

# Mental Health Week

Sunday October 6th to Saturday October 12th

## World Mental Health Day

This year the International theme for World Mental Health Day (WMHD), Thursday October 10th is:

### **Effects of Trauma and Violence on Children.**

The World Federation for Mental Health coordinates the international theme for World Mental Health Day (WMHD). For information and a planning kit to assist in planning activities around the theme, take a journey around the website:

[www.wfmh.org/wmhd](http://www.wfmh.org/wmhd)

The Mental Health Council of Australia is again developing a national campaign for this year's World Mental Health Day on 10th October. The National theme for 2002/3 is:

### **Promoting and Protecting the Mental Health of all Children**

It will run with the slogan:

### ***Reduce Tears Increase Cheers.***

For the past few years the MHCA has collaborated with organisations in each state to co-ordinate community forums for each capital city and one regional area. In South Australia the metropolitan forum will be an Open Day Fair at the Mental Health Service Campus at Glenside. The location of a country forum will be decided soon.

## Mental Health Week 2002 South Australia

Consistent with the National campaign the theme for Mental Health Week in SA is:

### **Promoting and Protecting the Mental Health of all Children**

A number of key activities are being planned around this theme. They include special events, resources and publicity to promote positive mental health in children and increase knowledge and understanding of mental health and the mental health system.

Details of these will be included on the HealthySA website: [www.healthysa.gov.au](http://www.healthysa.gov.au).

A Mental Health Week Advisory Group has been established. Members come from a wide range of government and non-government organisations and services. These include:

SA Consumer Advisory Group, South Eastern Regional Community Health Service, Department of Education and Childrens Service, Ramsay Health Care, Rotary International, SA Council of Social Services, Mental Health Coalition, SA Housing Trust, Nunkawarrin Yunti, SA Divisions of General Practice, Children of Mentally Ill Consumers (COMIC), Port Adelaide Central Mission, Child and Youth Health, Child and Adolescent Mental Health Services Headroom Project, Department of Human Services, Sports Arts and Recreation Council for People with Disabilities, Auseinet.

## Register of Events

Many groups around SA are well advanced in planning their activities for MHW. A register of events is being compiled. This information will be featured in an advertisement in the Advertiser on Saturday October 5th. It will also be put on the HealthySA website which will be regularly updated. The HealthySA website will also feature a range of information related to MHW.

If you would like your events to be in the Advertiser or on the HealthySA website please email the following details to [Melissa.johns@dhs.sa.gov.au](mailto:Melissa.johns@dhs.sa.gov.au) before 20th September 2002

- Name of event
- Date and time when it will be held
- Place
- Brief description - one or two sentences of what will be happening
- Contact details - name, telephone, email.

## Resource materials

Two posters and a postcard will be available free of charge .

The posters:



Positive Minds Attract



Mental Health - Now for the future

The postcard will feature useful websites related to promoting and protecting the mental health of children.

To order copies of the posters and/or postcard email the following details to [Melissa.johns@dhs.sa.gov.au](mailto:Melissa.johns@dhs.sa.gov.au)

- Name
- Delivery Address
- Item and quantity
- Phone Number
- Email

Delivery will be made in mid-September.

## Websites and Helplines

For information about:

- Mental Health Week in SA go to [www.healthysa.gov.au](http://www.healthysa.gov.au)
- Promoting Mental Health of children, young people and families go to [www.headroom.net.au](http://www.headroom.net.au)
- Helping young adults through tough times go to [www.reachout.com.au](http://www.reachout.com.au)
- Parenting and Child and Youth Health go to [www.cyh.com](http://www.cyh.com)
- Supporting children who live with a parent with a mental illness email [comic.admin@bigpond.com](mailto:comic.admin@bigpond.com)
- World Mental Health Day go to [www.wfmh.org/wmhd](http://www.wfmh.org/wmhd)
- National Mental Health Week campaign go to [www.mhca.com.au](http://www.mhca.com.au)

Helplines:

Parent Helpline 1 300 364 100

Youth Helpline 1 300 13 17 19 (cost of local call) or from mobiles 8303 1691 (mobile phone rate)

Kids Helpline 1800 55 1800