

**31/07/2024**

Mental Health Council of Tasmania Media Release

## **Take a minute to connect and unwind at The Lounge**

The Mental Health Council of Tasmania (MHCT) is delighted to sponsor 'The Lounge' in Launceston, helping it stay open until the end of winter. The sponsorship is supported through MHCT's innovative 'Take a minute' campaign, which focuses on increasing mental wellbeing literacy in Tasmania.

MHCT CEO, Connie Digolis, said she was excited to be able to support The Lounge after hearing that it had become a place for people to come together, connect and participate in fun activities and learn new skills.

"Take a minute is all about helping people join the dots between some of the little things they have in their lives with the positive impact they have on their mental health and wellbeing. Connection and community are huge factors that contribute to our mental wellbeing – that's why we're delighted to help", she said.

'Take a minute', supported through funding from the Tasmanian Government, encourages Tasmanians to take a proactive approach to their mental health and wellbeing by focussing on aspects of their lives that have a positive impact. This unique approach differs from traditional mental health campaigns which generally encourage people to look out for signs that things aren't going well before seeking support.

"It's important to reach out for support when we notice a dip in our mental health. But just like our physical health, it's just as important to look after our mental health to help lower the risk of us becoming unwell in the first place. That's why we created 'Take a minute'. It encourages Tasmanians take a proactive approach, helping us stay on top of their mental health and wellbeing, instead of waiting until we notice something is wrong before taking action," said Ms Digolis.

The 'Take a minute' campaign is brought to life through the '7 minute challenge', which uses simple prompts to help highlight some of the little things people have in their lives that have a positive impact on their mental health and wellbeing. MHCT will be running a number of '7 minute challenge' workshops at The Lounge over the coming weeks.

The Lounge is run by Launceston Central. Executive Officer, Amanda McEvoy said, "The Lounge has become a community space, with people saying it's helped them with issues around loneliness, anxiety and social isolation."

“I have personally had people tell me they hadn’t left their house in several weeks but saw the information about The Lounge and wanted to come and check it out and that they felt very welcome. We are delighted to have the support of MHCT to help us keep The Lounge open until the end of winter and continue to provide a safe space that is having a positive impact on the mental health and wellbeing of those who visit.”

MHCT will be running a series of 7 minute challenge workshops at The Lounge, with the first one taking place on Friday 2 August at 12pm.

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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/](https://atasmanianlifeline.com.au/)

Lifeline: 13 11 14 or Text 0477 13 11 14 [lifeline.org.au](https://lifeline.org.au)

Kids Helpline 1800 55 1800 [kidshelpline.com.au/](https://kidshelpline.com.au/)

Suicide Call Back Service: 1300 659 467 [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

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

[mindframe.org.au/](https://mindframe.org.au/) and [lifeinmind.org.au/the-charter](https://lifeinmind.org.au/the-charter)