



www.mhct.org/mentalhealthweek

21 September 2017

Tasmanians are 'Stronger Together' for Mental Health Week in 2017

Friday 22nd September | 10:00am – 12:00pm | Franklin Square | Hobart

The Mental Health Council of Tasmania (MHCT) is bringing everyone together to officially launch Mental Health Week for 2017.

Setting aside politics for one morning, representatives from all parties and levels of government will join together with the mental health sector and broader Tasmanian community to acknowledge that improving the mental health of Tasmanians is everyone's responsibility.

MHCT CEO, Connie Digolis, said the Stronger Together theme is just what we need as a community to unite us and support each other to become a more resilient and mentally healthy community.

"We really want this year's Mental Health Week to be something everyone can get involved with. If we look at ways we can build the capacity of Tasmanians to work collectively to improve our health outcomes we could develop a reputation as a state with the best mental health in the country."

"It may sound idealistic, given the challenges that we face within our health system, but we need to stop looking at illness as inevitability. There are ways we can prevent illness, further prevent mental health challenges from escalating and support our fellow members of the community facing ongoing mental health concerns to thrive and lead contributing lives," said Ms Digolis.

The launch aims to highlight how Mental Health Week events and activities focus on the services and resources available within our community and, in particular, how we can be taking steps to maintain our own mental health and well-being.

"In order to demonstrate how we are Stronger Together as a community, we have asked some of our government representatives and community members to contribute their 'piece of the puzzle' in a symbolic gesture of this unity and commitment to working together to build a mentally healthy Tasmania," said Ms Digolis.

There are a wide range of events being held state-wide during Mental Health Week from as far as King Island to Kingborough and beyond. These events include: art exhibitions, community breakfasts, mental health expos, family fun day activities and interactive workshops. Details of events open to the public can be found at www.mhct.org/mentalhealthweek

Advice on how to report sensitively and accurately on mental health and suicide can be found at:

<http://www.mindframe-media.info/for-media>

Media Opportunity:

Formalities from 10.00am, Photo and Filming opp. 'puzzle activity' at 10.25am, Interviews available with Connie Digolis only from 10.40am. Media representatives are welcome to attend the entire event.

All Media Enquiries: Catherine Delpero on 0407218198