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Mental health begins with Me and my promise

Mental illness affects one in five Australians and this **World Mental Health Day – Monday 10 October** – Mental Health Australia is encouraging all Australians to make a personal promise to improve their own mental health.

It doesn't have to be New Year to make a resolution, and making a promise is an active step in improving mental health and wellbeing.

Promise to sleep well, promise to eat well, promise to plan, to tune in, or tune out. Promise to cut back, or switch off, promise to engage with others, promise to exercise, to talk or to seek help... Making a promise can be a positive first step towards improved mental health.

Mental Health Australia CEO **Frank Quinlan**, says the idea of making a promise reminds people that looking after their mental health is personal, and that it starts with them.

"The promise campaign has really captured people's interest in recent years, and to see thousands of people post their promises on our 1010.org.au website and social media feeds, is a real step in helping improve one's mental health," said Mr Quinlan.

"The idea of making and sharing a promise also helps break down the stigma that still exists with mental illness. In the spirit of sharing, my mental health promise for World Mental Health Day is to keep finding quiet places amid the chaos."

To get involved ahead of World Mental Health Day this year, and play an active role in your own mental health, make a #MentalHealthPromise at www.1010.org.au.

ABOUT

World Mental Health Day - 10 October

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. The theme of this year's World Mental Health Day is "psychological first aid". To find out more visit www.who.int or www.mhfa.com.au

Mental Health Australia

Mental Health Australia is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector and is committed to achieving better mental health for all Australians. Mental Health Australia aims to promote mentally healthy communities, educate Australians on mental health issues, influence mental health reform so that government policies address all contemporary



mental health issues, conduct research on mental health issues, and carry out regular consultation to represent the best interests of our members, partners and the community. Mental Health Australia represents more than 100 members and is part of Australia's Mental Health Promotion Group. Find out more at www.mhaustralia.org

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