Territorians are marking Mental Health Week with events across the Territory carrying the theme, Little acts: Big impacts.

On World Mental Health Day today, Minister for Health Robyn Lambley encouraged all Territorians to think about what small things they can do to improve their own mental health and wellbeing and that of their family, friends, colleagues and others around them.

The Country Liberals Government committed an additional $330,000 per year towards programs to support mental health promotion and suicide prevention in its first year of government.

Recent investments in suicide prevention have provided for a range of services and initiatives including:

- Establishment of a new Indigenous Suicide Prevention Project Officer position within the Department of Health and a new Indigenous Youth Engagement Officer at headspace Darwin.
- Increased funding for Counterpunch, an innovative program for young people that combines boxing and psychological strategies. The program was first established in Darwin in 2011 and plans are underway to expand the program in Katherine.
- An increase in the availability of suicide prevention training.
- Development of a new Suicide Prevention Support and Information Website to be launched next month.

This year’s Mental Health Week has been led by the NT Mental Health Coalition, with a wide range of events including open days, workshops, a ‘Mental Health in the Mall’ event in Alice Springs and a ‘World Mental Health Day Community Fair’ at Mindil Beach Markets.

“I encourage all Territorians to mark Mental Health Week by getting involved in organised events or by taking some time to do something they enjoy to take care of their mental health and wellbeing,” Mrs Lambley said.

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