



We all have a role to play
6-12 OCTOBER

10 October 2019

Media Release

Mental Health Week off to a great start, with more still to come

Mental Health Week is off to a flying start, with workshops, expos and other fun and informative activities being held across the state. With events continuing until Saturday, there are still lots of opportunities for Tasmanians to get involved in some of the 80+ events on offer.

“People have embraced the new theme this year, ‘We all have a role to play’, and the great turn out for the events that have happened already this week shows that Tasmanians are passionate about their mental health and the things they can do to help prevent ill-health for themselves and those around them,” said Ms Digolis.

The Mental Health Council of Tasmania is proud to provide funding for nearly 50 of the events through our grants program, supported by the Tasmanian Government. Almost 13,000 Tasmanians are expected to participate in events across the week, with countless more to engage in some other way.

Connie Digolis, CEO of MHCT said “It’s fantastic to see communities around the state coming together in support of Mental Health Week. The events help to raise long term awareness and give people the chance to learn about small things they can do every day for their own mental health. They’re also a chance for people to learn about the support and services that are available.”

This year there is an unprecedented number of events for Mental Health Week, with over 80 different public events registered for the program. The full program of events can be viewed on the MHCT website <https://mhct.org/mentalhealthweek/program/>

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Media Enquiries: Cat Delpero 0499 303 007 or Nick Sullivan 62249222 or 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

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/>

Highlights from the rest of the Mental Health Week program include (cont. next page):

South

[Thursday 10 October 10:30 – 2:30pm University of Tasmania - Wellbeing Activities @ UTAS](#)



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[Thursday 10 October 5:30 – 6:30pm Fuller’s Bookshop, Hobart - ‘Finding Happy Ground: A practical guide to hope and happiness’ book reading](#)

[Thursday 10 October 7:00 – 9:30pm Hobart Brewing Company - Mental Health Week Comedy Roadshow](#)

[Friday 11 October 5:00 – 7:00pm Dunalley Tasman Neighbourhood House - Great Minds Think Alike \(Movie Night\)](#)

[Saturday 12 October 2:00 – 4:30pm, Cradoc Hall & BBQ Area - A Community Celebration](#)

[8 – 10 October 9:00 am - 4:00 pm 175 Collins Street, Ground Floor Foyer - Roles We Play: An Interactive Installation \(Hosted by Life Without Barriers\)](#)

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](#)

[Thursday 10 October 10:00 – 12:30pm, Wynyard Showground Hall - Strike a Chord, Strike Accord \(Ukulele Workshop\)](#)

[Thursday 10 October 10:30 – 3:00pm, Ulverstone Neighbourhood House - A Day of Art and Crafts](#)

[Thursday 10 October 11:00 – 3:00pm, Anzac Park, Somerset - Burnie Dog Walk](#)

[Friday 11 October 6:30 – 10:00pm, Scottsdale Magpies Football Clubrooms – Check in & Catch up Trivia Night](#)

[Friday 11 October 7:00 – 9:30pm, Portland Memorial Hall - Mental Health Week Comedy Roadshow](#)

[Saturday 12 October 7:00 – 9:30pm, Saint John Craft Beer - Mental Health Week Comedy Roadshow](#)