

# Mental Health Month Community Ambassadors



## Tim Daly

My name is Tim Daly. I am originally from Melbourne, father to two grown up boys and partner of Donna. I have now lived in Canberra for 30 years, I run a mental health charity, enjoy AFL, music and travel. My own living experience centres around anxiety and depression. One reason that I chose to become an ambassador was to help break the stigma surrounding mental illness.

My experience, through my work with This Is My Brave Australia Inc. and my own mental health struggles, has shown me that stigma exists in many places still including the workplace and that more people need to understand that a mental health issue can be dealt with and managed just like a physical illness and that people are more than just their diagnosis. As an ambassador I hope to be able to guide people through what can be a difficult period and smooth out a few of the bumps.

I also would like to spark further conversation and action regarding men and their mental health. Men, unfortunately, are over represented in self harm deaths at 75% of all incidences and the number is not going down. I would like to see an increased focus on men understanding how to improve their mental health especially through sharing their stories and not being ashamed to admit they need help.