

05/06/2024

Mental Health Council of Tasmania Media Release

**Mental Health Week grants open
with a new theme: 'Appreciate the little things'**

The brand new theme for 2024 Mental Health Week in Tasmania is 'Appreciate the little things'. The Mental Health Council of Tasmania (MHCT) officially launched the new theme on Wednesday, coinciding with the opening of the annual Mental Health Week Small Grants Program. Mental Health Week in Tasmania takes place between 5-13 October, encompassing World Mental Health Day on 10 October, with support from the Tasmanian Government.

Acting MHCT CEO, Bree Klerck, said the theme recognised that there are many things we can do that help us stay on top of our mental health.

"We often think that looking after our mental health and wellbeing requires us to invest lots of time and energy. But there are so many little things that we have in our lives and that we often do already that can have a big benefits. Chatting with friends, family, or colleagues, spending time in the garden, hearing your favourite song on the radio... These little things add up and have a big impact on helping us be and stay mentally healthy."

She stressed that everyone has mental health, and that Mental Health Week wasn't just about mental illness.

"We've seen everyone become much more aware of their mental health over the last few years. But I think we've become very focused on looking out for signs that things aren't going well, that we forget there are things we can do to help us stay on top of our mental health and wellbeing."

"Instead of waiting until we notice a dip, I encourage all Tasmanians to be proactive about our mental health. That's what this year's theme is all about!"

Mental Health week in Tasmania is an opportunity each year to promote awareness, encourage prevention, and reduce stigma. Not-for-profit organisations are invited to apply for grants of up to \$2000 to run events and activities during the week that align with these goals.

Ms Klerck said she was looking forward to another year of fun, engaging and informative events across the state.

"In previous years organisations have used grant funding to help them host trivia nights, poetry readings, comedy shows, dog walks and a whole range of other events and activities, from King Island to Eaglehawk Neck. These creative approaches to Mental Health Week events help to highlight that there are so many different things that are good for our mental health and engage Tasmanians that might still feel some stigma around mental health."

Organisations can apply for grants via MHCT's website www.mhct.org/mhw. Grant applications close on Thursday 4 July at 4:00pm.

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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 or Text 0477 13 11 14 lifeline.org.au

Kids Helpline 1800 55 1800 kidshelpline.com.au/

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

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

mindframe.org.au/ and lifeinmind.org.au/the-charter