

6 September 2019 | For immediate release

Help Townsville set a new world record...

Did you know that Australians currently hold the world record for the 'largest dessert pizza', 'the fastest time to solve a Rubik's cube', and 'the most push-ups in one hour'...?

So now it's your turn Townsville... Your turn to become a world record holder and make mental health more visible by setting a new Guinness World Record™ for the 'Most people wearing high-visibility vests at a single venue'.

The number to beat is 2,136 and the world record attempt will be held on Thursday 10 October in the Bunnings Warehouse carpark at Fairfield Waters, Idalia.

The attempt will be held on World Mental Health Day – Thursday 10 October from 4pm - with the aim to reduce stigma, promote help seeking and make mental health more visible in North Queensland.

A partnership between the Queensland Alliance for Mental Health, the City of Townsville, Mentally Healthy City Townsville, Bunnings Warehouse, 3M and Mental Health Australia, the world record attempt will be a FREE community initiative and is open to all ages.

Member for Herbert Phillip Thompson said he was delighted to throw his support behind the event.

"Mental health and wellbeing is something I'm extremely passionate about, having fought my own battles over the years," Mr Thompson said.

"Anything that breaks the stigma and gets people talking about how they're going is a good thing."

Local Recovery and Resilience Group Chair Les Walker said mental health should be at the forefront of discussion following the monsoon earlier this year.

"A major part of recovery and building resilience in Townsville should be focussed on how we can improve mental health within our community," Cr Walker said.

"This world record attempt is a fantastic way to raise awareness and show support to those who may be struggling.

"As part of raising awareness, Council is also partnering with a number of mental health organisations to deliver a wellness expo – Mentally Healthy City – at the end of October."

Mental Health Australia CEO Frank Quinlan said the world record attempt is a fun way to engage a community and promote mental health and wellbeing.

"We're thrilled to be able to bring this world record attempt to Townsville and the people of North Queensland, especially after the floods in February in this year which have had such an impact on the community," said Mr Quinlan.



“When our colleagues at the Queensland Alliance for Mental Health suggested Townsville as the venue for this year’s attempt, our partners at Bunnings Warehouse were quick to agree, and get involved again. And we’re all looking forward what promises to be a great event.”

“Just bringing the community together to attempt this record and raise awareness for mental health is more than enough to help reduce stigma, and if we do get the record, well that will just be a bonus.”

The world record attempt will take place on World Mental Health Day – Thursday 10 October from 4pm in the Bunnings carpark at Fairfield Waters.

To register and find out more go to www.1010.org.au/townsville

Media Contact: Lach Searle – 0488 076 088

Event Details on Thursday 10 October

Help Townsville break a world record on World Mental Health Day – 10 October

For the 'Most people wearing high-visibility vests at a single venue'...

Current Guinness World Record™: 2,136

Date: Thursday 10 October, World Mental Health Day

Time: Gates open from 4pm - Official Attempt from 5:30pm

Where: Bunnings Fairfield Waters, 2 Darcy Dr, Idalia QLD 4811

REGISTER for a **FREE ATTEMPT PACK** including a HIGH VIS VEST* at www.1010.org.au/townsville

*Note: FREE HIGH VIS VESTS and ATTEMPT PACKS will be available for collection on the day – Thursday 10 October - following your online registration. Under 18s are welcome but will need to be accompanied by a parent/guardian and sign terms and conditions.

