



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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WORLD MENTAL HEALTH DAY 2013

NSW Minister for Mental Health, Kevin Humphries, has called on people to mark World Mental Health Day (WMHD) today by taking ownership of their mental health and wellbeing.

Mr Humphries said that as part of WMHD, the Mental Health Council of Australia is asking people to make a personal mental health promise to undertake a positive change in their lives.

“The theme of this year’s WMHD, *Mental Health Begins with Me!*, aims to break down stigma and encourage people to take ownership of their mental health,” Mr Humphries said.

“Regardless of whether you have a mental illness, know someone with a mental illness or care for someone with a mental illness, we can all make a promise to take that positive step towards looking after our own mental health.

“Whether it is spending more time with family and friends, exercising more or finding more time to do the things you enjoy, there are many ways in which people can increase their chances of good mental health and wellbeing.”

This year WMHD has three objectives:

- Encourage help seeking behaviour;
- Reduce the stigma associated with mental illness; and,
- Foster connectivity throughout communities.

“These objectives are designed to encourage people to take charge of their mental health and wellbeing and those of their friends and family,” Mr Humphries said.

“With one in five Australians experiencing a mental illness in any given year, every one of us has a crucial role to play in reducing stigma and supporting those amongst us whose lives have been touched by mental illness.”

Mr Humphries said World Mental Health Day is an important part of Mental Health Month currently underway in NSW.

“With just under three weeks to go I would urge people to get along to one of the many Mental Health Month events currently underway in communities across the State,” Mr Humphries said.