

MEDIA RELEASE

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Mental Health Week to take centre stage at comedy night

Western Australia's peak body for mental health, the Western Australian Association for Mental Health (WAAMH) will present a comedy night at His Majesty's Theatre on 2 October to open Mental Health Week 2015.

The Stand Up for Comedy Mental Health Week Opening Ceremony will feature well known stand-up comedians Joel Creasey, Andrew Horabin, Ciaran Lyons, Ivan Aristeguieta and other special guests.

Perth-born and rising international star Joel Creasey will host the event and said, "laughter was the best medicine."

"As a stand-up comedian, depression is something which affects so many of my peers," Mr Creasey said. "So it's great to be able to give back in this tiny way."

WAAMH chief executive officer Rod Astbury said he was impressed with the comedy night at His Majesty's Theatre last year, where WAAMH promoted and spoke at the event in support.

"This year, we take that support to a great new level as we partner with the Perth Theatre Trust to host our flagship Mental Health Week event, the Opening Ceremony," Mr Astbury said.

"This partnership highlights the importance of collaboration between the health and arts sectors, and the nature of a comedy event represents how vital engaging with the community and laughter can be for mental health wellbeing.

"Seeing the lighter and funny side of life can do wonders for our health.

"Mental Health Week encourages people to take on activities that protect and enhance their wellbeing and to try and reduce the factors which may place their mental health at risk."

Perth Theatre Trust Acting General Manager Rudi Gracias said the Trust's inaugural Stand up for Comedy night in 2014 was a sell-out performance.

"The Trust is proud to be working with the WA Association for Mental Health and supporting an important community event which raises awareness about mental health," Mr Gracias said.

Mental Health Week, which runs from runs 2 – 10 October 2015, aims to raise awareness, reduce stigma and promote mentally healthy communities.

This year WAAMH is using Mentally Healthy WA's Act-Belong-Commit message as the official theme for Mental Health Week. Being active, having a sense of belonging and purpose in life all contribute to happiness and good mental health.

Proceeds from the comedy night will be administered by WAAMH to reinvest back into community mental health, and help improve quality of life for many consumers and carers.



WAAMH

Western Australian Association
for Mental Health



Tickets to Stand up for Comedy are on sale now through Ticketek at ticketek.com.au or phone 1300 795 012.

About Mental Health Week

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, WAAMH hosts Mental Health Week in partnership with the WA Mental Health Commission. This prominent week, now in its 48th year aims to raise awareness, reduce stigma and create more mentally healthy and resilient communities.

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

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