



One month to go until World Mental Health Day on Saturday 10 October

As today's **World Suicide Prevention Day** and **R U OK? Day** activities culminate in awareness and action, we are all reminded that it's now just one month to go until World Mental Health Day on Saturday 10 October.

This year's World Mental Health Day campaign is encouraging everyone to make a promise to **"Look after your mental health, Australia."**

It is a simple call to action for the one in five Australians affected by mental illness annually, and for the many more impacted by the current COVID-19 pandemic, and the increased uncertainty and anxiety that has ensued over the last six months.

Mental Health Australia CEO Dr Leanne Beagley says never before has there been such a spotlight on mental health, mental illness and general wellbeing, as we head into World Mental Health Day on Saturday 10 October.

"The year 2020 will be a line in the sand for generations to come, and how we continue to manage and support the mental health of people in our communities will go a long way to helping us all through, and out of, this pandemic," said Dr Beagley.

"For World Mental Health Day this year, we are encouraging all Australians to make a mental health promise to look after themselves, and make how they are feeling, and their wellbeing, a priority."

"Whether it is eating well, connecting with family and friends whichever way you can, exercise, or seeking the right help if and when you need it, there are a number of ways people can look after their mental health, and in doing so help reduce the stigma associated with mental health."

"And while it might seem hard to focus on your mental health and wellbeing at this time, prioritising this now is more important than ever before. Making a mental health promise is one great and easy way to remind yourself to look after your wellbeing, and encourage your friends, families and communities to do the same."



Over the coming weeks, Mental Health Australia will be sharing a number of ideas and tips for how you can mark World Mental Health Day and stay connected, as well as helpful resources from our many partners and members.

To find out more, or to make a mental health promise ahead of World Mental Health Day on Saturday 10 October, go to www.lookafteryourmentalhealthaustralia.org.au.

And remember:

“Look After Your Mental Health, Australia.”

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