

# Media Release

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Monday 16 December 2019

## New posters putting the spotlight on mental health

Camden Council is installing hundreds of new posters across the Camden area, to help residents connect with valuable support from Lifeline Macarthur.

The posters are being installed in both the male and female toilets in every Council-owned community and administration facility. They provide a QR code to Lifeline Macarthur's online crisis support chat and Lifeline Macarthur's phone number and web address, should a person visiting that facility need help and support.

Lifeline Macarthur's Suicide Prevention Team Leader, Anne Rogers, said the messaging was particularly important at this time of year.

"A lot of services close over the Christmas and New Year period," Ms Rogers said.

"And, while many people look forward to this time of year to relax and spend quality time with family and friends, others find Christmas to be a very stressful time. It can heighten feelings of loneliness and anxiety.

"It's vital people know that Lifeline is here when they need to reach out for help, or if they need someone to listen to and support them. You can call Lifeline or visit our website 24 hours a day, 7 days a week, including Christmas Day and throughout the holiday period."

Lifeline Macarthur toured Camden Council's Administration Building today (Monday 16 December), to see a few of the newly installed posters. At the same time, Mayor of Camden, Cr Theresa Fedeli, was proud to present the organisation with a cheque for \$60,000, raised from the sales of the incredibly popular Camden Monopoly.

"I'm so proud to support this new initiative and Lifeline Macarthur in its entirety," Cr Fedeli said.

"Council has already implemented a range of strategies to assist staff suffering from mental health issues and these posters are an extension of this commitment. Having this information available for our residents is Council telling our community there is no shame in needing help – in fact, reaching out for support when you need it is the best thing you can do for yourself.

"I know the money donated will really make a difference in so many people's lives. One in every five Australians are affected by mental illness and, in 2018, more than 3,000 people in Australia took their own lives.

"We place so much emphasis on eating right and exercising to keep ourselves physically healthy, but our mental health is just as important and requires the same amount of care and time."

For more information about Lifeline Macarthur, including how to find support, visit [lifelinemacarthur.org.au](http://lifelinemacarthur.org.au)

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