

Mental Health: The elephant in the room

APHA member hospitals across the country marked Mental Health Week from October 5 to 11. This year's theme was HUGE. APHA deployed a herd of inflatable elephants across the country to illustrate the fact that mental health is often the 'elephant in the room' that no one wants to discuss.

Using inflatable elephants, posters, fact cards, videos, a website (elephantintheroom.org.au) and social media, this was literally the largest campaign ever run by APHA. For more photos of activities from hospitals, please see our Facebook page - Australia's Private Hospitals.





one
IN
five
Australians will suffer from
MENTAL ILLNESS this year

AROUND
one million
Australian adults
AND **100,000** young people live with
DEPRESSION
EACH YEAR

Private hospitals make a vital contribution to the delivery of treatment for mental health disorders with
MORE THAN 32,000
patients treated each year.
Some of the most successful private hospital programmes are holistic and focus on the bigger picture and improving patients' lifestyle.

PH private hospitals
elephantintheroom.org.au

EATING DISORDERS
ARE THE
third
most common
CHRONIC ILLNESS in the
female
POPULATION

one
IN
five
Australians will suffer from
ANXIETY
IN THEIR LIVES

Men are more than
twice
as likely as women
TO HAVE
SUBSTANCE ABUSE
DISORDERS

