



MENTAL HEALTH MONTH ^{ACT}

Media release

Have a cuppa for mental health this October

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The Mental Health Community Coalition ACT (MHCC ACT) is asking Canberrans to take a break in their workplaces or community in October and make mental health a priority by hosting a Wellbeing Priori-Tea.

During Mental Health Month, the Wellbeing Priori-Tea project aims to bring people together to have a chat over a cuppa, either in person or virtually.

“Talking about our mental health and wellbeing is a great way to raise awareness, foster a sense of belonging, and build connections,” said MHCC ACT Acting CEO Corinne Dobson.

“People can spend up to a third of their week at work, so creating a safe and supportive workplace is key to mental wellbeing across the community.

“It also has proven positive effects for the business, such as improved recruitment, retention and productivity, and reduced absenteeism.”

Since the Wellbeing Priori-Tea program started in 2019, nearly 100 Canberra workplaces have held events.

“This year, we’d like to see if we can double that number,” Ms Dobson said.

Workplaces that register their Wellbeing Priori-Tea event with MHCC ACT will receive a pack with resources to help organise and run their event, as well as information on developing and maintaining mentally healthy workplaces.

Links:

- Wellbeing Priori-Tea: www.mentalhealthmonthact.org/wellbeingprioritea
- Mental Health Month ACT: www.mentalhealthmonthact.org

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Images: Imagery and other resources are available at https://drive.google.com/drive/folders/1_Glj2R-2WzEEYYuV1MQ-d5GiiMCHuwXj?usp=sharing

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.