



**Mental Health
Australia**

Media Release

9 OCTOBER 2025 | For immediate release

National mental health peak calls on Australians to “connect with your community” this World Mental Health Day

Tomorrow, 10 October, is World Mental Health Day 2025

Tomorrow is World Mental Health Day, and Australia’s national mental health peak body Mental Health Australia is calling for all people in Australia to take a moment to connect with their communities for good mental health.

This year’s theme is “Connect with your community”, reflecting the important role social connection plays in supporting our mental wellbeing and improving social cohesion in our society.

Mental Health Australia CEO Carolyn Nikoloski said “This is a day to talk about the importance of mental health and reach out to connect with our communities – to those people and places where we feel safe, seen and heard.”

“This can be at home, work, school, in the community or online,” she added. “It can mean your friends, loved ones, mob, community choir or club, community garden or exercise group.”

“Feeling cared for and supported is good for our mental health, and is particularly important during times of stress,” Ms Nikoloski continued.

“Right now, many Australians are struggling with issues like social isolation, economic pressures, and the ongoing impacts of mental health challenges that they may be experiencing themselves, or by those they care for, love and support.”

In addition to serving as a reminder of the importance of social connection to our mental wellbeing, World Mental Health Day is also an opportunity to talk about what more needs to be done to make access to equitable, affordable mental health care a reality.

“Now more than ever, visible and courageous leadership is needed to show that mental health matters,” Ms Nikoloski said. “That’s why this World Mental Health Day, we’re also inviting Australians to connect with their federal Member of Parliament (MPs) to call for stronger mental health reform.”

“Our [research](#) indicates Australians care deeply about the wellbeing of their local communities. Our federal MPs have an important role to play in achieving the mental health reform Australia needs,” Ms Nikoloski said.

“We’re asking for hope and action, to send a powerful message that mental health is not just a personal issue for individuals – it’s a collective responsibility, and one that deserves national attention.”

“We’re asking all Australians and MPs to stand with us for good mental health – and stronger mental health reform – World Mental Health Day and every day.”

More information: [2025 World Mental Health Day | Mental Health Australia](#)

Free downloadable mental health tip calendars: [Download your 2025 Mental Health Day Calendar | Mental Health Australia](#)

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