



Join us in October for

MENTAL HEALTH MONTH ACT

WWW.MENTALHEALTHMONTHACT.ORG



Mental Health Month ACT Virtual Launch

Media Alert, October 8, 2020

Mental Health Month ACT will officially launch on Saturday 10 October at 10am in a live stream event on social media, in celebration of World Mental Health Day.

The 2020 Mental Health Month launch event consists of a video series of interviews conducted with a selection of community mental health providers in the ACT. The videos explore what services and programs are available to the Canberra public, how to engage in them and the benefits others have seen through their own engagement.

The event will be live streamed via Facebook @MentalHealthMonthACT, in an effort to maintain physical distancing and remain COVID safe in 2020. The videos will form part of an ongoing resource to support the mental health journey of Canberrans.

For full details about Mental Health Month in the ACT visit:

www.mentalhealthmonthact.org

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Images: Official logos, photos and other resources are available at 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.