

12 October 2022

# Mayoral Message

Dear Residents



It's a sad reality, mental health impacts the lives of so many Australians.

With the fast-paced nature of the world we live in, it's not surprising that we are seeing increased levels of stress and anxiety. Tragically, almost 9 Australians lose their lives every day to suicide. And what's even more alarming, is the fact that the majority of those are aged between 15-44 and male.

Over the years, we have become more open when it comes to discussing mental health issues and dealing with the stigma that is often attached to it. That doesn't mean there aren't still many people in our community who are too afraid to speak out.

Cultural and religious beliefs, or those too ashamed to admit that they need help... just a few of the reasons.

This Mental Health Month (October) is all about taking time for yourself, understanding the importance of good mental health and being able to identify when you or your loved ones may need to seek help. And it all starts with tuning in.

We have a range of programs on offer, designed to help you tune in to what's happening within you, tune in to your senses, tune in to those around you, and tune in to stigma.

Mental Health is an issue that effects everyone... it doesn't discriminate against age, religion, gender and sexual orientation. That's why our Council has a range of activities for active seniors, those studying for the HSC and information sessions in different languages. There's something for everyone, and I encourage you all to get involved and tune in to your mental health.

Just remember, it's okay not to be okay! And if you, or your loved ones, need support, please take advantage of the help that is there. To see the full Mental Health Month program and a list of support services available, visit **[cb.city/MentalHealth](https://cb.city/MentalHealth)**

Yours sincerely,



Clr Khal Asfour  
**MAYOR**