

Barbara Perry MP

Minister for Local Government
Minister Assisting on Health (Mental Health and Cancer)



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Mental Health Week: Time to renew our focus on health and wellbeing

As Mental Health Week NSW begins, Minister Assisting on Health (Mental Health) Barbara Perry has urged everyone to put a renewed focus on mental wellbeing.

This year's theme 'sign up, link in, get involved' is all about highlighting the benefits of participating in local community activities and clubs as an effective way to promote mental wellbeing, Ms Perry said.

"One in five Australians is likely to experience a mental illness at some stage in their lives so building resilience and promoting wellbeing needs to be a priority," Ms Perry said.

"Just as we should exercise to build our physical health, there are simple steps we should all take to promote and protect our mental health and wellbeing.

"Many of us are very busy but I would encourage people to take some time out to connect with family and friends, learn effective ways to relax and to access the excellent network of mental health services if needed."

More than 100 events are taking place around the state as part of Mental Health Week NSW including the Spirit of Soul festival at Marrickville in the inner west and an arts concert at Orange in regional NSW.

The official launch of Mental Health Week in Martin Place on Wednesday will be a major public event, Ms Perry said.

"The launch will feature an interactive drumming demonstration with 70 drummers in the audience, a 'living library' featuring people telling stories of recovery and hope, free massages, and an awards presentation for mental health innovators.

"The NSW Government is proud to provide \$80,000 towards Mental Health Week NSW, an event that aims to raise awareness about mental illness and promote wellbeing."

A new report by the Mental Health Association shows the benefits of engaging with your community for improving mental wellbeing.

The report found people were twice as likely to be happy if they were in regular contact with friends.

Mental Health Week NSW is organised by the Mental Health Association. For more information visit: www.mentalhealth.asn.au