



WAAMH

**Western Australian Association
for Mental Health**

MEDIA RELEASE

4 October 2019

Lend your voice to the chorus of awareness and stigma reduction in your community this Mental Health Week

Mental Health Week has been running in Western Australia for more than 50 years, but the importance of this campaign for mental health awareness remains as relevant as ever.

The theme for Mental Health 2019 is: 'Mental health starts where we live, learn, work and play', highlighting the importance of places we go everyday where we can protect and foster our mental wellbeing as a preventative measure.

More than 100 people have registered to attend the Opening Gala Art Exhibition to be held on Monday 7 October in the foyer of 1 Nash Street, Perth with special guest Deputy Premier; Minister for Health; Mental Health The Hon. Roger Cook officially opening the week set against a stunning backdrop of artworks at the 'Hello to Here exhibition, a collection of works from lived experience artists who participated in therapeutic art programs this year, coordinated by the Arts & Mental Health Network.

WA Mental Health Week will run from 6 October – 12 October and is coordinated by the peak body for community mental health, the Western Australian Association for Mental Health (WAAMH) with support from the WA Mental Health Commission and Lotterywest.

WAAMH chief executive officer Taryn Harvey, encouraged all Western Australians to participate in one of the 200 events across the State and /or promote awareness in their own workplace, school or group.

"The theme of WA Mental Week invites us all to consider the different aspects of our lives – where we live, learn, work and play, because it's a combination of factors in our lives which contribute to our mental wellbeing," Ms Harvey said.

"By joining in with Mental Health Week activities, not only are you fostering your own mental wellbeing, you're also supporting those around you within our wider community to take care of their mental health, end stigma, and start life changing – and saving - conversations."

Activities across the week include the highly visible transport hub activations on the keystone World Mental Health Day, 10 October, where an army of corporate, volunteers, ambassadors, members of parliament and special guests will appear at various locations across the Perth-Metro area to distribute 20,000 helpful and informative mental health resources. This is also the day Minister Cook will announce the finalists across eight categories for the [WA Mental Health Awards](#).

Nearly 150 people will participate in a high-energy night of dance and cardio exercise on Friday 11 October at the 'Drop it like it's Hot for Mental Health' all-ages, all-fitness-levels mega fitness event, run by The Jungle Body on the WACA Ground to pumping DJ music.

Closing gala, Stand Up! For Comedy is nearly sold out and will feature comedians Aaron Cheng, Emma Krause, Janelle Koenig, Nick Cody, Karl Chandler, Tommy Dassalo, Laura Hutchison, and Brett Blake on Saturday 12 October at the State Theatre Centre, presented in partnership with the Perth Theatre Trust and PwC. Photographs from the Student Photography Exhibition will also be on display at this venue.

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Peak body representing the community-based mental health sector in WA.

About Mental Health Week 2019

All members of the public are welcome at events during Mental Health Week and the majority are made available at no or minimal cost via ticket allocations for unwaged mental health consumers and carers.

Many community groups have been supported to hold their own event during the week with a community grant scheme, with thanks to Lotterywest.

Deputy Premier; Minister for Health; Mental Health the Hon Roger Cook, Parliamentary Secretary the Hon Alanna Clohesy and Acting Mental Health Commissioner Jennifer McGrath will also appear at various events throughout the week.

For more information on WA's Mental Health Week and all the events running around WA from 6-12 October 2019, visit <http://mhw.waamh.org.au>

Thanks to the support of our Mental Health Week sponsors and supporters

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MENTAL HEALTH WEEK SUPPORTERS



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Mental health in the media

Please include the following crisis support service for any story regarding mental health or suicide: Lifeline 13 11 14 - <http://lifeline.org.au>

In the interest of community education and safety, you can access evidence-based guidelines for reporting responsibly on mental illness, suicide, or alcohol and other drug issues here via Mindframe Media:

<https://mindframe.org.au/>