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L.Th.,

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MEDIA RELEASE
MENTAL HEALTH MONTH
For immediate circulation

Rev Fred Nile supported the government's Motion commemorating "Mental Health Month". The full text of the motion can be accessed online [here](#). Below is an extract of Rev Nile's speech extracted from the Parliamentary *Hansard*.

MENTAL HEALTH MONTH

Reverend the Hon. FRED NILE (16:47:38): On behalf of the Christian Democratic Party I support the motion. I thank the Hon. Scott Farlow for drawing our attention to Mental Health Month 2020. The Hon. Scott Farlow has outlined many important facts in his motion. It states:

- (a) the month of October is Mental Health Month which is a time to raise awareness of mental health and wellbeing for ourselves and those around us;*
- (b) every year in Australia, 20 per cent of us will experience some form of mental illness;*
- (c) almost half (45 per cent) of Australians will experience a mental illness in their lifetime— that is a prospect that all of us face, especially in our older years—*
- (d) the theme for Mental Health Month 2020 is "Tune In" which is a reminder to be present in the moment and tune in to ourselves and those around us*

...

Mental health is an issue where we can all play a role. We do not need to be a medical specialist to play an important role in giving personal support to those around us. World Mental Health Day is marked on 10 October. As the changes resulting from the COVID-19 pandemic are impacting our society, our families and us all. The Hon. Scott Farlow's motion also reminds us of the following:

(a) approximately 40 per cent of people who die by suicide have not had contact with health services in the past 12 months;

(b) not all people who attempt or complete suicide have a mental illness and this is particularly true of young people;

(c) each situation is subjective and could be in reaction to a situational crisis, such as a relationship breakup, or losing a job ...

I also note that the Government has increased its funding for suicide prevention, through an \$87 million Towards Zero Suicides initiatives, which will see— [Time expired.]

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