



# MEDIA RELEASE

Monday 19 October

## Mental Health Matters

### **Casey Cardinia Libraries chat with Mitch Wallis: Mental Health advocate and founder of “Heart on My Sleeve” Movement**

Casey Cardinia Libraries (CCL) is hosting a special online event to support mental health and well-being in the community.

Join us for a free online event where we speak to Mitch Wallis, who has battled multiple mental health demons since childhood. Mitch was diagnosed with OCD at the age of 9 and by 26 mental health ran deep.

In 2017 Mitch chose to live and started recovery.

Mitch launched the “Heart on My Sleeve” movement to encourage Generation Y’s to support one another and tell their own stories of mental health challenges. Heart on My Sleeve is now one of the fastest growing mental health organisations in Australia.

Mitch now devotes himself fulltime to helping solve the single biggest issue facing his generation – mental health.

Casey Cardinia Libraries CEO Chris Buckingham said: ‘Public libraries have always played a role supporting mental health and well-being. We are delighted to be hosting Mitch Wallis for this special event. Everyone is welcome.’

This online event is for anyone who has experienced mental health challenges, knows someone who is suffering with mental health challenges or simply understand more about mental health.

Mitch said: ‘I’m excited to be partnering with Casey Cardinia Libraries to provide tools & resources to help people cope & thrive in this environment, by building resilience and fostering connection.

The talk will deliver practical advice on defining what success looks like for emotional wellbeing, tactical resilience techniques, tools & strategies for coping, how to remove the confusion associated with supporting others when they say they’re struggling, as well as key mindsets to maintain mental wellness during times of ambiguity.’

Mitch will tell his story and give practical tips on how you can support a loved one (or yourself) through mental health challenges.

Free event, no bookings required, simply be on the [Casey Cardinia Libraries Facebook page](#) on Wednesday 28 October at 7.30pm.

More information:

<https://www.cclc.vic.gov.au/celebrating-health-literacy-month/>

<https://www.facebook.com/CaseyCardiniaLibraries/>

This event is made possible by grant funding from Be Connected – an Australian Government initiative aimed at increasing the confidence, skills and online safety of Australians in using digital technology

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### **Photo opportunity**

To arrange a photo opportunity with CEO Chris Buckingham or at any of our libraries please contact Erin Commerford.

Casey Cardinia Libraries is a network of public library services throughout Melbourne's south-east metropolitan corridor with branches located at Cranbourne, Doveton, Emerald, Endeavour Hills, Hampton Park, Narre Warren and Pakenham. A weekly Mobile library service also visits sites throughout Cardinia Shire. Library membership is free and open to everyone.

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