

**Mental Health Month**  
**1<sup>st</sup>-31<sup>st</sup> October 2019**  
**'Share the Journey'**

**World Mental Health Day**  
**10<sup>th</sup> October 2019**



**OCTOBER IS MENTAL HEALTH MONTH – SHARE THE JOURNEY AT  
WORK, AT HOME, WITH YOUR UNIT MEMBERS AND IN YOUR  
COMMUNITY!**

**What is Mental Health Month?**

[Mental Health Month](#) is held nation-wide in October each year, with [World Mental Health Day](#) on 10 October. Mental health refers to a person's social, psychological, and emotional wellbeing. Mental Health Month provides an opportunity to raise awareness about mental health and wellbeing. It's a chance to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. The 2019 theme for Mental Health Month is "[Share the Journey](#)".

**Share the Journey**

Sharing the journey is all about ways we can connect with others, both for our own health and wellbeing, as well as theirs. Sharing the journey means understanding where someone is emotionally, how they got there and where they are going.

Connecting with others is important for all aspects of our health and wellbeing. Research shows that feeling connected with others gives us a sense of security, support, purpose and happiness. Close connections and good relationships with others help us enjoy good times in our lives as well as cope with difficult experiences. Many of us report feeling lonely at times. For those experiencing or living with mental illness, loneliness can have an even bigger impact, especially when you factor in the added experiences of social exclusion and stigma.

Sharing the journey can mean many things:

- Telling your loved ones about both your successes and difficulties
- Reaching out to people who might be withdrawing from others
- Working with someone to find and access services or support

- Asking for help with day-to-day things when you need it
- Getting involved in group activities, like sports or book clubs
- Sharing a cuppa with a mate

Whether you reach out to someone who might be feeling a bit lost or find a way to connect with others when you need some help, building positive social connection is something we can all do.

### **Every 40 seconds someone loses their life to suicide**

In 2019 World Mental Health Day focuses on preventing suicide, recognising that [every 40 seconds someone in the world loses their life to suicide](#). In the NSW SES, members may be the first on the scene of a mental health crisis or suicide attempt, or may be impacted by their experiences as emergency responders in a range of situations. Connecting crisis-affected community members or colleagues to mental health support and checking in on our own and each other's wellbeing is a critical part of what we do. The World Health Organisation has produced a [short animation](#) and [tip sheet](#) on what emergency responders can do to help prevent suicide.

You can find out more about Mental Health Month, World Mental Health Day and Mental Health resources through the following links:

- World Federation for Mental Health <https://wfmh.global/>
- World Mental Health Day - <https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention>
- Mental Health Foundation of Australia <https://www.mhfa.org.au/>
- Way Ahead - <http://mentalhealthmonth.wayahead.org.au/about-mental-health-month/the-mental-health-month-campaign/>

### **Need Support?**

If you're a NSW SES staff member in need of support, we encourage you to contact the Employee Assistance Program (ph 0407 918 998), or Peer Support and Chaplaincy 1800 626 800.

If you're a NSW SES Volunteer in need of support, we encourage you to contact Peer Support and Chaplaincy on 1800 626 800.

Members can also connect with a range of external mental health support services [here](#).

