

Appreciating the little things this Mental Health Week

Mental Health Week 2024 is running from 5 – 13 October, with the theme encouraging Tasmanians to appreciate the little things.

I want to thank the Mental Health Council of Tasmania for their excellent work in this space, and for their support of events held state-wide this Mental Health Week for Tasmanians to take part in.

In today's fast paced world, taking a moment to stop and smell the roses and acknowledging those small things we hold dear is hugely important.

Reflecting on the little things that I appreciate has been really profound for me this week. For anyone that follows me on social media, you may know that I really appreciate time spent in my veggie patch at home – and then having the opportunity to turn these home-grown goodies into something healthy for the family.

Another example is time spent fishing with a mate. As many anglers would reflect, it isn't the number of fish caught – it's that quiet time connecting with nature on the water that gives the most satisfaction.

These are some of the little things that are really important to me, that allow me to reset and to look after my own mental health and wellbeing.

It's a great theme, and something that I implore all Tasmanians to think about this Mental Health Week.

While Tasmanians take a moment to appreciate the little things, as a government, we are doing more than ever before to ensure the mental health of Tasmanians is the best it can be.

Over the last decade, we have delivered record funding of over \$614 million to transform Tasmania's mental health and alcohol and drug service system.

With this investment, we are employing record numbers of staff in our Statewide Mental Health Services and Alcohol and Drug Service including clinicians and lived experience workers – with an increase of over 197 FTE in the last four years alone.

We are providing new and expanded services like the Peacock Centre and the Mental Health Emergency Response service.

Our 2030 Strong Plan for Tasmania's Future includes delivering more mental health services, building on the success we have already seen.

We will deliver more child and youth mental health outreach clinics across the State.

We are building a new 27-bed mental health centre at St John's Park, including Tasmania's first state-wide residential eating disorders treatment facility, with a development application in with the Hobart City Council.

We are beginning work to deliver a new \$90 million mental health precinct at the Launceston General Hospital, and a new \$40 million mental health precinct at the North West Regional Hospital.

Mental Health Week is a good chance to acknowledge the work done and the significant work still underway.

There is a lot to be positive about – and while Tasmanians can stop to appreciate the little things this week, there are big things being done to improve the mental health of all Tasmanians.