



→ **A Tasmanian State of Mind**



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MEDIA RELEASE

Community is the key to healthy, happy Tasmanians

Throughout the pandemic, Tasmanians demonstrated their commitment to keeping the people in their community safe and healthy. We must now build upon this commitment to each other, ensuring we are all supported to live health, happy and productive lives. That is why the Mental Health Council of Tasmania (MHCT), and the Local Government Association of Tasmania (LGAT) are calling on our political leaders to invest in the wellbeing of all Tasmanians, by providing communities with the tools, resources, and education they need to stay well.

Through their election campaign, 'A Tasmanian State of Mind', the Mental Health Council have put forth a plan based on four key pillars, designed to empower communities to look after and support each other. One of the key pillars of the plan involves partnering with local governments to build the capacity of our communities by leveraging existing local connections and expertise.

MHCT CEO, Connie Digolis, said we must take a preventative approach to mental health, by building upon the strength of Tasmania's communities, with a holistic focus on wellbeing.

"Rather than waiting for someone to reach for support, we must be proactive, and embed mental wellbeing as a core value, wherever we live work or play. Whether it be through community groups, sports clubs, local events and activities – we must increase the opportunity for Tasmanians to understand and engage with their mental health, by providing everyone with the skills, knowledge, and resources they need to stay well," said Ms Digolis.

Local governments will play a vital role in building the strength and resilience of the people that live within their communities. Leveraging their local leadership will be key in delivering a coordinated approach to mental wellbeing at a community level through a partnership with LGAT and local councils across the state.

LGAT CEO, Dion Lester, said, "Positive mental health and wellbeing starts at a community level. By building upon the existing connections and expertise of our local councils to provide education and resources within their community, we empower all Tasmanians to support each other and take ownership of their wellbeing."

MHCT and LGAT urge Tasmania's political leaders to prioritise the wellbeing of all Tasmanians, by adopting 'A Tasmanian State of Mind'.

Read more about 'A Tasmanian State of Mind' at www.mhct.org/tassiestateofmind Read LGAT's election priorities at <https://www.lgat.tas.gov.au/member-services/state-election-2021> -ends-

MHCT CEO, Connie Digolis, and LGAT CEO, Dion Lester, are available for interview

To arrange an interview please contact:

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Please include the following crisis support services for any story regarding mental health or suicide:

Lifeline: 13 11 14 www.lifeline.org.au

Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

beyondblue: 1300 22 4636 www.beyondblue.org.au

More information on safely reporting on mental illness or suicide can be found at:

<https://mindframe.org.au/> and <https://www.tascharter.org/>