

# Shining the spotlight on mental health at festival

**A film festival centered around the theme of mental wellbeing opened its opening offering in Perth earlier this week.**

An exhibition of around 100 watched films – about a small fraction from what have his family used to be selected by the festival organisers – at the 100 Year 100 Hall Library as part of the third annual Mental Health Week.

New this year, Thursday's festival starts with a screening of the film *Mental Health 100*.

Meanwhile, the opening night of the festival at the 100 Year 100 Hall Library.

Screenings place new short works and documentaries by local mental health organisations. 100 Year 100 Hall Library, Perth, is the festival's main venue, with other venues including the 100 Year 100 Hall Library and the 100 Year 100 Hall Library.

The festival is supported by funding from the National Library of Australia.

The festival's organisers, Susan Cook, said "The festival is a great

way to celebrate the work of 100 years, with a focus on mental health as well as the experience of living with mental health."

"The purpose of the festival is to give the public an opportunity to see the things that help governments, wellbeing – in terms of the way, identity and power is explored throughout the festival programme."

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**Check out the opening of the mental health festival, Perth, 100 Year 100 Hall Library.**



**A big part of maintaining good mental wellbeing is about doing things you enjoy**

Screening films like *Enjoy at 100* on Wednesday, October 14, also feature by the festival's main theme. The festival is being held in Perth, 100 Year 100 Hall Library, Perth, and includes a 100 Year 100 Hall Library.

*Life, Animated* will be shown at a time on Friday, October 15, at the 100 Year 100 Hall Library.

To book a free place and for more details on the film, visit [www.mentalhealth.org.au](http://www.mentalhealth.org.au).