

**Speech by Mayor Logan K Howlett, JP**  
**World Mental Health Week**  
**Alliance Against Depression**  
**Esplanade, Fremantle**  
**Saturday, 10 October 2020**

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Kaya (Hello)

I am pleased to be here today representing the City of Cockburn, and importantly at the commencement of Mental Health Week which runs from today through to Saturday 17 October 2020.

This is an important subject for local government and it is pleasing to see some of my colleagues from the City of Fremantle (Mayor, Dr Brad Pettitt) and the City of Melville (Councillor Tomas Fitzgerald) here today.

The aim of the World Mental Health Day event is to raise awareness of mental health issues and to help mobilize the efforts in support of mental health.

As we know mental health issues can affect everyone.

Almost half (45%) of all Australians will experience a mental health illness in their lifetime.

The theme of this year's Mental Health week is to strengthen our community – to live, learn, work and play - all aimed to increase our community's mental wellbeing.

As a community we can help to boost mental wellbeing by encouraging everyone to support and look out for others.

Helping to raise awareness of mental health issues, helps to reduce the stigma associated with seeking support – this for many is the biggest hurdle they face – taking that first step.

As we know Covid-19 has brought uncertainty to the world, with daily changes to our lives and the familiar patterns that we have grown accustomed too, completely upturned.

It is important now more than ever, to take care of our mental health and celebrate recovery within our community. We need to stand tall – to walk shoulder to shoulder – to show leadership and empathy wherever we can.

In closing, as Mental Health Week unfolds take the time to reach out to family, friends and members of the community – every gesture you make will assist in increasing awareness and support for those in need.

Thank you.