

## Mentally healthy promotion

THANK you to the *Albany Advertiser* for again doing a great job in promoting Mental Health Week (October) Promoting mental health and wellbeing is everyone's business.

We can all contribute to a mentally healthy community by being socially, physically and mentally active. By being active members of community groups and by making a commitment back to our community through volunteering and donations, The *Albany Advertiser* is a regular sponsor of many community events and activities (such as Relay for Life). Thank you to every organisation that supported Mental Health Week 2006. Trish Travers, Coordinator, Act Belong Commit campaign-