MEDIA RELEASE

10 October 2011

World Mental Health Day 2011

10 October 2011 is World Mental Health Day.

World Mental Health Day is a time to recognise and acknowledge the advancements and progress we have made in ensuring all Australians have access to a quality mental health system.

Over the past year we have seen many welcome initiatives in mental health. The Federal Government delivered a budget with substantial investment in new mental health services, the announcement of a Ten Year Roadmap for reform and the creation of a Mental Health Commission. There are new investments in youth mental health services and coordinated care for people with complex mental health needs.

Many of these new measures are supported by the Coalition and the Greens. The support for mental health investment by all the major political parties is a key factor in the progress made over the past year.

World Mental Health Day is also a time to focus on how we prevent people from becoming unwell and how we can better help those in need of mental health services.

Mental health issues do not go away on 11 October.

For the many Australians living with mental health problems, their carers, families and loved ones, Mental Health Day happens 365 days a year.

The Mental Health Council of Australia will continue to advocate for greater levels in investment and services, especially for those who are most marginalised and at risk. Too many Australians still cannot access a proper mental health services and while we applaud the recent initiatives and investments, these are really first steps on the road to building a quality mental health service in Australia.

On 10 October we ask all Australians to take time to do something you enjoy to celebrate World Mental Health Day, check on the mental health of someone you care about, and not be afraid to put your own mental health and well being higher on your agenda.

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