

# media release

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## Mosman Youth Celebrate World Mental Health Day

Monday 10 October is World Mental Health Day and Mosman Council Youth Services are holding a "*Market For Your Mind*" to help raise awareness of mental health in the youth community. The Mosman Youth Forum, consisting of young Mosman residents, is helping to drive the project and have brought together youth and recreation services to join in the market.

"Life is a balancing act but no one has to walk the tightrope alone. Market for your Mind is a youth-led initiative to show young people that wellness is all about nurturing your passions, embracing challenges and doing more of what makes you happy. I think the event will promote positivity and hopefully inspire young people to make the change they want to see in their lives," Youth Forum member Nicky Hughson said. The Youth Forum have had a lot of involvement in the Mosman youth community, being responsible for the popular MOSCARD initiative and other community projects in the past.

Local businesses have also jumped on board, with Mosman Village Yoga, The Burger Shed, Chargrill Charlies and Wholesum Nutrition contributing to the event.

"We are very excited to be part of this great initiative by Mosman Council and look forward to offering some free group classes at the event and sharing some really simple tools that can have a big impact on your experience of wellbeing," Director of Mosman Village Yoga Anne Bailey said.

The market will also feature various recreation activities, all with the purpose of de-stressing and encouraging mindfulness. Activities on offer include slacklining, live art, yoga, meditation, live nutrition education sessions and giant chess & *jenga*, and participants will walk away with a free *stress-less* pack filled with things to help them de-stress in the face of looming HSC and end of year exams.

"Being outdoors while exercising and mindfully focusing on your breath, and appreciating your environment without rushing, is a sure-fire way of calming the mind and preparing yourself to meet life's challenges," Ms Bailey said.

The event will also host youth mental health service *headspace* to help educate young people about mental health, wellbeing and provide tools for de-stressing.

The event is free and open to young people 12 to 25 years old, and will be held at the Mosman Village Green from 3:30 - 6pm Monday 10 October. For more information visit [www.mosmanyouth.com.au/marketforyourmind](http://www.mosmanyouth.com.au/marketforyourmind)



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