

Moree Mental Health Forum puts the spotlight on Mental Health Week

In an effort to highlight the importance of mental health, the Barwon Division of General Practice is hosting a corporate breakfast and a morning tea for parents as part of Mental Health Week.

The free corporate breakfast will be held at the Max Centre in Moree on Wednesday October 7, from 7am and the Barwon Division is urging business owners and community leaders to attend to hear about some strategies to combat workplace stress and bullying.

Carmel O'Sullivan, Mental Health Coordinator with the Barwon Division, says local psychologist Carrie Thompson-Casey will present "Building resilience in the playground; from the schoolyard to the corporate sector" at the event.

"Stress and bullying in the workplace are often overlooked as potential triggers for mental health issues", Ms O'Sullivan said.

"The community breakfast is an opportunity for business leaders to come together to hear some useful strategies to build supportive environments in their workplaces and identify persons at risk".

After the corporate breakfast, a Mental Health Morning Tea for parents will take place from about 9am.

Ms O'Sullivan said all parents and interested community members are welcome to come along and listen to advice from psychologist Carrie Thompson-Casey about strategies to deal with chronic stressors on children and adolescents.

"It will be a great chance for parents to hear from an expert about how they can foster resilience in their children and teenagers. And they can have a cup of tea and a chat with other parents as well", Ms O'Sullivan said.

The Barwon Division of General Practice is hosting the corporate breakfast and morning tea for parents as part of Mental Health Week which runs from 4 - 11 October 2009.

Both events are free for the community to attend and are being supported by Moree businesses and community leaders including Member for Barwon Kevin Humphries.

For more information or to RSVP for catering purposes, please contact Carmel O'Sullivan on 6752 7196 or cosullivan@barwondgp.org.au.

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