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Vice-Regal Patron  
Her Excellency  
Professor  
Marie Bashir AC CVO  
Governor of NSW

## **MEDIA RELEASE**

**April 20, 2010**

### **October announced as Mental Health Month in NSW**

With the NSW government about to sign a historic agreement on health reform, including extra funding for mental health, the Mental Health Association NSW (MHA) is pleased to announce the launch of Mental Health Month NSW (MHM) for the month of October 2010.

Formerly known as Mental Health Week NSW, the campaign is extending to the whole month of October, as Gillian Church, CEO of MHA says, "it reflects the reality that many Mental Health Week NSW activities already spill over to the rest of October.

"It provides the hundreds of organisers who participate in the campaign more time to participate in more events across their communities and spread the important message that mental health is everybody's business."

MHM is part of an annual national mental health promotion campaign and is coordinated by the MHA with funding from NSW Health.

The theme this year is "Good friends help us bounce back" - promoting the importance of building and maintaining good friendships in the building of our resilience.

Gillian Church advocates "the best way to deal with a tough time is to draw on the support of our friends. Tackling problems with others is a resourceful way to lessen our load."

Mental Health Month in 2010: October 1 - October 31. To get involved visit [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

### **For further media information please contact:**

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Facing Anxiety Program

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Support Groups

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Mental Health  
Promotion including  
Mental Health  
Month NSW