



Media Release

The Hon Greg Hunt MP

Federal Member for Flinders
Minister for the Environment

Wednesday, 8th October 2014

Helping raise awareness during Mental Health Week

This Mental Health Week (October 5-12) I am supporting the Ties for Lives SPOTaTHON in its quest to curb youth depression and anxiety.

Unfortunately mental health problems are all too prevalent in our society, with many young people struggling to cope with life's daily challenges.

Ties for Lives aims to raise awareness about youth mental health issues and help families to 'Spot' the early signs of problems and encourage young people to get help.

Many local traders in Hastings and Balnarring have joined this year's SPOTaTHON and have SPOTa cards in their shops to give out to anyone in need.

Volunteers will also be roaming the streets handing out SPOTa cards.

Youth mental health issues are incredibly high among young Australians and one of the most important ways to help is to recognise the warning signs when a young person you know is going through problems.

The Ties for Lives' SPOTa program provides evidence-based messages to spot the early signs of depression and anxiety and assist young people to get help.

I encourage you to help improve youth mental health by making a donation to Ties for Lives or by getting involved in their local community initiatives.

Visit www.spotathon.org for more information.

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