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Mental Health Council of Tasmania Media Release

“What do you do to boost your mood?” - Launching Mental Health Week Across Tasmania

Mental Health Week kicks off in Tasmania on Saturday, and to help launch it the Mental Health Council of Tasmania (MHCT) will be travelling the state from Wednesday to hear from communities about some of the things they do to help boost their mental health and wellbeing.

The launch tour will not only promote the upcoming week of events and activities happening across the state, with MHCT CEO, Connie Digolis, explaining the activity was also designed to help people make a conscious link between some of the little things they do and the positive mental health and wellbeing benefits of that activity.

“We’re asking Tasmanians ‘*What do you do to boost your mood?*’. It’s about consciously recognising that ‘doing this makes me feel good’. By helping people make this connection between an activity and the positive impact it has on them, they better understand the suite of tools available to them to stay on top of their mental health and wellbeing.”

Ms Digolis said that it wasn’t necessarily about big activities, noting that many people are already doing lots of these activities regularly, without necessarily linking them to the benefits they have on their wellbeing.

“Many people may not realise that there are a lot of little things that they’re already doing that have a positive impact on their mental health and wellbeing. It might be something as simple as dancing or singing along to your favourite music, taking the dog for a walk, calling a friend for a chat, or taking a nice warm bubble bath.”

MHCT will be setting up between 10am and 12pm in the Elizabeth Street Mall in Hobart on Wednesday, at the Marine Terrace Car Park Plaza in Burnie on Thursday, and on Friday in Launceston’s Brisbane Street mall. They will also be visiting St Helens as part of the Festival of Wellbeing on 14 October.

Ms Digolis acknowledged that MHCT couldn’t visit every part of the state but said there were options for people and communities in other parts of Tasmania.

“Unfortunately, we can’t visit everywhere this week, but we wanted to give everyone a chance to join in, so we’ve created a version of the activity which is available via the MHCT website, that people can print and setup themselves. It doesn’t have to be this week either. We’re encouraging people to run the activity at their school, workplace, or club at any point during October.”

Ms Digolis thanked Tasmanians for their incredible support and participation during Mental Health Week each year and encouraged them to continue their support by getting along to one of the many events happening across the state.

“There are a lot of family friendly events on the program, so it’s a perfect opportunity during school holidays for parents to get out and about with kids and enjoy a range of fun and informative events. We know that mental health is still something of a taboo topic for some people. Mental Health Week is a great opportunity to raise awareness, reduce stigma, and promote activities that have a positive impact on our mental health and wellbeing.”

More details, including a full program of events is available via the MHCT website www.mhct.org/mhw

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Background:

Mental Health Week in Tasmania is coordinated by the Mental Health Council of Tasmania, with support from the Tasmanian Government. This year it runs from 7-15 October, encompassing World Mental Health Day on 10 October.

As part of the coordination, MHCT facilitates a small grants program to help organisations across Tasmania run events to celebrate Mental Health Week.

To launch Mental Health Week MHCT will be travelling to parts of the state with a large banner, asking people to write their answer to the questions “What do you do to boost your mood?” on the banner.

MHCT will be visiting:

Hobart, 4 October, 10am-12pm, Elizabeth St Mall

Burnie, 5 October, 10am-12pm, Marine Terrace Car Park Plaza

Launceston, 6 October, 10am-12pm, Brisbane St Mall

St Helens, 14 October, 11am-4pm, Bendigo Bank Community Stadium (as part of the Break O’Day Council’s Festival of Wellbeing)

A number of landmarks in Burnie, Devonport, Hobart and Launceston will be lit up orange, the official colour of Mental Health Week in Tasmania, during the week as part of the celebrations.

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

A Tasmania Lifeline: 1800 984 434 atasmanianlifeline.com.au/

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

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

Kids Helpline 1800 55 1800 kidshelpline.com.au/

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

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