

## MEDIA RELEASE

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### Expo takes over the streets of Tara to put mental health in the spotlight

THE Western Downs Mental Health team in conjunction with community organisation, Partners In Recovery, will help promote the message of “healthy minds” at an expo in Tara next month.

The Healthy Minds Expo will take over the main street on Thursday 8 October in celebration of Mental Health Week which runs from 4 to 11 October.

The all-day event will feature information stalls from a number of local mental health service providers and other organisations, National Disability Insurance Scheme (NDIS) workshops from Mental Illness Fellowship Queensland, as well as entertainment and activities.

A highlight of the day will be the return of performer Josh Arnold to his hometown to conduct a music workshop. Over the course of the day, Mr Arnold will work with workshop participants to write and eventually perform a song inspired by good mental health.

Western Downs Mental Health Service acting team leader Katrina Cox said the event was a great chance to highlight how community organisations and service providers worked together to provide good outcomes for people living in rural and remote areas.

“The expo is an opportunity for people to see what services are available in our communities and how we work with other groups, including non-government organisations, to provide quality services,” Ms Cox said.

The Western Downs Mental Health Service has 13 staff members, and covers an area stretching out from Dalby to Taroom in the north, west to Moonie and south to Jondaryan.

It is the first time the service has taken part in such a large, community-based event during Mental Health Week.

“Usually we do information boards in each of the hospitals in our region,” Ms Cox said.

“This year however we wanted to concentrate our efforts on one town in our region.”

Stalls sites for the expo are still available. For more information or to book a site contact: Chantahl Stedman from Partners In Recovery on 0437 110 216 or email [cstedman@partnersinrecovery.net.au](mailto:cstedman@partnersinrecovery.net.au)

The expo is also supported by the Australasian Centre for Rural and Remote Mental Health.

### Ends

**MEDIA:** Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or [DDHHS\\_media@health.qld.gov.au](mailto:DDHHS_media@health.qld.gov.au)