Looking after the mental health of young Territorians is the focus of Mental Health Week this year – officially launched by Family and Community Services Minister Marion Scrymgour today.

Ms Scrymgour also launched the “Mind your Mind” Kit, a resource pack which is aimed at encouraging positive mental health amongst young people.

“The Labor Government is serious about tackling mental health problems in our community. This is an area that affects us all in one way or another – be it personally, through a relative or a friend,” Ms Scrymgour said.

“Since coming to Government the Martin Labor Government has increased the mental health budget by 90% - more than any other jurisdiction in Australia.

“This increase means that over $12 million more is being injected into Mental Health services annually.

“And there is more to come, as the Government has coming an extra $12.7 million on top of this over the next three years.

Ms Scrymgour said Mental Health Week will include a series of workshops in Darwin and Alice Springs, skill sharing seminars, and guest speakers at high schools.

“The Territory has the highest young population in Australia – 41% of our population is under the age of 25,” Ms Scrymgour said.

“Ensuring young Territorians have good mental health through childhood and adolescence strengthens their capacity to maintain good mental health in adult life.

“The Government is committed to improving mental health outcomes for young people in the Northern Territory.

“The ‘Mind your Mind’ Kit contains 12 fact sheets which have been especially designed to educate young people on mental health issues and offer practical solutions to deal with stress and upsetting emotions.

“They also contain information on where to get professional help if needed.”

Mental Health Week runs until Saturday in the Northern Territory.