



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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MENTAL HEALTH MONTH 2012: TIME TO START TALKING ABOUT MENTAL HEALTH

NSW Minister for Mental Health, Kevin Humphries, is asking people to make a commitment during Mental Health Month this October to take the time talk about mental illness.

Mr Humphries said talking about mental illness was one of the most simple and effective ways in which we can all help end the stigma and discrimination that surrounds mental health.

“Often just a few small words can make a big difference, and in some cases a life-saving difference,” Mr Humphries said.

“Mental Health Month provides the perfect opportunity for people to reach out to one another and talk about mental health, and in doing so help to break down the stigma and discrimination that people with mental illness face every day.

“One in five people will experience a mental illness at some point in their lives, yet people are often reluctant to acknowledge there is a problem, which only serves to worsen the stigma and stop people from seeking help early on.

“One of the most important challenges that we as a community face is to lift the cloud of stigma that prevents people from seeking help when they are in trouble, and I would urge people to take a stand against stigma during Mental Health Month.”

The theme for Mental Health Month this year, *‘Celebrate, Connect, Grow’*, aims to encourage people to think about their mental health and embrace the relationships and activities that give their lives purpose and meaning.

NSW Mental Health Commissioner, John Feneley, said that throughout October there are interactive events such as festivals, art exhibitions, music, theatre and seminars being held right across the state that are aimed at educating and engaging people about mental illness.

“I am looking forward to getting out to a number of events throughout NSW and I would encourage people to attend at least one event in their local community in October,” Mr Feneley said.

“By coming together to support those among us with a mental illness we have the opportunity to make a real difference.”

Mental Health Month is coordinated by the Mental Health Association of NSW and is funded by the NSW Government. For more information on events being held throughout NSW during Mental Health Month please visit www.mentalhealth.asn.au.