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Mental Health Council of Tasmania Media Release

***Appreciate the little things* this Mental Health Week**

5-13 October

Mental Health Week in Tasmania kicks off on Saturday with a new theme for 2024: Appreciate the little things. The theme is a nod to the positive impact that small activities and actions can have on mental health and wellbeing.

To celebrate Mental Health Week, over 40 events are planned across Tasmania, from Wynyard to the Huon Valley. Many of these events are supported by a small grants program coordinated by the Mental Health Council of Tasmania (MHCT) each year with support from the Tasmanian Government.

MHCT CEO, Connie Digolis, said that Mental Health Week aims to help Tasmanians gain a more holistic appreciation of their mental health and wellbeing.

“It’s common for people to talk about ‘mental health’ when they’re often referring to poor mental health, or even mental illness. But mental health is something we all have. Mental Health Week each year is an opportunity to shift this narrative, and help people understand that mental health as more than just the absence of mental illness.”

The new theme for 2024 highlights the wide range of factors that influence our mental health and wellbeing. While these might seem insignificant in isolation, added together they have a big impact.

“In the same way we exercise and eat healthily to maintain our physical health, there are lots of little things we can do to support our mental health and wellbeing. When we make a conscious connection between these little things - many of which we’re already doing regularly - and the positive impact they have on our mental health, the benefits can be even greater.”

Ms Digolis highlighted Mental Health Week as an important annual ‘positive psychology’ campaign, which encouraged Tasmanians to take a proactive approach to mental health and wellbeing to help them lead happier, healthier, more productive, and fulfilling lives.

“The World Health Organisation describes mental health ‘a state of wellbeing in which the individual realises (their) own abilities, can cope with the normal stress of life, can work productively and fruitfully, and are able to make a contribution to (their) community’. Put like that, it seems logical that mental health should define our strengths and how it enables us to be the best version of ourselves.”

A full program of events can be found via the Mental Health Council website www.mhct.org/program

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