



# MENTAL HEALTH MONTH ACT

## Media release

# Recognising those who care for our mental health

Embargoed until 12.01am, 20 July 2022

**Nominations are now open for the 2022 ACT Mental Health Month Awards, which recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of mental health in the ACT.**

“There are many exceptional people and initiatives working to promote and improve mental health understanding, awareness, service provision and wellbeing in the Canberra community,” said Ms Corinne Dobson, Acting CEO of the Mental Health Community Coalition ACT.

“Especially after the last few years, they deserve recognition for the vital work they do every day, whether in the course of paid employment in the community sector, as a researcher, an individual with lived experience of mental ill-health or a carer of someone who is.”

The awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT, in partnership with the ACT Mental Health Consumer Network, and implemented by the ACT Mental Health Month Advisory Committee.

There are categories for consumers, carers, researchers and organisations, including scholarships.

“Mental Health Month is an opportunity 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 Ms Dobson.

“The 2022 Mental Health Month ACT theme is *Awareness, Belonging, Connection*, and we want to recognise the special members of our community who devote their lives to building those essential elements in our community.”

Nominations for the 2022 Mental Health Month Awards are open until 31 August 2022.

Learn more and nominate at: <https://www.mentalhealthmonthact.org/awards>

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

**Note from the MHCC ACT Board:** “Corinne Dobson has been appointed acting CEO of MHCC ACT while Bec Cody takes personal leave. The MHCC ACT Board is excited to have Ms Dobson in the role while Ms Cody is on leave, but also looks forward to Ms Cody’s return to the role in the first half of 2023.”

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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.