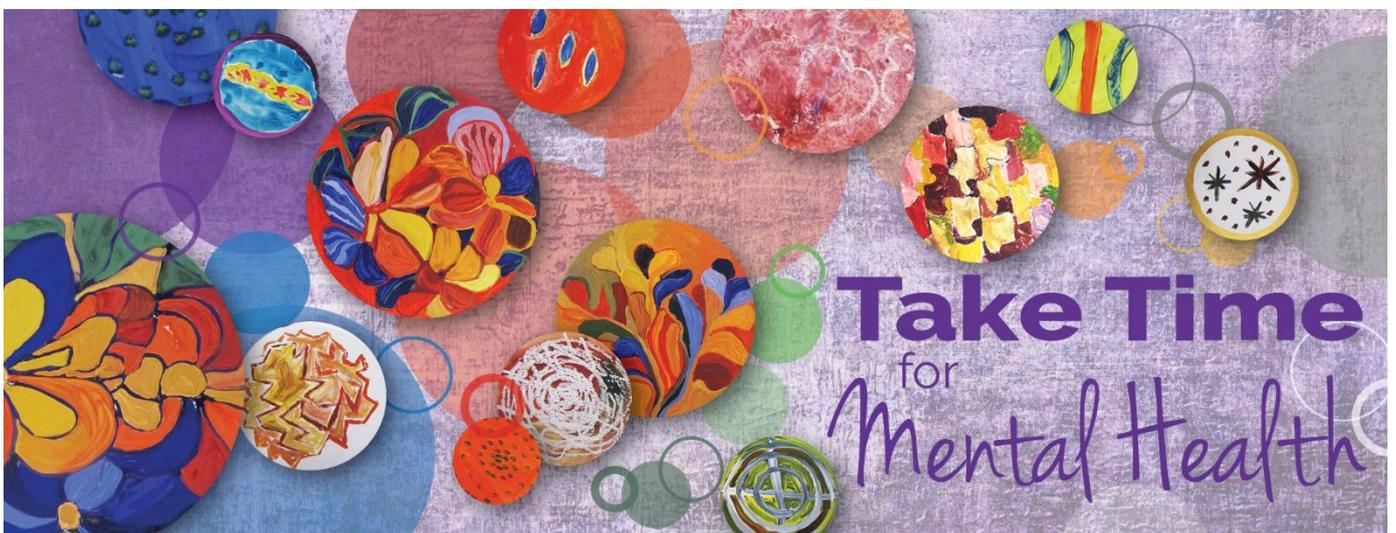


Media Kit

The facts about Queensland Mental Health Week



BE
ACTIVE

KEEP
LEARNING

GIVE

CONNECT

TAKE
NOTICE

CARE
FOR OUR
PLANET

5 to 13 October 2019

www.qldmentalhealthweek.org.au

Why celebrate Queensland Mental Health Week?

Mental health is important for every single one of us, yet it is a part of life that is often overlooked. Busy lives get in the way of us caring for our mental health, as does a fear of feeling vulnerable should we reveal our mental health challenges.

Queensland Mental Health Week (QMHW) is an opportunity to shine a spotlight on what all of us can do to look after our mental health and reach out to those who need support.

This year's theme is **Take time – for mental health**

Take time is about the simple yet proven things everyone can do to boost mental wellbeing.

Take time is also about breaking down the stigma associated with mental illness and reaching out to people in our communities who need support.

During QMHW people across the state come together through local events, conversations and activities to raise awareness of the importance of positive mental health and wellbeing.

There is something for everyone, with events and activities including art shows, expos, fun runs, walks and educational sessions.

To find out what's happening in your local area, visit the events page at qldmentalhealthweek.org.au and search using the interactive map or postcodes.



How you can look after your mental health

Research shows there are six simple actions we can all take to improve our moods, build resilience, boost wellbeing and lower the risk of developing mental health problems. They are Connect, Be Active, Keep Learning, Give, Take Notice and Care for the Planet.

These simple actions are internationally recognised as the Wheel of Wellbeing*.

Regularly practising these actions is beneficial for everyone.

Take time to **be active** – it's good for your mind as well as your body

Take time to **learn** – learning new things can make you more confident as well as being fun

Take time to **give** – Practicing small acts of kindness, volunteering time or simply helping a friend in need can help you feel more satisfied with life

Take time to **connect** – spending time with other people is important to everyone's mental wellbeing

Take time to **enjoy the moment** – Paying more attention to the present and the world around you helps relieve stress and makes you feel better

Take time to **care for our planet** – keeping our planet in shape is the best recipe for world wellbeing.

*The Wheel of Wellbeing was developed by the South London and Maudsley NHS Foundation Trust.

Where to go when more help is needed

If you are experiencing a mental health issue or concern, the biggest priority may be getting some help. Having a chat with a local doctor is a good first step towards getting the right support and treatment. [Head to Health](#) also has a list of phone and webchat contacts you can use to get immediate support.

For 24/7 counselling and support

- Lifeline – 13 11 14
- Suicide Call Back Service – 1300 659 467
- Kids Help Line – 1800 55 1800
- Alcohol & Drug Info Services (ADIS) – 1800 177 833
- Queensland Health — 13 HEALTH (13 43 25 84)

These numbers are either free or the cost of a local call.

Mental health – the stats

Mental health is important and applies to every single one of us. Just like our physical health, good mental health helps us live well and work well, yet:

- One in every two Queenslanders will experience mental illness in their lifetime
- Almost 50 per cent of lifetime mental health problems begin before 14 years of age, and almost 75 per cent occur before 25 years
- One in every five Queenslanders experiences mental illness, including substance use disorders, in any one year
- 25 to 50 per cent of people with a substance use disorder have a co-occurring mental illness
- Aboriginal and Torres Strait Islander adults are 2.7 times more likely than non-Indigenous adults to have high or very high levels of psychological distress
- Suicide is the leading cause of death for Queenslanders aged 15-44 years

In our workplaces

- Mental disorders result in national annual lost productivity costs of \$10.9 billion
- 3.4 per cent of all accepted serious workers' compensation claims in Queensland are for mental disorders
- 95 per cent of mental disorder claims are attributed to mental stress
- About one-third of accepted mental disorder claims are associated with work pressure
- Every \$1 invested in workplace mental health has a return of \$2.30

For more information and other statistics see:

Shifting minds: Queensland Mental Health Alcohol and Other Drugs Strategic Plan 2018-2023

Office of Industrial Relations work-related mental disorders — Queensland

State of Workplace Mental Health in Australia

Safe media reporting

Visit the Mindframe website at <https://mindframe.org.au/> to support safe media reporting, portrayal and communication about suicide, mental ill-health, and problematic alcohol and other drug use.



Who is behind Queensland Mental Health Week?

Queensland Mental Health Week is funded by the Queensland Mental Health Commission and delivered by strong cross sector collaboration.

Partners include

Canefields Clubhouse

CheckUP

Council on the Ageing (COTA) Queensland

Education Queensland

Ethnic Communities Council of Queensland

Grow

Mental Awareness Foundation

Office of Industrial Relations

Open Minds

Queensland Aboriginal and Islander Health Council

Queensland Alliance for Mental Health

Queensland Health

Queensland Mental Health Commission

Richmond Fellowship Queensland

Want more information

For more information on Queensland Mental Health Week, contact info@qldmentalhealthweek.org.au or call **1300 640 709**

Note that individual events may have their own media contacts which organisers will make available through their own media releases and channels.

