



MENTAL HEALTH MONTH ACT 2022

Awareness, Belonging, Connection

Fact sheet

What is Mental Health Month?

Mental Health Month (MHM) is an annual event celebrated in October Australia and over 100 countries. It is an opportunity to raise community awareness and understanding of mental health, reduce the stigma and discrimination associated with mental health conditions, and promote positive mental health and wellbeing.

It helps to remind us all that mental health is a positive term about wellbeing and happiness, not only about illness. It's something for everyone to think about and a chance to educate and inform people in your local area and community.

Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT (MHCC ACT).

In 2022, MHCC ACT is organising and supporting events during Mental Health Week, from 8 to 16 October, and encourages other events across October in line with the theme of Awareness, Belonging, Connection.

Objectives of Mental Health Month

1. To raise community awareness and understanding of mental health
2. To reduce the stigma and discrimination associated with mental health conditions
3. To promote positive mental, physical, social and spiritual health and wellbeing in the community
4. To encourage people to seek help and practice self-care
5. To provide information about mental health and wellbeing and increase awareness of local services.



Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT (MHCC ACT) with funding from ACT Health.

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How to get involved

There is lots happening across the ACT throughout Mental Health Month. View the full calendar of events at www.mentalhealthmonthact.org/calendar.

Launch event

Come along to Haig Park, Braddon at 2pm on Saturday 8 October to hear the ACT Minister for Mental Health, Emma Davidson, officially launch Mental Health Month. There will be music, arts and fun activities for the whole family.

Mental Health & Wellbeing Community Expo

Join our online community expo from 4 to 7pm on Sunday 9 October to talk to service providers, learn about looking after your wellbeing, see some live entertainment and try some activities for your positive mental health!

The Wellbeing Priori-Tea

Hosting a Wellbeing Priori-Tea is an easy way to show your support for mental health and wellbeing and start a conversation in your workplace, community group or social circles.

The ACT Mental Health Month Awards

The ACT Mental Health Month Awards recognise the achievements of individuals, groups, organisations, businesses and initiatives working to promote and improve understanding, awareness, service provision, and the general mental health and wellbeing of the Canberra community.

Nominations open in July 2022 and the winners will be announced at the official awards ceremony on 14 October.

Community events

There is a remarkable array of Mental Health Month events happening around the ACT this year.

Events that have received grant funding from the Mental Health Community Coalition ACT will be taking place during Mental Health Week from 8 to 16 October.

We also encourage other organisations to run their own event throughout the rest of October. Register your event with us so we can help promote it!

To have your event listed on the online Mental Health Month ACT event calendar, register it at: <https://www.mentalhealthmonthact.org/calendar>.

Find out more about all these events at www.mentalhealthmonthact.org.

