



## Media release

# Get involved with Mental Health Month ACT

For immediate release: 28 June 2022

**This October, the ACT will be home to a remarkable array of events for Mental Health Month ACT 2022. There will be something for every Canberran and many ways to get involved: as a participant, stallholder, presenter or performer.**

"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," said Mental Health Community Coalition ACT (MHCC ACT) Acting CEO Corinne Dobson.

"We are focusing our events schedule from 8 to 16 October, but we also encourage organisations, workplaces and communities to hold events throughout the month. We are providing an online calendar of Mental Health Month events registered with us to help promote these activities across the ACT."

Canberrans can find out more or register their own Mental Health Month event in our calendar at [www.mentalhealthmonthact.org/calendar](http://www.mentalhealthmonthact.org/calendar).

## Grant recipient events

"We are pleased to announce the recipients of our Mental Health Month Reimbursement Grants, which help groups and organisations in the ACT host an event," Ms Dobson said.

"This year, we are providing \$23,000 in reimbursement grants to 16 organisations."

The successful recipients are:

- A Gender Agenda
- Belconnen Arts Centre Incorporated
- Canberra Institute of Technology
- Capital Region Community Services
- East African Community Association
- Hawker College
- Marymead
- Menslink
- Mental Illness Education ACT (MIEACT)
- Multicultural Association of Canberra
- Non-Resident Nepali Association of Australia - State Coordination Council ACT
- Perinatal Wellbeing Centre
- Saint Vincent de Paul Society – Compeer Program
- SiTara's Story
- This Is My Brave Australia Inc
- Woden Community Service.

## Mental Health Month ACT 2022 Launch event

**When:** 2 to 4pm on Saturday, 8 October 2022

**Where:** Haig Park (section between Mort and Lonsdale Sts)

The official launch of Mental Health Month ACT will include a speech by the Minister for Mental Health, Emma Davidson, music, arts, fun activities and more for the whole family.



# MENTAL HEALTH MONTH<sup>ACT</sup>

## **Mental Health and Wellbeing Expo**

**When:** 4 to 7pm on Sunday, 9 October 2022

**Where:** Online

The annual Mental Health and Wellbeing Expo promotes positive mental health and wellbeing, where the Canberra community can learn about practical ways to support their mental health, including where to go when they need support.

We are now seeking applications for stallholders, presenters and performers for the Expo. Nominate online at [www.mentalhealthmonthact.org/expo](http://www.mentalhealthmonthact.org/expo).

## **Networking for change**

**When:** 5.30 to 7pm on Tuesday 11 October

**Where:** Online

A new addition to Mental Health Month ACT in 2022, this networking event is for workers in the community-managed mental health sector. This event is presented in partnership with the Canberra Innovation Network.

## **Mental Health Month ACT Awards ceremony**

This is an invitation-only event for Mental Health Month ACT Award nominees. Nominations are currently open. Find out more at [www.mentalhealthmonthact.org/awards](http://www.mentalhealthmonthact.org/awards).

## **Tea Talks**

**When:** 10am and 2pm each day from 10 to 14 October

**Where:** Mental Health Month ACT Facebook Live

Listen to members of the community-managed mental health talking about topics of interest to the Canberra community.

## **Wellbeing Priori-Tea**

Take a break in your workplace or community in October and make mental health a priority by hosting a Wellbeing Priori-Tea!

Find out more and register your event at [www.mentalhealthmonthact.org/wellbeingprioritea](http://www.mentalhealthmonthact.org/wellbeingprioritea).

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

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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.