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Facing Anxiety Program

Support Groups

Mental Health
Promotion including
Mental Health
Month NSW

MEDIA RELEASE

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New TV message helps us to “stress less”

Life is full of daily ups and downs, but we can all develop resilience to these everyday stresses as demonstrated in a new Television Community Service Announcement (CSA) from Mental Health Association NSW (MHA).

The 30-second announcement entitled ‘Find opportunities in life’s challenges’ focuses on how a single father and his teenage daughter cope with a common stress like a broken down car.

According to MHA CEO Gillian Church recent research shows that alarmingly over 40 percent of Australians are excessively stressed. “So many people are putting themselves at risk of health problems like depression and anxiety, which affects around 1 in 5 Australians every year,” she said.

“Finding resilient ways to cope with stress is an important way to prevent mental illness and promote our own mental wellbeing.

“We hope that people will relate to our TV message, and also find the humour in it. Sometimes laughter can help us get through the toughest of times.”

The CSA is part of MHA’s ongoing *10 Tips to Stress Less* campaign. The campaign website www.stresslesstips.org.au runs an online competition, as well as providing resources and e-cards.

MHA is a registered charity promoting mental health and wellbeing for all people living in NSW. It operates an Information Service for people needing referral, support and information about mental health issues.

People can learn more on how to look after their own mental health and join self-help groups, etc., by contacting 1300 794 991 or info@mentalhealth.asn.au; also [visit the Mental Health Association NSW website for information and online resources](http://www.mentalhealth.asn.au) or to [make a donation](http://www.mentalhealth.asn.au).

To view the CSA online - <http://www.youtube.com/mentalhealthnsw>

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