



Media Release

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For immediate release

Healthy Minds in the Community

The “All Together - Live Better” community event held at Midland Square on Sunday 25 November comprised of an eclectic program that offered a variety of multicultural understandings and perspectives of mental health and mental illness.

The event served to actively celebrate cultural diversity, to contradict myths and discrimination about mental illness and racism, to build and promote partnerships, and to provide information to the broader community about services promoting culture and mental health support. Involving fifteen non-government organizations and some government services working with culturally and linguistically diverse (CALD) communities, the event attracted the majority of its funding from the City of Swan and the Office of Multicultural Interests. Other key collaborators included Swan Adult Mental Health Service, Mental Health Access Service, Midland Women’s Health Care Place, Eastern Region Mental Health Agencies, Ishar Multicultural Centre for Women’s Health, Meerilinga Parentlink, Dar Al Shifah and Australian Red Cross.

John Ellis, Program Manager - Swan Adult Mental Health Service says sharing a mix of cultural perspectives on mental health and health maintenance in an atmosphere nurturing areas of common and shared experience is what this event was able to deliver. “The event provided a vehicle to transfer knowledge about mental health and the scope of mental health resources available from a range of providers reflecting our strong community development focus,” says Mr. Ellis.

“It is so good to have the chance to get the issue of mental health out there in a positive way, to encourage some understanding and to decrease the stigma,” says Swan Consumer Advisory Group Chairperson Alistair McIntyre. This sentiment aligns itself very closely to NMAHS - Mental Health, which strives to create an environment where individuals, their families, communities, and services work together to improve the quality of life and wellbeing of all individuals in its care. “Improving understanding and reducing intolerance towards mental illness is highly ranked on the NMAHS - Mental Health agenda,” says Mr. Ellis.

The event coincided with the Midland Farmers Market, producing a hub of activity in the Midland Square precinct. Activities included a series of mental health maintenance workshops, didgeridoo performances, African Drumming, Russian folk dancing, acrobatics, a choir and the launch of Ishar’s domestic violence project for women from the former USSR.

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Photographs available on request

