

Media Release



Carers Australia is the national peak body for carers. Our vision is an Australia that values and supports the contribution that carers make both to the people they care for and to the community as a whole.

Embargoed until 12.01am Saturday 10 October

10 October 2015

World Mental Health Day – 10 October 2015

Saturday 10 October is World Mental Health Day and all Australians are being asked to make a personal mental health promise to themselves.

According to Mental Health Australia, one in five Australians will experience a mental illness in the next 12 months, almost 50% of us in our lifetimes.

“Many individuals with a mental illness rely on the care and support of family and friends to assist them during difficult times. These unpaid carers provide a crucial support in our communities,” said Carers Australia CEO, Ara Cresswell.

“Many carers also experience their own mental health issues, including depression and anxiety. Unfortunately these carers often put their own health and wellbeing last, and can be reluctant to seek help,” said Ms Cresswell.

This World Mental Health Day, Carers Australia is encouraging all carers to make their own mental health promise.

According to Mental Health Australia, activities which improve mental health and wellbeing include making time to socialise with family or friends, getting a good night’s sleep, regular exercise, eating healthily and limiting consumption of alcohol and drugs.

“It’s important that all carers, including those who care for someone with a mental illness, also take care of their own mental health, for themselves and for those they care for.

“Their effectiveness as carers and, indeed, their capacity to go on being carers is very much dependent on their state of mind,” said Ms Cresswell.

To make a mental health promise visit 1010.org.au/.

For media enquiries please contact Edward Allpress on (02) 6122 9921 or 0408 956 578