



**MEDIA RELEASE**

**24 September 2020**

## **Mental Health Week 2020 offers beacon of support and hope to thousands during pandemic year**

Mental Health Week is a national week celebrated each year in October around World Mental Health Day on 10 October. This year, Mental Health Week in Western Australia will run from 10 - 17 October.

In 2020, the Mental Health Week theme is **Strengthening Our Community – Live, Learn, Work, Play** as we aim at increasing mental wellbeing in WA communities. With the current global situation and associated uncertainty, it's more important than ever that we take care of mental health and celebrate recovery within our community.

The COVID-19 pandemic has brought the social determinants of mental health into sharp focus across all of our communities and we think it's important we take this opportunity of community awareness to bring attention to the need to safeguard people's social determinants of mental health as we look towards recovery from the pandemic.

To build supportive communities, we must take a holistic approach to mental health, share ideas, and form meaningful connections through everyday activities.

Mental Health Week will continue to aim to boost mental wellbeing in WA communities by:

- Encouraging us all to support and look out for one another.
- Promoting mental health literacy, self-care tips and where to seek mental health support.
- Raising awareness of mental health issues and reducing stigma associated with seeking support.

### **Mental Health Week 2020 events**

Community events will be held throughout the State to mark Mental Health Week, making it easy to get involved in your local community. A calendar of events can be found at the official Mental Health Week website.

WA Mental Health Week is running various events across the Perth-metro and Wheatbelt areas:

- **Stand Up! For Comedy** on Saturday 10 October will be held at the State Theatre Centre in Perth. Proceeds from this laugh-out-loud event go back into funding other Mental Health Week activities.
- **The Jungle Body's Drop if Like it's Hot for Mental Health** mega fitness class has already sold out it's Leederville event on 16 October, with several other classes being held in regional areas across the State.
- **The Magic Coat Day** on 16 October, is a virtual event for schools and children to engaging in Mental Health Week. The Magic Coat uses fun analogies and characters to teach simple and effective

preventative mental health strategies for children, and The Magic Coat Day will be full of live-streamed guests and activities at the WACA Ground. The event will raise funds for Make A Difference WA, who ensure Magic Coat programs are accessible to vulnerable children across Western Australia.

- **The official closing ceremony for Mental Health Week** will be at a high tea, for people with lived experience of mental health challenges, and will run simultaneously in Perth, at the Pagoda Resort and Spa, and in the Wheatbelt, at the Narrogin Town Hall, on Saturday 17 October.

### Getting involved in Mental Health Week 2020

- Host a Mental Health Week morning tea at your workplace or community hub. The Mental Health Week website has a list of local bakers who can provide Mental Health Week themed treats for your event.
- Take a Mental Health Week pack, which are being distributed right across the state. These contain useful information to support your own wellbeing and others.
- Buy a Mental Health Awareness ribbon for \$1 and show your support for mental health recovery, while removing stigma. They are available right across Australia.

WA Mental Health Week is coordinated by the Western Australian Association for Mental Health (WAAMH). Chief Executive Officer, Taryn Harvey, said, “Mental Health Week has run for more than 50-years in Western Australia, and WAAMH is proud to continue this important public mental health awareness campaign.

“I encourage everyone across our State to get involved with Mental Health Week by attending an event, accepting a Mental Health Week pack, or by simply having a conversation with a loved one about mental health.

“We have learned this year how vital our community connections are, and I hope Mental Health Week is a reminder that we are indeed stronger together.”

Find out more at: <http://mentalhealthweek.org.au>

#StrongerTogether

### Thanks to our 2019 Mental Health Week Sponsors and Supporters





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