

# Two days to go until World Mental Health Day on Sunday 10 October

October is Mental Health Month, the highlight of which is World Mental Health Day on Sunday 10 October, only two days away.

This year's World Mental Health Day campaign encourages everyone to "Look after your mental health, Australia" as well as to look up, look forward, and look out for each other.

The message is particularly prescient in light of the ongoing COVID-19 pandemic, says Mental Health Australia CEO, Dr Leanne Beagley.

"Lockdowns, social distancing requirements, travel restrictions, and the constantly changing position we find ourselves in is stressful. This makes prioritising our mental health and wellbeing more important than ever," said Dr Beagley.

"When we talk about mental health, we break down stigma. We increase connection among our communities, and we increase help-seeking where it's needed. As well as talking about mental health, we can act on it. That action can start with making a promise to yourself to look after your mental health.

"The campaign encourages everyone to commit to a mental health promise: something meaningful to you that increases your wellbeing.

"Looking after your mental health can mean different things for different people. The World Mental Health Day campaign raises awareness of some of the more effective strategies, increasing mental health literacy."

The campaign also features the message to "Look up, look out, and look forward!" by noticing your surroundings, taking care of others, and having activities on the horizon to feel enthusiastic about.



The best way to follow the campaign is via social media using the hashtag #LookAfterYourMentalHealthAustralia or find out more at [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

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### **Online and telephone resources**

- Head to Health: [headtohealth.gov.au](http://headtohealth.gov.au)
- Lifeline: 13 11 14 - 24 hours a day, 7 days a week. Text 0477 13 11 14 – 6pm to midnight (AEDT), 7 nights a week
- Beyond Blue: 1300 22 4636 [beyondblue.org.au](http://beyondblue.org.au)
- Butterfly Foundation National Helpline: 1800 334 673
- Carer Support: 1800 242 636 or 1300 554 660
- SANE Australia Helpline: 1800 187 263
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- MensLine Australia: 1300 789 978
- QLife: 1800 184 527
- Open Arms – Veterans and Families Counselling: 1800 011 046
- Black Dog: [blackdoginstitute.org.au](http://blackdoginstitute.org.au)
- Headspace: [eheadspace.org.au](http://eheadspace.org.au)
- R U OK?: [ruok.org.au](http://ruok.org.au)
- ReachOut: [au.reachout.com](http://au.reachout.com)
- World Mental Health Day: [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

