50 days to go until World Mental Health Day on 10 October

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With just 50 Days to Go until World Mental Health Day on Tuesday 10 October, Mental Health Australia is reminding everyone to "Look after your mental health, Australia."

To celebrate the global day, Mental Health Australia will partner with hundreds of organisations around the country to promote awareness around mental health and wellbeing, reduce stigma and highlight the benefits of belonging and connection to communities.

Mental Health Australia CEO Carolyn Nikoloski said World Mental Health Day is an opportunity for everyone to reflect on how important mental health and wellbeing is in our daily lives and focus on taking positive steps to look after your own mental health and explore ways to support others.

"Mental Health Australia has a proud history of running the World Mental Health Day campaign for 10 October in Australia," said Ms Nikoloski.

"World Mental Health Day is a global event to raise awareness for mental health and it's not only an important event for our organisation, but for the entire mental health sector in Australia."

"For more than a decade we've been promoting World Mental Health Day by looking to reduce the stigma associated with mental illness and by asking individuals, and organisations, to join in and promote positive mental health and wellbeing."

"We're looking forward to doing that again this year, and over the next 50 days, in the lead up to 10 October, there will be a number of opportunities for people to engage with the campaign and encourage good mental health awareness at home, at work, or in their communities."

To find out more go to www.lookafteryourmentalhealthaustralia.org.au

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