



NORTHERN TERRITORY  
**MENTAL HEALTH**  
COALITION

Media Release: Mental Health Week 7<sup>th</sup> – 13<sup>th</sup> October 2019

Mental Health ***Begins Where We Live, Learn, Work and Play*** across the Northern Territory.

Mental Health Week starts on Monday 7<sup>th</sup> through to Friday 12<sup>th</sup> October. This is an annual event which occurs the second week of October. The aim is to improve community awareness of mental health and wellbeing and to reduce the stigma associated with mental illness.

Each year the Northern Mental Health Coalition organises an online calendar to promote events and activities across the Territory. A link to the online calendar <https://ntmhc.org.au/mhw/events-calendar/>

The distribution of small grants, called the mini grants has enabled organisations and service providers to plan and hold events and activities throughout the week.

An official opening of Mental Health Week, a launch in Darwin and other parts of the Territory marks the start of Mental Health Week for 2019.

The Mental Health Community Awards recognises the work service providers, staff, carers do throughout the year to support people living with mental illness.

It is estimated that mental health issues affect more than one in five Australians every year. Anxiety disorders are the most common mental health challenge, followed by depression and substance use disorder.

“The theme for Mental Health Week in 2019 is ‘Mental health begins where we live, learn, work and play’, acknowledging a combination of factors which impact our mental wellbeing every day. With one in five Australians impacted by mental illness each year it is important for us to reduce the stigma that still exists around mental health disorders in our community,” said Vanessa Harris, Executive Officer at the Northern Territory Mental Health Coalition.

With 35 member organisations across the Territory offering a range of services and programs for people who suffer from mental ill health as well as support for their carers, Mental Health Week is an opportunity to show your support and have the conversations. The important thing is that people don’t have to suffer in silence and should be encouraged to reach out for help,” said Vanessa Harris.

“With 3046 people having lost their lives to suicide in 2018 in Australia, we know that much more needs to be done in reducing stigma and raising the profile of mental health support services.”

We invite communities across the Territory to participate in activities throughout the week as well as to find out more about the services in your region, towns and community, and to support people and their carers living with mental illness” Vanessa Harris.

Media Comment: Vanessa Harris, Executive Officer, NT Mental Health Coalition 89 48 2246.