

6 October, 2017

## **headspace day encourages Australians to share personal tips for positive mental health**

**EMBARGOED UNTIL 1AM, OCTOBER 9, 2017**

The Eastern Suburbs community is invited to join with headspace Bondi Junction to celebrate headspace day on Monday 9 October as part of National Mental Health Week.

From 8am to 9am on 9 October, headspace Bondi Junction staff and Youth Reference Group members will hold a stall outside the Centre at 20 Bronte Road, Bondi Junction, providing morning tea and asking people to write down their tips for “What helps you feel better?” for a special photo board.

headspace day is a national event which encourages people to share their personal tips for positive headspace.

Jason Trethowan, CEO, headspace said: “headspace wants to educate young people on the importance of looking after their mental health and addressing issues early on, before they become more serious”.

James Isles, Centre Manager, headspace Bondi Junction, said his tip for positive mental health was acknowledging that it is okay to ask for help if you are not feeling great.

“Make yourself a priority and welcome support from others including friends, family and professionals,” Mr Isles said.

“There is no shame in talking about mental health issues, and the stigma of ‘feeling low’ wouldn’t be so great if more and more people sought support sooner.”

Self-care tips from members of headspace Bondi Junction’s Youth Reference Group include taking time out with your friends and opening up about depression and anxiety with people you trust.

Details: [headspaceday.org.au](http://headspaceday.org.au)

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