



Mental Health Month is coordinated each year by the
Mental Health Community Coalition ACT
Email: communications@mhccact.org.au
Phone: 02 6249 7756
Website: www.mentalhealthmonthact.org

Mental Health Month kicks off in the ACT

1ST October 2019 - For Immediate Release

Canberra will come alive this October with over 40 events celebrating Mental Health Month.

Mental Health Month is an annual event celebrated in over 100 countries in an effort to raise awareness of mental illness, reduce stigma associated with mental illness and promote positive mental health and wellbeing.

This October the ACT community can try their hand at table-tennis, take part in an art workshop, join one of the wellness walks, catch a film or play, attend a panel event and much more!

The Mental Health Community Coalition of the ACT (MHCC ACT) coordinates Mental Health Month each year in the ACT. MHCC ACT Executive Officer Simon Viereck is warmed by the communities involvement this year.

"It has been great to see so many groups, organisations and businesses get behind this cause by hosting their own Mental Health Month event and help promote positive mental health in our community."

"I encourage Canberrans to have a look at the full range of events in the calendar on the Mental Health Month ACT website and support these wonderful events."

Mental Health Month will officially kick off in the ACT with a sold-out Comedy Night on October 1 in Dickson where the crowd will get to be entertained by some of the best club comedians in Australia! Following this event there are two other major events:

- 2019 Mental Health & Wellbeing Expo on October 10 (World Mental Health Day) from 11am – 2pm in City Walk, Canberra.
- 2019 Mental Health Month Awards from 3pm on October 29 at Manuka Oval

See the full list of events in the calendar online at www.mentalhealthmonthact.org/calendar.

We also encourage people to jump on social media and continue the conversation online using the hashtag #mentalhealthmonthact and tagging @mentalhealthmonthact.

For full details about Mental Health Month in the ACT visit www.mentalhealthmonthact.org.

Media Contact: Simon Viereck | 02 6249 7756 | Simon.Viereck@mhccact.org.au

Alternative: Maddie Cook | 02 6249 7756 | Maddie.Cook@mhccact.org.au

Images: Official logos, photos and other resources are available at

www.mentalhealthmonthact.org/resources

Mental Health Month ACT is coordinated by the Mental Health Community Coalition of the ACT in partnership with ACT Health and Mental Health Month advisory committee.