

**MENTAL HEALTH STARTS  
WHERE WE LIVE, LEARN,  
WORK & PLAY**



**WA  
MENTAL  
HEALTH  
WEEK**

7-14 October 2018

[mhw.waamh.org.au](http://mhw.waamh.org.au)

# MENTAL HEALTH WEEK

## Community Education Sessions

### 11th October 2018

<b>EVENT</b>	<p><b>9am Healthy Minds Platter</b> <b>South West Women's Health &amp; Information Centre</b> 7 things to incorporate everyday, so we can improve Optimal brain matter and Wellbeing in our everyday life.</p> <p><b>10am Morning tea</b></p> <p><b>10:30am Distress and Why Mental Health &amp; Wellbeing Matters (Suicide Awareness)</b> <b>Regional Mens Health Initiative</b> Changing the language around mental health education and suicide awareness. This talk looks at distress (situational distress) the dangers of distress, managing distress and caring for ourselves and others.</p> <p><b>11:30am suicideTALK</b> <b>St John of God / Community Alcohol and Drug Service—Suicide Prevention</b> Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in a number of different ways, we can discover some of the beliefs and ideas about suicide in our communities.</p> <p><b>12.30 Lunch</b></p>
<b>LOCATION</b>	<p>St John of God Hospital, Conference Room 1 &amp; 2 700 Robertson Dr, College Grove WA 6230</p>
<b>REGISTRATION</b>	<p>Please register with <a href="mailto:Registrations.SWCADS@sjog.org.au">Registrations.SWCADS@sjog.org.au</a> Further queries contact Shelley 9721 9256</p>



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