



The Hon Ray Williams MP

Member for Castle Hill
Minister for Multiculturalism and
Minister for Disability Services

MEDIA RELEASE

22 September 2017

CASTLE HILL URGED TO ‘SHARE THE JOURNEY’ TO IMPROVE MENTAL HEALTH

People living in the Castle Hill electorate are being urged to check in with friends, family and colleagues during Mental Health Month this October.

“In the face of busy lives and conflicting priorities, I encourage the Castle Hill community to focus on mental wellbeing this October, even if we ourselves have not suffered from mental illness,” Member for Castle Hill Ray Williams said.

The theme for Mental Health Month 2017 is ‘Share the Journey’, to highlight the importance of social relationships to improve overall mental health.

“Maintaining good relationships can improve our ability to cope with life’s challenges and help build resilience in trying times,” Mr Williams said.

45 per cent of all Australians will experience some form of mental illness during their lifetime, and those who don’t will likely know someone who does.

A priority for the NSW Government is providing the right supports and promoting the best possible recovery from mental illness, so that they, their families and carers can live life to the fullest.

Mr Williams said “We have some amazing local organisations and individuals in our area who are at the forefront of making a difference in the lives of people living with a mental illness; and I would like to acknowledge and celebrate their incredible work and dedication”.

The NSW Government is investing a record \$1.9 billion for mental health funding in the 2017/18 Budget, including an additional \$20 million to support the ongoing strengthening of community-based mental health care in NSW.

For details on events and activities being held in the Castle Hill area during Mental Health Month this October please visit: www.mentalhealthmonth.wayahead.org.au/about-mental-health-month/

If you or someone you know needs crisis support, call Lifeline on 13 11 14. For mental health services please contact the NSW Mental Health Line on 1800 011 511.

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