

FOR IMMEDIATE RELEASE

Iconic Horse-Drawn Carriage Hits Sydney Streets as Australia Joins Global Mental Health Push

SYDNEY, AUSTRALIA—28 February 2026 — Commuters and weekend shoppers in the heart of the city were treated to a nostalgic sight this morning: a classic horse-drawn carriage making its way through Sydney's modern streets. The display, captured in the attached photo, isn't just a nod to the past—it's a wake-up call for the future of mental health in Australia.

As February draws to a close, volunteers from the Hubbard Dianetics Foundation Sydney are using the carriage to remind the public that while the "New Year's Resolution" season may have passed, the opportunity for a fresh start has not. With January's "Quitter's Day" long gone and many health goals fading, the Dianetics carriage is traveling through the city to bring a message of lasting change to a community seeking real answers for stress and anxiety.

The Sydney outreach is part of a massive coordinated effort across 50 countries and 250 cities. While volunteers in the Northern Hemisphere donned winter coats in Times Square, Sydney teams took to the streets and beaches in their iconic red Dianetics gear. The goal is simple: to meet the "pervasive global demand" for proactive mental health solutions by offering free stress tests and the landmark book, *Dianetics: The Modern Science of Mental Health* by L. Ron Hubbard.

"The carriage is a way to get people to stop, look up from their phones, and realise they don't have to carry the weight of past traumas into the rest of 2026," said Churlya Wurfel, a spokesperson for the Sydney volunteers.

Derived from the Greek *dia* (through) and *nous* (mind or soul), Dianetics offers a practical look at "what the mind is doing to the body." Celebrating its 75th year, the technology focuses on removing the single source of unwanted emotions and stress—a message that resonated with thousands of Sydneysiders this weekend.

For those inspired by the city-wide display, the journey doesn't end on the street. Weekly Dianetics Seminars are held across Australia, providing a community for those ready to take control of their mental well-being.

For more information: visit www.dianetics.org.au.

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Photo caption: A classic horse-drawn carriage made its way through Sydney's CBD on Saturday, February 28, 2026, as part of a global outreach program by Dianetics volunteers to promote mental health awareness and stress relief.