



Mental Health
Australia
Media release

Good mental health needs more than one month of practice

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World Mental Health Day and Mental Health Month (October) may be over for 2022, but Australians encouraged to maintain mindful practices for good mental health.

Mental Health Australia's CEO Dr Leanne Beagley said that while attention is focused on our mental health during October – we need to continue to look after our mental health.

“This year, Mental Health Australia's World Mental Health Day awareness campaign, ‘Look after your mental health, Australia,’ encouraged people to sign up, practice good habits for mental wellbeing and invite others to join,” said Dr Beagley.

“This year's campaign was focused on awareness, belonging and connection. Registering for mindful habits for mental health gave people access to resources and tips to be practised throughout October to improve their mental health and wellbeing.

“During October, 2,435 people signed up to practice mindful habits for mental health. While we consider this another successful campaign – we want people to continue to look after their mental health – and that of others all year around. Just because October is over, doesn't mean you can't continue to look after your mental health.

“Mental Health Australia's *Report to the Nation*, launched on World Mental Health Day - 10 October – identified the overall mental health score of Australians to be 6.9 out of 10, with members of LGBTQIA+ communities, First Nations people, and people with lived experience of mental illness having a lesser overall mental health score.

“We know that as a result of our experiences during the pandemic people are more inclined to speak about their mental health. Furthermore, the *Report to the Nation* results also showed the positive impact of people with mental health concerns reaching out to others – be that friends, family or professional help,” said Dr Beagley.

Dr Beagley said that across multiple World Mental Health Day campaigns nearly 30,000 people have made a mental health promise to look after their mental health and wellbeing.

“We encourage everyone to continue practising mindful habits for mental health - and look after their mental health.

Ends.

Media Contact: Nikki Hogan – 0402 528 022

P 02 6285 3100
E info@mhaustralia.org
W: www.mhaustralia.org

mhaustralia.org
Mental Health Australia Ltd
ABN 57 600 066 635

