

# Launch of Mental Health Month sees a united front among leaders and elders in Canberra on October 1st

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**Mental Health Month will launch on October 1st in a formal ceremony that includes a traditional Nggunawal welcome to country and smoking ceremony. Minister for mental health Emma Davidson will officiate the opening, with Dr Elizabeth Moore and Minister Stephen-Smith also making an address in this live streamed event.**

Mental Health Month ACT is coordinated by the Mental Health Community Coalition (MHCC) of the ACT in partnership with ACT Health and Mental Health Month advisory committee. Mental Health Month runs throughout October in the ACT and encompasses World Mental Health Day on October 10.

MHCC ACT CEO Bec Cody said, “Mental Health Month provides us an important opportunity to bring mental health out into the open. By having these conversations, we help improve understanding and reduce the stigma of mental health issues. Almost half of us will be affected by mental health issues in our lifetimes, and the rest of us will know someone personally who is affected. Knowing where to go and what to do to navigate our mental health is vital.”

Minister for Mental Health Emma Davidson, said the focus on mental health and wellbeing will help Canberrans continue reaching out for support when and where they need, particularly during the COVID-19 lockdown.

“This Mental Health Month will focus on helping Canberrans hear more about the types of support available, where to access them, how to talk about their wellbeing and help one another so more people will be supported and improve their mental health outcomes as we emerge from lockdown,” Minister Davidson said.

“The ACT Government is proud to partner with the Mental Health Community Coalition ACT to raise awareness about mental health and encourage Canberrans to get involved in mental health and wellbeing activities throughout October.”

Dr Elizabeth Moore, Coordinator-General, Office for Mental Health and Wellbeing, said Mental Health Month was an opportunity for Canberrans to learn from the lived experience of mental health champions in their community.

“Events have been developed in partnership with community ambassadors and supporters who have all had experiences with navigating their way to improved mental health and wellbeing. We’re thankful for being able to broadcast their insights into this journey and hope that those who attend the events in October can take away positive tips and practical tools for addressing their needs.”



**MENTAL HEALTH MONTH** ACT



Throughout October Mental Health Month features community events, an online expo of presentations and workshops, the Wellbeing Priori-Tea, the ACT Mental Health Month Awards and invites the whole Canberra community to join the Navigate your mental health Trail. More information on these programs and events can be found on the website [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org) or via social media @mentalhealthmonthact.

**For full details about Mental Health Month programs and event in the ACT visit [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org) or find us on social media @mentalhealthmonthact**

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

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