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Mental Health Council of Tasmania Media Release

Celebrating Mental Health Week with over 80 events across Tasmania

Mental Health Week in Tasmania kicks off on Saturday. To celebrate the week, there are over 80 events planned across Tasmania, from King Island to the Huon Valley. Many of the events are supported through a small grants program which is coordinated by the Mental Health Council of Tasmania each year, with support from the Tasmanian Government.

MHCT Acting CEO, Bree Klerck, encouraged all Tasmanians to take the opportunity to participate in the events happening across the state, to not only show their support for Mental Health Week, but to also try out new activities that can help boost their mental health and wellbeing.

“There’s everything from bush dances to trivia nights, art, music, storytelling, educational workshops, exhibitions, films, dog walking, gardening, comedy shows and everything in between. Mental Health Week is a great opportunity to get along to these events, connect with your community, and try out new activities that boost your mental wellbeing – we hope that people find something that they really love, and choose to keep doing even after Mental Health Week is over.”

Following its success in 2021, the theme for Mental Health Week this year is again *‘Awareness, Belonging, Connection’*. The theme’s popularity has also seen it adopted in the ACT and Queensland, and by Mental Health Australia as part of World Mental Health Day on 10 October. Ms Klerck said the theme had resonated with Tasmanians, as the recent challenges of the pandemic had emphasized the importance of taking care of our mental health and wellbeing.

“With everything we’ve been through together over the last couple of years, taking care of our mental health and wellbeing has never been more important. That’s one of the great things about Mental Health Week in Tasmania – it’s an opportunity to take stock and check in on our mental health, consider and find new ways to look after our mental wellbeing, and importantly, have conversations about it. Talking about mental health is key in helping to increase awareness, reduce stigma, and encourage us all to get help early if we’re not doing so well.”

Tasmanians keen to get involved in Mental Health Week can visit www.mhct.org/mhw/program to view the full program of events and activities happening across the state.

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More information about Mental Health Week in Tasmania can be found at www.mhct.org/mhw

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/>