



Mental Health Month is coordinated each year by the  
Mental Health Community Coalition ACT  
Email: [communications@mhccact.org.au](mailto:communications@mhccact.org.au)  
Website: [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org)

# Take time for positive mental health & wellbeing in Canberra this October

October 1, 2020 – For Immediate Release

**With over 30 community events happening across Canberra for Mental Health Month ACT in October 2020, there are plenty of opportunities for everyone to take some time out for mental health.**

Mental Health Month is an annual event celebrated in over 100 countries in an effort to raise awareness of mental illness, reduce stigma associated with mental illness and promote positive mental health and wellbeing.

MHCC ACT Executive Officer, Simon Viereck, states “Our goal throughout Mental Health Month is to help people find the support they need and reduce the stigma associated with mental illness. We want a Canberra where all people feel free and able to reach out, ask for help and support those in the community who suffer in silence.”

Current statistics show that 1 in 5 Australians experience symptoms of mental health issues, and studies anticipate that this will increase to a quarter of all Australians through the impacts of the coronavirus pandemic in 2020.

The Mental Health Month ACT 2020 theme of ‘Conversations and Connection’ is strongly reflected in the program of events for 2020. With a re-focus on community events through their recently announced event grant recipients there is a wide array of events to engage and connect the community. From walks, talks, games and workshops to art, craft, cooking, photography and a film festival too! Head to the website to see the event calendar: [www.mentalhealthmonthact.org/calendar](http://www.mentalhealthmonthact.org/calendar)

This year Canberrans are also encouraged to take a break and connect in workplaces, communities or social groups and make mental health a priority by hosting a ‘Wellbeing Prioritea’. Get together online, or in person to share a cuppa and conversation and support positive mental wellbeing. All groups who register will receive a resource pack to support conversations around mental wellbeing.

Register at: [www.mentalhealthmonthact.org/wellbeingprioritea](http://www.mentalhealthmonthact.org/wellbeingprioritea)

“At this time it is really important for everyone to connect with their peers and community and have those conversations about the stress we are all experiencing, and what each of us are doing to stay well and resilient”, Mr Viereck said, “it’s a great way to support each other”.

Mental Health Month ACT will launch via Facebook Live at 10am on Saturday October 10 to coincide with World Mental Health Day in 2020.

Mental Health Month ACT raises awareness and understanding of mental illness to reduce the stigma and discrimination associated. It promotes positive mental health and wellbeing across the community and provides information to create awareness around the local services available.

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

**Media Contact:** Simon Viereck | 02 6249 7756 | [Simon.Viereck@mhccact.org.au](mailto:Simon.Viereck@mhccact.org.au)

**Alternative:** Alison Hall | 02 6249 7756 | [Alison.Hall@mhccact.org.au](mailto:Alison.Hall@mhccact.org.au)

**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 of the ACT in partnership with ACT Health and Mental Health Month advisory committee.