



1 October 2020



We all have a role to play
5-10 OCTOBER

Media Release

Mental Health Week - an opportunity for Tasmanians to reconnect with their community

Mental Health Week (5-10 October) kicks off next Monday with the theme, 'We all have a role to play'. Mental Health Week gives us all an opportunity to not only reflect on the things we can all be doing, but also on the things we are already doing, and continue to do, to improve our own mental health and wellbeing, and that of our friends and family as we navigate the challenges and uncertainties of 2020.

MHCT CEO, Connie Digolis, said it is inspiring to see Tasmanians recognising the importance of looking after our mental health. "We've seen this year, more than ever, Tasmanians not only talking about their mental health, but also actively taking steps to help maintain and improve their wellbeing. Whether it's taking up new hobbies, finding time for a daily walk, or discovering innovative ways to catch up and check-in with friends and family, it's fantastic how Tasmanians are supporting each other through uncertain times."

Mental Health Week is not just a time to think about the role mental health and wellbeing plays in our lives, it's also an exciting opportunity for Tasmanians to get out and about and reconnect with their communities through fun and informative events and activities being held right across the state -from King Island to Woodbridge. For the first time this year many of these events will be hosted online, allowing more people to get involved whilst complying with COVID physical distancing requirements.

"With everything that's happened this year, Mental Health Week is also a great time to check-in on your own mental health and to reach out and check-in with friends and family." said Ms Digolis. MHCT recently launched a new website, www.checkin.org.au, designed to assist Tasmanians looking for activities, resources and programs to support their mental health. The Tasmanian Government has also established a dedicated phone number providing advice, information and support to assist in these uncertain times. Tasmanians can call 1800 98 44 34 to speak with a trained support worker.

MHCT, with support from the Tasmanian Government, again facilitated the Mental Health Week grant program, providing funds to support Mental Health Week Event organisers. MHCT thanks the Minister for Mental Health and Wellbeing, Hon. Jeremy Rockliff MP, for his continued support of Mental Health Week.

MHCT coordinates a full program of MHW public events right across the state - check out what is happening in your location at: <https://mhct.org/mentalhealthweek/program/>
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Media Enquiries: Nick Sullivan 0405 672 004 or nsullivan@mhct.org

Available for Interview: Connie Digolis, MHCT CEO and event holders across the state (details available upon request)

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/>