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Mental Health Council of Tasmania Media Release

***Appreciate the little things* this Mental Health Week, 4-12 October**

Mental Health Week in Tasmania kicks off next Saturday 4 October, marking the beginning of a statewide celebration of mental health and wellbeing. The theme, *Appreciate the little things*, returns to highlight the big impact that small, everyday actions and activities can have on our mental health and wellbeing.

Over 60 events are planned across the state - from Somerset to Cygnet - bringing communities together to explore, celebrate, and build mental wellbeing. Many of these events are supported by a small grants program coordinated by the Mental Health Council of Tasmania (MHCT), with funding from the Tasmanian Government.

MHCT CEO, Dan Vautin, said Mental Health Week is a chance for Tasmanians to reflect and join in on activities that help boost their mental health and wellbeing.

“Mental health is something we all have. But often the term is used only in the context of illness or crisis. Mental Health Week helps shift that narrative - encouraging people to see mental health as something that can be positive, and something we can work on and improve.”

The theme *Appreciate the little things* highlights the many small actions and moments that help shape our mental wellbeing - like a walk in nature, a chat with a friend, or that first sip of coffee in the morning. These may seem minor, but together they can make a big difference.

“In the same way that we might exercise to maintain our physical health, there are a bunch of little things we can all do to support our mental wellbeing,” Mr Vautin said.

“In fact, many of these things we’re already doing. But by consciously linking these things - the people, places and activities – to their positive benefits, we build a better understanding of what works for us and remind ourselves to dedicate more time to them.”

A full program of events is available at [www.mhct.org/program](http://www.mhct.org/program)

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