

Understanding NSW Mental Health Services – Forum

“Share the Journey”



Wednesday, 17th of October 2018

For anyone in the community who wants a better understanding on mental health and service providers.

Topics will include:

- Feeling anxious – signs to look out for and triggers
- Self-care
- Youth and mental health
- Suicide prevention

You will hear valuable information on what is available locally by local service representatives. There will be a range of speakers, some who have a lived experience, able to relate and assist with everyday life issues. An intent is to help remove the stigma around living with a mental health illness. Others are mental health professionals with decades of experience who will answer any questions you may have.

Venue: Blue Mountains Theatre and Community HUB, ROOM 1
Time: 10.00am until 4.00pm
Booking: Through Eventbrite or in person at Springwood Neighbourhood Centre
www.eventbrite.com/e/understanding-nsw-mental-health-services-forum-tickets-49587642975
\$10 concession (20 free early bird tickets are available)
\$20 non- concession.
RSVPs are essential for catering – a delicious lunch provided.

