



We all have a role to play  
6-12 OCTOBER

7 October 2019

## Media Release

# Tasmanians Show Unprecedented Level of Support for Mental Health Week

Never before have Tasmanians embraced Mental Health Week as they have in 2019. Tasmanians are clearly passionate about becoming a more mentally healthy state. This week is Mental Health week and it runs through until Saturday.

Connie Digolis, CEO of MHCT said, *"Mental Health Week has a lasting impact beyond one week of the year. It goes beyond awareness or a tokenistic gesture. Tasmanians engage in this week because they want to see a lasting impact, they want to learn more about how to prevent ill-health and where to go when they need extra supports."*

There are over 80 different public events registered as part of the Mental Health Week Program. From King Island to Dunalley and every corner in between there is something going on to celebrate the week. Of the 50 or so events the Mental Health Council is proud to provide funding through our grant program supported by the Tasmanian Government, almost 13,000 Tasmanians will participate. Countless more will engage with the week in some other way.

*"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. 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.

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/>

-ends-

**Media Enquiries:** Cat Delpero 0499 303 007 or Nick Sullivan 62249222 or [nsullivan@mhct.org](mailto:nsullivan@mhct.org)

**Available for Interview:** Connie Digolis, MHCT CEO and event holders across the state (just ask us for details)

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

Lifeline: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)

Suicide Call Back Service: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

beyondblue: 1300 22 4636 [www.beyondblue.org.au](http://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/>

Highlights from today's and tomorrow's public program include (cont. next page):

### South

[Monday 11 am – 2.30pm Wellington Arcade – Complimentary Cararvan \(hosted by Hobart City Council\)](#)

[Monday 1pm – 2pm Glenorchy Library – 'Across Tasmania, it's all in our hands' Art Exhibition \(Hosted by Richmond Fellowship Tasmania\)](#)

[Tuesday 7.30am – 10.30am 6 Florence Street Moonah, Eureka Clubhouse Breakfast](#)

[Tuesday 9:00 am - 4:00 pm 175 Collins Street, Ground Floor Foyer, Roles We Play: An Interactive Installation \(Hosted by Life Without Barriers\)](#)



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## **North & North West**

[Monday 7 October – 4 November, Queen Victoria Museum & Art Gallery Minds Do Matter Art Exhibition](#)

[7 – 12 October 9.30 – 4.30pm, Rosebery Community House, The Wellness Hotel – A Community Check In](#)

[Monday 7 October 2-3pm, Fudge n Good Coffee Main St Sheffield – Art and Mental Health Exhibition](#)

[Tuesday 8 October, Burnie RSL, Mind Your Business \(Small business mental health forum\)](#)

[Tuesday 8 October, 1pm-5pm, Burnie Library, safeTalk: Suicide Alertness for everyone](#)