

Celebrate, Connect, Grow

What is Mental Health Week all about?

Just like your physical health and fitness, your mental health is worth taking care of and improving. This is true for people who haven't experienced mental illness, as well as for people who have.

Mental Health Week encourages all of us to think about our mental health. It's an opportunity to ask if we are feeling good about ourselves and our lives, if we have good relationships with other people, and if we are engaging in activities that give us purpose and meaning.

That's why the theme for Mental Health Week this year is 'Celebrate, Connect, Grow'.

It's about celebrating the positive things in your life, as well as the strengths and values that have helped you through more challenging times.

It's about connecting with others by paying attention to your close relationships, or by reaching out and making new friends.

And it is about growing; expanding your horizons and trying something new that creates meaning and purpose for you.

Could your life include more joy, support or meaning? How would this make a difference to your mental health?

Mental Health Week may have special importance for those of us who have experienced mental illness. It can be a time to celebrate the recovery journey and to think about the new meanings in our lives and what things would bring us greater life satisfaction. It can also be a time for everyone to ask how we can remove some of the barriers that prevent people living with mental illness from being able to enjoy active, engaged and stigma-free lives.

North

Mind Your Health – Celebrate, Connect, Grow

When: Tuesday, 9 October

Time: 10.30am – 1.30pm

Where: Quorn Hall, Campbell Town Health and Community Service

Come and join a community trivia morning, followed by a BBQ lunch. Learn easy ways to look after your mental health and wellbeing – or what to do if you're concerned about someone you know. Connect with other members of the community at this informative and entertaining morning.

Chalk It Up

When: Wednesday, 10 October

Time: Keep an eye out during the day!

Where: Brisbane Street Mall, Launceston

Chalk it up is an art based project which is engaging a specified group of young people to develop an art piece around the theme of mental health week – Celebrate, Connect, Grow. Young people will be using chalk to develop their image in a defined area in the mall. There will also be a space to invite the passing community to contribute to their thoughts around mental health and the theme.

Mental Health Week Bike Ride and Activities

Presented by Richmond Fellowship and Mental Health Services North

When: Friday, 12 October

Time: 10am – 2.30pm

Where: Royal Park, Launceston

All members of the community are invited to enjoy a leisurely bike ride around Royal Park as part of Mental Health Week in Launceston. Take part in activities in the marquee at the start of the ride, or relax and have a look around while others are enjoying the ride.



Celebrate,

South

Mental Health Week Breakfast

When: Tuesday, 9 October
 Time: 7.30 – 10am
 Where: Eureka Clubhouse, 6 Florence Street
 Moonah

Presented by Eureka Clubhouse

Come along and celebrate, connect and grow by sharing breakfast with members of Eureka Clubhouse. Learn more about Eureka Clubhouse and see how being a member can assist in breaking down the stigma of mental illness.

RSVP essential by phone 6278 9179 or email eurekaclubhouse@colony47.com.au

Q&A Mental Health in an Ideal World

Presented by Flourish Mental Health Action In Our Hands

When: Tuesday, 9 October
 Time: 12.30 pm free lunch, 1pm Q&A
 Where: Ballroom, Hobart Town Hall

You are invited to a lunchtime Q&A forum where local people will talk about their vision of mental health in an ideal world and answer questions on services, access and human rights for people living with a mental illness.

Celebrate, Explore and Experience

Presented by Richmond Fellowship Tasmania and Gavitt House, Mental Health Services South

When: Tuesday, 9 October
 Time: 11am - 3pm
 Where: Montrose Bay Foreshore

Come along to Celebrate, Connect and Grow by enjoying a free BBQ and enjoying heaps of free and interactive games and activities.

“1 in 5” How’s your Mental Health?”

Presented by Grow Tasmania in collaboration with Aspire and with support of Kingborough Council, St Clements Kingston.

World Mental Health Day

When: Wednesday, 10 October
 Time: 1.30 - 4.30pm
 Where: The Centre, 100 Beach Rd Kingston

Fay Jackson is a multi-award winning national motivational speaker, educator, advocate and voice for mental health. While her aim is to impart knowledge, Fay’s addresses are emotional humorous. Her audiences laugh and cry as she breaks down myths and empowers them.

Join Fay for a two-hour presentation with Q&A followed by afternoon tea.

Inaugural Roads 2 Recovery Walk

World Mental Health Day
 When: Wednesday, 10 October
 Time: 11am - 2pm
 Where: Regatta Ground to Parliament House Lawns, Hobart

Mental Health Carers Tasmania (ARAFMI) in partnership with Reclink, Hobart City Council and Lifeline invites you to join with them to celebrate health and wellbeing and recovery, walking from the Regatta Ground to Parliament House lawns for free food, activities, entertainment and information.

This year’s theme will be gold and all are invited to wear that colour on the day. Ribbons of Hope wrist bands and balloons will be available for walkers

To find out more call Wendy on 6228 7448

2012



Connect, Grow

How's Your Headspace

When: Thursday, 11 October

Time: 2 – 4pm

Where: Elizabeth Street Mall

The Link and headspace Hobart are running a range of activities for young people aged 12-18.

Come and try some giant board games; pick up a goody bag and find out more about different services that can help you!

Glenorchy Mental Health Week

Presented by Glenorchy Suicide Prevention Network, Glenorchy LINC with over 20 service providers

When: Thursday, 11 October

Time: 10am – 12.30pm

Where: Glenorchy LINC, Terry Street, Glenorchy

Meet community members, enjoy heaps of great activities including yoga, Rock and Rhyme, gentle exercise and lots more. Lots to do and try for children, adults, families and older people. Plus, speak with a wide range of services to learn more about looking after mental wellbeing.



Statewide

Minds Do Matter Art Exhibition

Presented by Aspire a Pathway to Mental Health Inc

When: Sunday 7 October – Saturday 13 October

West Coast

Where: The Hub, 9-13 Driffield St

Queenstown

Time: 9.30am – 5pm, Monday – Friday

North West

Where: Two Oaks Café and Gallery, 15235 Bass Highway, Somerset

Time: 10am – 4pm, Tuesday – Sunday

North

Where: The Mill Providore and Gallery, Ritchie's Mill

2 Bridge Rd Launceston

Time: 10am – 5pm, Monday – Sunday

South

Where: ABC Centre, 1-7 Liverpool Street, Hobart

Time: Opens 3.30pm Tuesday, 9 October

Open daily 9am – 5pm until Friday, 12 October

Aspire's Minds do Matter Exhibition offers a unique opportunity where the community can share the insights and inspirations of those who have an experience of mental illness through their artworks.

The exhibition promotes wellbeing within our society through celebrating art's power to be life affirming and life enhancing. Art is a means for people to communicate their inner experiences in a way that touches us emotionally and directly.

"Minds do Matter" artists have spoken of art's capacity to soothe, replenish imagination and give form to that which cannot be put into words. "Minds do Matter" is a great chance for emerging artists who experience mental illness to get their work 'out there', and possibly sell some pieces.

North West

In it Together

Presented by Aspire and Mission Australia

When: Tuesday, 9 October

Time: 10.30am – 2.30pm

Where: Bluff Precinct, Devonport

Join the Mental Health Week smart-mob and celebrate, connect and grow by taking part in collective action to raise awareness of mental health and wellbeing and decrease stigma.

Walk as part of a community, to the Bluff Precinct, plant your balloon in the lawn to spell out a mental health week message, engage in conversation and enjoy a BBQ while listening to music and hearing people share their stories of recovery.

Keep checking the [Mental Health Week website](#) as more details are added!

Do YOU need Some more help?

Sometimes our biggest priority will be getting some help for things that are causing us problems or for changes in the way we are feeling and thinking.

Often, a good first step is having a chat to a local doctor who can refer you to some more specialised support if needed. You may be able to obtain a Medicare rebate for up to 10 sessions with an accredited mental health professional when your GP develops a management plan.

For more information on how to find help, call the Mental Health Helpline on **1800 332 388** (24hrs).

If you need to talk to someone now call Lifeline on **13 11 14**.

Finally, remember that if you don't find the right help the first time you try, it's important to keep trying. It's okay to ask again or to talk to another mental health

For 24/7 emergency counselling and support -

- Mental Health Helpline - 1800 332 388
- Lifeline - 13 11 14
- Kids Help Line - 1800 55 1800
- Mensline Australia - 1300 789 978

Statewide and Mental Health Services acknowledge the work of Mental Health Association NSW in the development of the theme and artwork for Mental Health Week 2012.

Department of Health and Human Services

Statewide and Mental Health Services

Level 4 Carruthers Building
St Johns Park New Town 7008

Phone: 03 6230 7809

Visit: www.dhhs.tas.gov.au/mentalhealth

Published September 2012

Copyright State of Tasmania 2012

