

**MENTAL HEALTH WEEK**

*Statement by Minister for Mental Health*

**MS A. SANDERSON (Morley — Minister for Mental Health)** [1.23 pm]: Mental Health Week 2023 is taking place from 7 to 14 October 2023, with a series of events across Western Australia. WA Mental Health Week is supported by the WA state government through the WA Mental Health Commission. The theme is “Mind. Body. Environment.”, highlighting the importance of the connection between mental health, physical health and our environment.

Today is also World Mental Health Day, which aims to raise awareness of mental health as a universal right for all people. Everyone has a right to the highest attainable standard of mental health. This includes access to the right care at the right time. Good mental health is vital to our overall health and wellbeing and can impact on physical health, how we connect with others and our livelihoods. We often hear about keeping ourselves physically healthy, but especially this week I ask all members to think about what we can do to keep ourselves mentally healthy and improve our wellbeing.

Multiple events will feature across the state throughout this week, including a jungle body mega dance class at the Court Hotel and Breakfast by the Bay at the University Club of Western Australia. The start of Mental Health Week coincides with the launch of our new *Western Australian mental wellbeing guide*, developed by the Mental Health Commission. The mental wellbeing guide aims to improve understanding of the term “mental wellbeing” and how it impacts on and interacts with both mental health and physical health, clarify the community’s role in supporting mental wellbeing by identifying factors that impact on mental wellbeing, provide practical examples of activities that can increase or maintain mental wellbeing, and encourage evaluation and research of mental wellbeing programs to build evidence about effective strategies. Members can find a copy of this guide on the Mental Health Commission’s website.

The Mental Health Commission has also recently launched the new Think Mental Health campaign, “Find your way to okay”, encouraging 18-year-olds to 24-year-olds to discover activities that increase and maintain their mental wellbeing. Members, please visit the Think Mental Health website and share this campaign with young people in your electorates. If members have not already, I encourage them all to take part in one of the local Mental Health Week events and help spread the message of good mental health and wellbeing.