



PRESS RELEASE

No. 540/2016

Date: 7th October 2016

World Mental Health Day – Monday 10th October

Clubhouse Gibraltar, the GHA Health Promotion Unit, the Psychological Support Group and the Care Agency are joining to organise a celebration of World Mental Health Day. This year the theme is Psychological First Aid and, to explore this concept, an information stall will be placed outside the ICC from 10:00 to 13:30 on Monday 10 October. There will be free leaflets, anti-stress colouring pages, activities to improve mental health, and the opportunity to discuss good mental health for all.

On the same day, there will be further support and information at the 'Chill and Chat' afternoon running from 14:00 to 18:00, courtesy of Bistro292. Free cakes will be provided with every tea and coffee bought, and a raffle will take place.

The Social Workers from the Adult Social Services team of the Care Agency will offer information and advice on services to support vulnerable adults who suffer from mental health issues.

The Department of Equality, which supports Clubhouse Gibraltar is, as always, encouraging inter-agency and non-governmental groups to work in partnership for the betterment of people's lives through the provision of information and advice on available services.

The Department of Equality, which supports Clubhouse Gibraltar and as always, is fully supportive of inter-agency and non-governmental groups working in partnership for the betterment of people's lives through the provision information and advice on available services. Clubhouse Gibraltar will be launching their Standing Order Appeal and are asking members of the Community to support the 6 day service they provide to aid the recovery of people who have a history of mental health problems. They say that from as little as £5 a month you would be able to help somebody recover fully to live a personally satisfying life. Mental illness affects one in four persons so this means 25% of our population. There are also devastating effects on families and friends when things go wrong. Clubhouse provides a support structure that can reduce a lot of pain and heartache for all concerned.

Health Promotion Officer, Daya Dewfall will run the Solent Half Marathon on October 9th at

Ministry of Tourism, Equality, Social Services and Housing,

HM Government of Gibraltar • 14 Governor's Parade • Gibraltar GX11 1AA

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10am. More than £500 has already been raised in Aid of Clubhouse Gibraltar; anyone wishing to make further donations can do so directly to Clubhouse Gibraltar.

For any general information about the event or Mental Health Support Services please contact Clubhouse Gibraltar on info@clubhousegibraltar.com, call 200 68423, or visit www.clubhousegibraltar.com