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Mental Health Council of Tasmania Media Release

Family Fun this Mental Health Week, 4-12 October

Mental Health Week starts on Saturday. The theme for 2025, *Appreciate the little things*, highlights the positive impact that small actions and everyday moments can have on mental health and wellbeing.

Mental Health Council of Tasmania CEO, Dan Vautin, encouraged Tasmanians to celebrate by getting involved with some of the 60+ free events being held across the state. "With school holidays underway, it is a perfect opportunity for families to explore events, try new activities, connect with their community, and have fun together."

"Get the kids involved and build healthy habits that nurture and support lifelong mental health and wellbeing."

Mental Health Week runs until 12 October. A full program of events is available at www.mhct.org/program

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