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Mental Health Council of Tasmania Media Release

Tassie celebrates Mental Health Week

Mental Health Week in Tasmania kicked off over the weekend, with events taking place across the state. The theme this year is *'Awareness, Belonging, Connection'*, which has continued to grow since it was introduced in Tasmania in 2021. The theme has proved so popular that several other states have since adopted it as their own Mental Health Week theme.

Mental Health Week is coordinated each year by the Mental Health Council of Tasmania. CEO Connie Digolis said the week is an opportunity for all Tasmanians to reflect on some of the ways they can look after their own mental health, and participate in activities that have a positive wellbeing benefits.

"Mental Health Week is for all Tasmanians. We know that actively looking after your mental health and wellbeing can prevent you developing longer term issues. That's why this week is so important each year. It's an opportunity to get involved in activities that have a positive impact on your mental health, while also connecting with your community – another important factor that has big benefits to our mental health and wellbeing," said Ms Digolis.

"With everything we've been through together over the past few years people are more aware than they've ever been about their mental health and wellbeing. It's now important that we help people understand the things they can do to look after and even boost their mental health."

Tasmanians have the opportunity to share some of the things they do to help stay on top of their mental health and wellbeing, as part of an activity designed to help people make a conscious link between some of the little things they do and the benefits those things have on their mental health and wellbeing.

"We travelled around the state last week asking people to share what they do to boost their mood. We had some great responses from people, like walking the dog, listening to music, or catching up with friends for a chat. It's often the little activities like these that many of us do every day that have such a big impact on our mental health and wellbeing," said Ms Digolis.

An easy DIY version of the activity is available via the MHCT website, with Ms Digolis suggesting people run it at their school, workplace or club at any point during October.

This year's small grant program, which helps organisations run events during the week, saw a record 61 applications for funding. "Mental Health Week in Tasmania keeps getting bigger every year! It is great to see so many Tasmanian organisations, schools and other communities embracing the week, and recognising the importance of mental health and wellbeing," said Ms Digolis.

Mental Health Week runs until Sunday 15 October. A full program of events is available via the MHCT website www.mhct.org/mhw. A number of landmarks will also be lit up orange across the state to celebrate the week, including in Burnie, Devonport, Hobart and Launceston.

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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.

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/>