



## Media release

# Join your community for Mental Health Month

29 September 2022

**There is something for every Canberran to enjoy and learn from during Mental Health Month ACT. Whether you have a mental health condition, have a loved one that does, or just want to boost your mental wellbeing, you can get involved in the many events and activities this October.**

"Mental health affects all aspects of our lives and is important to every single one of us," said Mental Health Community Coalition ACT (MHCC ACT) Acting CEO Corinne Dobson.

"Almost half of all Australians have had a mental health condition, but we all benefit from looking after our own mental health and the mental health and wellbeing of our communities. Having a dedicated awareness month helps remind us of the steps we can all take to break down the stigma around mental ill-health, maintain and boost our mental wellbeing, and prioritise mental health in our workplaces, networks and wider community."

Mental Health Month aims 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. The theme for 2022 is '*Awareness, Belonging, Connection*', reflecting the important factors that help people maintain positive mental health and wellbeing.

"We want a Canberra that is kind, connected and caring. Mental Health Month is our opportunity to build positive social connections across the community and check in on our own wellbeing," said ACT Minister for Mental Health Emma Davidson, MLA.

"Supportive and resilient communities have grown out of the COVID-19 pandemic and natural disasters such as bushfires, floods and storms. The ACT is a place where there is always someone to make sure you are not facing these challenges alone. Together, we improve mental health and wellbeing outcomes for all."

Throughout October, Canberra will host a wide range of Mental Health Month community events. This includes the Mental Health Month ACT launch event on 8 October and the online Mental Health & Wellbeing Expo on 9 October, as well as more than 30 other events listed in the Mental Health Month ACT calendar at [www.mentalhealthmonthact.org/calendar](http://www.mentalhealthmonthact.org/calendar).

"This year's Mental Health Month provides an opportunity for all Canberrans to consider and connect with the people and communities they rely on to help them be mentally healthy, through a range of events and activities.

"Many businesses are holding a Wellbeing Priori-Tea in their workplaces, and Canberrans can follow the Mental Health Trail: a series of daily activities to promote positive mental wellbeing," Ms Dobson said.

"On 14 October, we will announce the recipients of the annual ACT Mental Health Month Awards. We are excited to recognise the many exceptional people and initiatives working to promote and improve mental health understanding, awareness, service provision and wellbeing in the Canberra community."

**For full details about Mental Health Month ACT, visit [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org)**



MENTAL HEALTH MONTH<sup>ACT</sup>

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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 Month ACT is coordinated by the Mental Health Community Coalition ACT in partnership with ACT Health and the Mental Health Month ACT Advisory Committee.