



WAAMH

Western Australian Association
for Mental Health



MEDIA RELEASE

22 September 2015

Fun events for all on the horizon for Mental Health Week

MENTAL Health Week is nearly here, running from 2 – 10 October 2015, and this year's campaign has activities for the whole family state-wide.

Western Australian Association for Mental Health (WAAMH) chief executive officer Rod Astbury urged people to spread the word, attend an event, learn more about looking after their mental health, and reach out to others during Mental Health Week.

“Encouraging help seeking behaviour and linking the public with important community mental health services and resources are two of the key aims of Mental Health Week,” Mr Astbury said.

“Raising awareness, breaking down stigma and helping build mentally resilient communities are also primary goals of this important health campaign, which has been running annually now for nearly 50 years.

“A range of free events incorporating the arts, comedy, music, fitness and community involvement are on offer during Mental Health Week.

“Why not try and get along to some with your friends and family, while supporting this great cause at the same time.”

Mental Health Week offers a unique opportunity to connect with the community and learn more. The Opening Ceremony on 2 October is Stand up! for Comedy starring Joel Creasey at His Majesty's Theatre.

There is also a Beach Sports Day featuring Volleyball WA, Perth Scorchers, and LuluLemon yoga demonstrations at Scarborough Beach which offers fun for the whole family on 4 October. There are free workplace and parent seminars, an arts exhibition at YMCA HQ in Leederville, and an Aboriginal Community Day at Blackburn Reserve on 7 October.

Regional events will occur all across WA, from Albany, Esperance and Bunbury to Geraldton, Kalgoorlie, Broome and Karratha.

All events will showcase mental health advice and services while incorporating this year's theme, Act-Belong-Commit. This message, courtesy of Mentally Healthy WA aligns very well with the aims of Mental Health Week to improve community wellbeing.

Being active, having a sense of belonging and purpose in life all contribute to happiness and good mental health - and this aligns perfectly with goals of Mental Health Week.

It also complements WAAMH's attitude to mental health promotion, by encouraging positive and preventative approaches.

Act-Belong-Commit is relevant to a diverse range of people, workplaces, schools, families, ages, and cultures in our community, as people can draw their own meaning and what works for them.

Thanks to the Mental Health Week 2015 sponsors and supporters, Lotterywest, St Vincent de Paul Society, MercyCare, Rise, Metropolitan Redevelopment Authority, Samaritans and Anglicare WA.



WAAMH

Western Australian Association
for Mental Health



About Mental Health Week

Now in its 48th year, Mental Health Week is one of the most recognised and longest running community health campaigns in Western Australia. Mental Health Week is a national and annual event, held in October to coincide with World Mental Health Day (10 October). Peak body for mental health, the Western Australian Association for Mental Health hosts Mental Health Week in partnership with the Mental Health Commission. The aims is to promote social and emotional wellbeing; optimise health potential; enhance the coping capacity of communities, families, individuals; and increase mental health recovery.

More info at: mhw.waamh.org.au

About WAAMH

The Western Australian Association for Mental Health (WAAMH) has been engaged in the mental health sector for more than 50 years. WAAMH is the peak body representing the community-managed mental health sector in WA, with more than 200 organisational and individual members. Our vision is to lead the way in supporting and promoting the human rights of people with mental illness, their families and carers, through the provision of inclusive, well-governed community-based services, focused on recovery. WAAMH advocates for effective public policy on mental health issues, delivers workforce training and sector development, and promotes positive mental health and wellbeing.

More info at: waamh.org.au

Media Contacts

Alison Xamon

President

WA Association for Mental Health
2 Delhi Street, West Perth WA 6005
08 9420 7277

president@waamh.org.au

Brooke Johns

Public Relations

WA Association for Mental Health
2 Delhi Street, West Perth WA 6005
08 9420 7277

BJohns@wamha.org.au