



## **Mental Health Month Fact Sheet**

**October 2018**

### **What is Mental Health Month?**

Mental Health Week is an annual event celebrated in Australia and over 100 countries. Mental Health Month is designed to raise community awareness and understanding about mental illness, help reduce the stigma and discrimination associated with mental illness, and promote positive mental health and wellbeing.

It also provides an opportunity to educate the wider community about mental health issues.

The key theme for Mental Health Month 2018 in the ACT is **Identity & Growth**.

### **What are the Objectives of Mental Health Month?**

The broad objectives for Mental Health Month are:

- Raise awareness about and promote mental wellness
- Represent positive attitudes towards mental illness - decrease the stigma surrounding mental illness
- Increase help-seeking or preventative behaviours
- Celebrate the achievements and recovery of people who live with mental illness, their families and carers

### **Why be involved?**

Mental Health Week is an opportunity to raise awareness about mental health in your local community. 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.



## **Join in**

There is lots happening across the ACT throughout Mental Health Month. Explore the events on our website and come along. Many are free and some require registration.

If you would like to hold your own event, go for it! There is no need to register with us, but if you want to tell us what you are planning we can help promote you. Just email [communications@mhccact.org.au](mailto:communications@mhccact.org.au) with your event details and we will get in touch.

Holding workplace mental health morning tea is an easy way to show your support for mental health and wellbeing. People could bring biscuits decorated with different moods, fresh fruit and chocolate. Consider giving donations to a mental health charity, or putting up posters to promote mental health.

## **The Mental Health Month launch Carnival Event**

The Mental Health Month Launch Carnival is a free public event that brings the community together to celebrate the launch of Mental Health Month in the ACT. The local community can see live circus performances, listen to music by local artists and grab a bit to eat under the city lights in a fun, laid-back carnival atmosphere!

## **The Mental Health Week Awards**

The Mental Health sector each year recognises organisations and individuals who have made outstanding contributions to improving the health and wellbeing of the ACT community. The winners of the awards will be announced at an awards ceremony at 2 – 4pm on Tuesday, 9 October at the ACT Legislative Assembly, Civic.

## **The Mental Health Week & Wellbeing Expo**

The Mental Health and Wellbeing Expo is all about promoting positive mental health and wellbeing within the community. It also brings service providers working in the health and community sectors together to showcase their services, network and celebrate the work that we do.

The expo is held in City Walk and Petrie Plaza in Civic, on Thursday 11 October, 11am to 2pm. Entry is free and all are welcome. This year, there will be 70 stalls, a sausage sizzle and fun entertainment.