



The New Zealand Psychological Society

Te Rōpū Mātai Hinengaro o Aotearoa

Media Release

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For immediate release

Attention: Health/Social Issues Reporters

New Zealand Psychological Society Supports Evidence-Based Approach to Mental Health Awareness Week

The New Zealand Psychological Society believes that the Mental Health Foundation's theme for Mental Health Awareness Week "winning ways to wellbeing" sends a very important message.

The President of the Society Jack Austin said today "it is a useful reminder to us all that we need to pay attention to our mental health as we do to our physical health. The Society congratulates the Mental Health Foundation for drawing on the evidence-based conclusions of the Foresight Project for Mental Health Awareness Week highlighting improving wellbeing through connecting with others, being active, savouring and reflecting on our experiences, keeping on learning, and engaging in cooperative behaviour".

Mr Austin said "there is scope for policy and law makers, health, educational and other professionals and ourselves as individuals, to look at ways in which we can help shape environments which highlight and promote ways for people to feel good and function well".

He said "wellbeing is not so much an endpoint but a journey in which we can help ourselves and support one another at the same time. Mental Health Awareness Week is an excellent reminder that we can be active and productive participants in shaping our mental health, as individuals and in our communities".

Ends

Background to the New Zealand Psychological Society

The New Zealand Psychological Society is the largest professional association for psychologists in New Zealand. It has over 1000 members and subscribers and aims to improve individual and community wellbeing by representing, promoting and advancing the scientific discipline and practice of psychology.

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Contact

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