



## Mental Health Month ACT 2018

Coordinated by:  
Mental Health Community Coalition ACT

### Mental Health Month is coming to Canberra

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24 September 2018

#### Celebrate Mental Health Month throughout October.

The 2018 ACT Mental Health Month theme 'Identity & Growth', means knowing who you are, accepting the past and growing into your future. We need to be able to say, "I'm me, I'm okay with me, I wouldn't change a thing". This year Mental Health Month features an amazing calendar of events including a film festival, dragon boating, mindfulness workshops and relaxation activities.

"Too often people with mental ill-health are treated differently to people with other health issues," says MHCCACT Executive Officer, Simon Viereck. "Mental Health Month helps us see people more holistically and focus on their strengths. It also raises awareness of the importance of seeking help early from the range of services available to support peoples recovery."

MHCCACT encourages people to join the conversation online by using the hashtag #iwouldntchangeathing when sharing stories and photos related to Mental Health Month in the ACT.

Mental Health Month is an annual event celebrated in over 100 countries. It is a yearly reminder to celebrate good mental health, to challenge stigma and myths about mental illness, and to reach out in friendship to those who experience mental ill health.

Mental Health Month will be launched in Garema Place on Friday 5<sup>th</sup> October, 4.30-6.30pm, where people can grab a bite to eat under the city lights in a fun, laid-back carnival atmosphere featuring live circus performances, music and face painting. The popular Mental Health & Wellbeing Expo showcasing 70 stalls, music and dance is being held in Garema Place and City Walk in Civic, on Thursday 11 October from 11am – 2pm.

Each year one in five Australians experience a mental health issue. Approximately half of all individuals (45%) will experience issues with mental health in their lifetime. This can affect people's lives at differing levels of severity, from mild to severe and disabling. Early intervention and prevention activities can have significant beneficial consequences for a person's mental health.

Mental Health Month runs throughout the whole month of October in the ACT. The official event calendar is now available on the Mental Health Month website which outlines over 25 events open to the public, many of which are free to attend.

**The full Mental Health Month event calendar is available at [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org)**

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**Images:** Official logos, photos and other resources are available at [www.mentalhealthmonthact.org/resources](http://www.mentalhealthmonthact.org/resources)

Mental Health Week ACT is coordinated by the Mental Health Community Coalition of the ACT in partnership with ACT Health and a collaboration of community organisations.