



MEDIA RELEASE

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UnitingCare West shows its support for Mental Health Week

UnitingCare West is proud to once again be involved with Mental Health Week, with a number of initiatives and activities being held in support of the week.

UCW's Fremantle Service Centre (FSC) will facilitate an African drumming session at 10am at the Wesley Link Community Room during their community morning tea session on Thursday 8 October. The FSC will also engage the community in creating a tree designed to share ideas for "growing more mentally healthy".

UCW's Inner City Centre will also hold a number of events throughout the week including Art Therapy, Black Dog and Circle of Recovery sessions, and Mindfulness for Staff and Client workshops.

UCW's Personal Helpers and Mentors Program (PHaMs) teams based at the Merriwa Service Centre will be holding a stall at Joondalup Shopping Centre on Thursday 8 October promoting UCW's mental health services. PHaMs will also be at a forum taking place at the Lorikeet Centre in West Leederville on Friday 9 October which will be attended by the Mental Health Commission, patients and staff from hospitals and other agencies.

This range of activities has been designed to bring individuals and communities together, to encourage open conversations around mental health issues and to aid and enhance mental health recovery.

UnitingCare West Acting CEO Ian Moore says the organisation's mental health programs have helped change the lives of many participants.



“Our mental health programs are holistic in nature and are provided with the goal of supporting individuals in the community with their recovery journey. The programs focus on strengths and what people with a mental illness can do rather than what they can’t. They also focus on recovery, demonstrating that people with mental illness can lead fulfilled lives in the community with the same opportunities as other people,” Mr Moore said.

The 2015 Mental Health Week is being held from 2 to 10 October. The 2015 theme is Act Belong Commit. Mental Health Week raises community awareness about mental health issues and is held every October to coincide with World Mental Health Day which is held on 10 October.

The aim of Mental Health Week is to promote social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery.

Contact Details

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About UnitingCare West

UnitingCare West touches the lives of over 30,000 individuals and families each year. With 300 staff members and over 300 volunteers, UnitingCare West is a community service agency that has a mission to support, serve and empower those most in need. UCW operates over 35 community service programs from 17 sites across WA, reaching as far North as Merriwa and as far South as Great Southern, in the areas of community housing, accommodation, homelessness, family support, mental health and disability services. UnitingCare West’s clients include those in the community experiencing financial hardship, domestic violence, child abuse trauma, mental health issues and disability to name a few.