



# The Hon Kevin Humphries MP

## Minister for Mental Health

## Minister for Healthy Lifestyles

## Minister for Western NSW

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### MEDIA RELEASE

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Monday 18 June 2012

#### **'LOOKING AFTER YOUR MIND' DURING DRUG ACTION WEEK**

Minister for Mental Health and Healthy Lifestyles, Kevin Humphries, has urged people to take the time to learn more about the role good mental health plays in overcoming drug and alcohol misuse and addiction during Drug Action Week 2012.

Mr Humphries said a record number of Drug Action Week events would be held throughout NSW this week, which will focus on the theme '*Looking After YOUR Mind!*'

"There are few problems we as a society face that are crueller and more debilitating than those posed by drug and alcohol addiction," Mr Humphries said.

"Drug addiction and the abuse of alcohol not only tears apart individual lives and families, it also places a huge burden on our health and hospital system and may increase the risk of people developing mental illness.

"Drug Action Week is a chance for communities to learn more about drug and alcohol issues and help drive a change to improve outcomes for those amongst us living with mental health and drug and alcohol problems.

"Many people are unaware of the links between mental illness and drug and alcohol misuse, so this week provides a great opportunity for people to learn more about the range of risks posed by substance abuse.

"It also an opportune time for people to learn more about the wide range of benefits that come from looking after their mental health and I would encourage everybody to take the time this week to educate themselves about the simple steps they can take to ensure good mental health."

Mr Humphries congratulated NSW's Community Drug Action Teams (CDATs) on this year's Drug Action Week event schedule, with over 250 separate events planned throughout the State.

"Community Drug Action Teams play an integral part in transforming our local communities by raising awareness and tackling drug and alcohol related issues," Mr Humphries said.

"There are over 80 teams active in NSW, working tirelessly to address harm associated with drug and alcohol misuse in their communities.

"Government action and services alone cannot meet these challenges posed by drug and alcohol abuse, and that is why events such as Drug Action Week and groups like CDATs are so important.

“It’s only by working together across our communities that we can make real change and stop people sliding into drug and alcohol misuse.”

A full list of NSW Drug Action Week events can be found online at:  
[www.drugactionweek.org.au](http://www.drugactionweek.org.au).