

**25 September**

**Help support Queenslanders and increase mental health awareness**  
Drive Queensland Mental Health Week participation

With one in five (22%) Australians aged 16-85 estimated to have experienced a mental disorder in the last 12 months\* (AIHW, 2024), there is a big need to raise awareness about Queensland Mental Health Week (QMHW).

Queensland Mental Health Week occurs from **Saturday 5 October to Sunday 13 October** this year and aims to shine a light on individual and community mental health and wellbeing.

The 2024 theme is "Connect for mental health" and hundreds of events, activities, and conversations will be held across the state to mark the week.

QMHW events provide a focal point for awareness, education, and understanding of mental health and wellbeing. These events also help foster community connection and inclusion for people living with mental illness, their families, carers, and support people.

People can participate in QMHW in many ways, including hosting or attending an event, wearing merchandise, and starting conversations about mental health.

Queensland Mental Health Commissioner Ivan Frkovic said Queensland Mental Health Week is about creating community understanding, conversation and connection around mental health and wellbeing.

"Positive mental health and wellbeing is essential to every Queenslander, including people living with mental ill-health."

"QMHW events create community awareness and education of mental wellbeing, help break down stigma of mental ill-health and encourage people to seek help when they need it," Mr Frkovic said.

For more information visit <https://www.qldmentalhealthweek.org.au/>

**Media enquiries**

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**Mental health support lines**

Lifeline 24/7 crisis support 13 11 14

Suicide Call Back Service 1300 659 467

Emergency line 000

**Mental health statistics**

\*Australian Institute of Health and Welfare. *Prevalence and impact of mental illness*. Retrieved from <https://www.aihw.gov.au/mental-health/overview/mental-illness>.



### **Safe media reporting**

View the Queensland Mental Health Week [Media Kit](#) for information on how to appropriately communicate about QMHW. You can also visit the Mindframe website at <https://mindframe.org.au/> for advice on how to support safe media reporting, portrayal and communication about suicide, mental ill-health, and problematic alcohol and other drug use.

### **QMHW partners**

[Queensland Mental Health Week](#) (QMHW) is funded by the Queensland Government through the [Queensland Mental Health Commission](#), Queensland Mental Health Week is coordinated by [CheckUP](#) and delivered through strong cross-sector collaboration.



Queensland  
**Mental Health  
Commission**

