

## **IVAN FRKOVIC, Queensland Mental Health Commissioner**

### **Queensland Mental Health Week 2017 video transcript**

Mental Health Week 2017 this year starts on Sunday the 8<sup>th</sup> of October.

The theme this year is how we can value mental health and that includes both promoting good mental health, creating an understanding of mental illness, but also celebrating the lives of people who everyday live with mental illness and are still effective partners, employees, soccer coaches, teachers.

We're going to be launching a consultation report on the 10<sup>th</sup> of October at Parliament House. The consultation report that we've compiled is from a recent consultation we did with consumers, carers, family members, and service providers across the state to inform our new and revised strategic plan. We heard a whole range of things during that consultation which will help us to shape the direction of the strategic plan.

Mental Health Week 2017 has a range of activities occurring across the state, in fact there's hundreds. If you want to find out more about these activities, particularly those happening in your local community, please visit the Queensland Mental Health Week website.

There is also information about lived experience and carer reforms that occur across the state during this time. It's always very useful for all of us to hear about how people living with mental illness are managing.

I would encourage all Queenslanders this year to do something new to improve their own mental health. Start by valuing your own mental health and the mental health of your loved ones, family, friends, partners, community, and children. Take the time to learn something new about mental health during this Mental Health Week, it's a great opportunity. Be more active in managing your own mental health; let's not leave it for another time. And make connections with people and organisations and support structures to help you maintain good mental health.

And have a great Mental Health Week.

[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)