



HUON VALLEY COUNCIL

MEDIA RELEASE

21 August 2018

Understanding Mental Health

The Huon Valley Council is holding a community presentation on 27 September about understanding and supporting young people's mental health.

Huon Valley Council Commissioner Adriana Taylor says the presentation aims to highlight and continue the discussion around mental health issues facing young people in the Valley.

"We have Mitch McPherson from **SPEAK UP! Stay ChaTY** presenting his personal story and talking about the impact suicide has on families and the community.

"Mitch established the organisation to help normalise conversations around mental health and to promote a positive mental health in young people.

"We are very pleased Mitch, the 2017 Tasmanian Young Australian of the Year, will be presenting in Huonville. He is an engaging speaker who uses his personal experience to help others realise 'It's OK to not be OK and to ask for help when you need it.

"We will also feature a presentation by **headspace**, the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

"This is an important event, especially for the youth in the Huon Valley. One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups.

"I invite everyone 14 years of age and over to attend. We regret children under the age of 14 cannot be admitted to the sessions," Commissioner Taylor said.

Local mental health services will be available to chat after the presentation.

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Please contact Council's Health & Wellbeing Unit on 6264 0331 for further information on the presentation.

The Huon Valley Council's Rural and Primary Health Program receives funding from the Tasmanian Health Services.

WHAT: Community presentation on understanding and supporting mental health

WHEN: Thursday September 27 from 7-9pm.

WHERE: Huonville Town Hall

**For more information
Adriana Taylor – Huon Valley Council Commissioner
Phone (03) 6264 0300**