.mhct.org/mentalhealthweek.html)

**Media representatives are invited to attend the launch Saturday 20 June from 10.45am – 12.00pm at Albert Hall, 45 Tamar Street, Launceston.** With interview and photo opportunities at **10.45am**  
The event is free and morning tea is included.

**Available for Interview and photo on Saturday, June 20, 2015 10.45am:**

Miranda Ashby, Executive Officer, Flourish

Zac Lockhart, Flourish Regional Advisory Group Member – Consumer representative and film maker

**Please contact:** Miranda Ashby, Executive Officer 0448 185 629

*Flourish Mental Health Action In Our Hands Inc. is an independent organisation which aims to further the interests and needs of mental health consumers in Tasmania. Flourish seeks to provide a strong voice for the views of mental health consumers in Tasmania, develop people's capacity to participate meaningfully in society, and experience fair access to quality services which reflect their needs.*

*Flourish is funded by the Department Of Health and Human Services. <http://flourishtas.org.au/>*