

Groups are blue about mental health stigma



Jason Thompson, Terri Slade and Jo Brown from the Depression Support Network with Population Health Albany's Amber Giblett. The group wore blue to highlight Mental Health Week. Picture: Laurie Benson

■ Katherine Mountain
katherine.mountain@albanyadvertiser.com

COMMUNITY groups have donned blue to lift the lid on mental health issues as part of Mental Health Week this week.

Mental Health Week is an annual national awareness campaign aimed at promoting the importance of mental health and wellbeing in the wider community.

All week long businesses and groups have been encouraged to don their finest blue-hued attire and Turn Blue 4 A Day to help reduce the stigma associat-

ed with mental health difficulties.

On Tuesday about 12 people attended Albany Depression Support Network's Turn Blue 4 A Day gentle walk and morning tea, supported by the Heart Foundation.

Depression Support Network president Jo Brown said while the group walked every Tuesday, this week the focus was on supporting Mental Health Week.

"Taking part in regular exercise is really important, even if it's just walking, the fitter you are, the healthier you are to cope with things, whether that's men-

tal health issues or other things," she said.

"Being overweight can put other stresses on your body. A healthy body can help keep your mind healthy too."

The group also holds regular meetings, which she said was a good chance for people dealing with depression to come together and talk to people facing similar issues.

"It's really good to socialise and have everyone in same place where there is no judgment," Ms Brown said. "We also try to provide information from Beyond Blue and Act Belong Commit."

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■ Joe Cassidv

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