

2.56.002

MEDIA RELEASE

Mental Health Week activities in Alexandrina

28 September 2018

Mental Health Week is an annual, national event that aims to improve community awareness in mental health and wellbeing. It is organised by the Mental Health Coalition of South Australia (MHCSA) in conjunction with local councils and government agencies.

This year, it will be recognised from 7-13 October, with World Mental Health Day being on 10 October. The theme of Mental Health Week in 2018 is *'Mind Your Health'* in acknowledgment that our mental health is just as important as our physical health.

Working with MHCSA, Alexandrina Council has prepared an exciting program of events to encourage community members to get out, get involved and recognise the importance of our mental health.

Activities include music and arts based performances and workshops, mindfulness and physical exercise programs, craft and writing workshops, support and chat sessions, and wellbeing and resilience courses. The program extends either side of Mental Health Week, with activities running from Sunday, 7 October to Wednesday, 24 October. Some programmed activities will remain ongoing indefinitely.

Country Health SA Acting Director of Mental Health Strategic Operations, Ruth McPhail, commended Alexandrina Council and the many community groups across regional South Australia that are holding events during Mental Health Week.

"Making mental health a part of everyday conversation is crucial to reducing the stigma of mental illness. Anyone can experience feelings of anxiety or depression from time to time, but if these feelings start to interfere with a person's wellbeing, it's important they know where to go and who to approach to seek the right information, treatment and support.

"I congratulate Alexandrina Council for helping build greater awareness and understanding of mental health issues, encouraging members of the community to look after their mental health and making it clear that it is okay to ask for help," she said.

To download a copy of the program and find an activity near you, visit Council's website www.alexandrina.sa.gov.au