

## World Mental Health Day 2020

“Look after your mental health, Australia”

[lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)



# Record number of partnership organisations for World Mental Health Day

More than 60 organisations will partner with the World Mental Health Day campaign this year to encourage everyone to “Look after your mental health, Australia.”

From national organisations like the NRMA and Playgroup Australia, to smaller businesses like Aus-Air Australia and creative video company Good Shout, a variety of organisations will be promoting positive mental health messages to their staff and clients for the month of October, as official partners for World Mental Health Day 2020.

Partnerships culminate in a series of bespoke videos, mental health promises and content specific for workplaces and employees.

With this year’s theme of “Look after your mental health, Australia”, the support of our partners to promote mental health awareness and help seeking is a key part of the annual campaign, and has never been more important according to Mental Health Australia CEO Dr Leanne Beagley.

“The World Mental Health Day campaign is there for everyone to get behind and support, and we’re always so pleased to partner with organisations looking to reduce stigma and open discussions with their staff about mental health and wellbeing,” said Dr Beagley.

“The year on year increase in corporate partners and supporters for World Mental Health Day is a clear indication of just how important workplace mental health and wellbeing is becoming, and even more so this year in 2020, as many organisations deal with difficulties of working in a COVID world.”

NRMA Group CEO Rohan Lund said a mentally healthy work environment is about encouraging honest conversations and providing the right support.

“As Australia’s largest member-based organisation representing more than 2.6 million Australians, the mental health and wellbeing of our members and staff is an absolute priority, now more than ever,” said Mr Lund.

“Partnering with Mental Health Australia for World Mental Health Day lets us work with an organisation that shares our human playbook of people helping people. We are committed to creating an environment where people feel safe bringing their whole selves to work, encouraging honest conversations and ensuring support is always there if needed.”



To find out more about our partners for the 2020 World Mental Health Day campaign [click here](#), or to help reduce stigma you can download the Mental Health Month calendar for October [here](#) or make, and share, a #MentalHealthPromise at [www.lookafteryourmentalhealthaustralia.org.au](http://www.lookafteryourmentalhealthaustralia.org.au)

And remember:

“Look after your mental health, Australia.”

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