



We all have a role to play
6-12 OCTOBER

Mental Health Week Official Launch

Thursday 26 September 2019

1.00pm – 2.00pm (1pm arrival for a 1.15pm start)

TasTAFE Clarence Campus Library

24 September 2019

Media Release

Launching a new theme for Mental Health Week in Tasmania

To coincide with a fortnight of activities happening at TasTAFE Clarence Campus, the Mental Health Council of Tasmania is hosting an official launch of the new Mental Health Week theme for 2019 - 'We all have a role to play'. Mental health and wellbeing matters to all Tasmanians and the new theme acknowledges that as a community we can all be actively doing things every day to support our own mental health and the mental health of our friends, family and colleagues.

Connie Digolis, CEO of MHCT said, *"It's fantastic to see the TasTAFE students engaging with Mental Health Week and embracing the new theme, playing their role by organising events and workshops to promote mental health and wellbeing to staff and other students across the campus."*

Each year we see an increased level of engagement and participation in Mental Health Week events and activities across the state. 2019 is set to be the biggest year to date with over 60 events happening state-wide.

Ms Digolis said, *"It's not just about one week of the year, but rather, going to a Mental Health Week event or activity could be the kickstart someone needs to seek help or find ways to improve their own mental health and wellbeing on an everyday basis."*

Here at MHCT we also want to acknowledge the integral role that media play in reporting on mental health and suicide prevention.

"Mental Health Week is a time to come together as a community and show our support for a common cause. The new theme, 'We all have a role to play', embodies this community spirit and the launch on Thursday is an exciting first chance to share it with all Tasmanians. It's also a great opportunity to promote the program of fun, interactive and informative events happening across the state during Mental Health Week," said Ms Digolis.

Mental Health Week is held in Tasmania from 6-12 October. However, many Tasmanian schools or organisations that work with young people are holding their events outside of the week itself as it coincides with school holidays.

MHCT coordinates activities state-wide and a full comprehensive program of events open to the public can be found via: <https://mhct.org/mentalhealthweek/program/>

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There will be opportunity for photos, filming and short interviews during and at the end of the launch.

Media Enquiries: Cat Delpero 0499 303 007 or Nick Sullivan 62249222 or nsullivan@mhct.org

Available for Interview: Connie Digolis, MHCT CEO and Mitch McPherson, Speak Up Stay ChatTY

Please include the following crisis support services for any story regarding mental health or suicide.

Lifeline: 13 11 14 www.lifeline.org.au

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

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

More information on safely reporting on mental illness or suicide can be found at

<https://mindframe.org.au/> and <https://www.tascharter.org/>