MEDIA RELEASE

Mental Health Australia

10 September 2019 | For immediate release

Celebrating World Suicide Prevention Day, and one month to go until World Mental Health Day

Today, on World Suicide Prevention Day, Mental Health Australia would like to take this opportunity to stop and acknowledge the tireless work of those in the suicide prevention sector who work each and every day towards zero suicide.

"World Suicide Prevention Day is a day to stop and reflect on Australia's continuous effort to prevent suicide in our community," said Mental Health Australia CEO Frank Quinlan.

"The continuous effort of many of our members, friends, colleagues and community members. So thank you to those countless organisations, communities, carers, consumers and individuals who are working hard to spread awareness, combat stigma, and contribute to creating a mentally healthy community which, ultimately, is saving lives.

"World Suicide Prevention Day is also a day to look forward in hope, and as the Prime Minister said at this morning's Suicide Prevention Australia's breakfast, achieving this goal of zero suicide is something that will 'unite us all'.

As well as celebrating World Suicide Prevention Day, today also marks one month to go until World Mental Health Day, Thursday 10 October.

This year, Mental Health Australia will deliver the 2019 World Mental Health Day Campaign – *Do You See What I See? See beyond the stigma and make mental health more visible,* with the aim to reduce stigma, encourage help seeking behaviour and foster connectivity.

The best way to do this is by making a #MentalHealthPromise at www.1010.org.au.

"To date more than 20,000 people have made a mental health promise to help reduce stigma and create awareness. Today, our promise is to support our friends and colleagues in the suicide prevention sector to continue to work towards zero," said Mr Quinlan.

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