



Mind your mental health.

FREE MENTAL HEALTH & WELLBEING MINI CONFERENCE

18 OCTOBER 2023
DENILIQUIN RSL CLUB

Learn more and register for free at
denimentalhealth.org.au/MYMH2023

PROGRAM

9.15am - 9.45am **Registration** (Upstairs Foyer)

9.45am - 11.15am

Dunlop Room

Change Through Awareness

Alison Thorne and Lourene Liebenberg from the Deniliquin Mental Health Awareness Group introduce a panel of local experts and service providers.

11.15am - 11.30am **Morning Tea** (Mounbatten 1)

11.30am - 12.15pm

Dunlop Room

Managing Stress

Developing a toolkit and resilience with Elizabeth Martin.

Mounbatten Room

Depression and dementia are not a normal part of growing old

Health conditions that require treatment with Andrea McCarthy.

12.15pm - 1pm **Lunch** (Mounbatten 1)

1pm - 2pm

Dunlop Room

Empowering Youth: When to seek help

Judith McGill leads a panel discussion about youth mental health and when to seek help.

Towards Zero Suicide Shifting the landscape for suicide prevention with MLHD, MPHNSW and Wellways.

Mounbatten Room

Introduction to self-compassion and mindfulness

An experiential wellbeing workshop with Karen Bradford.

2pm - 2.45pm

Dunlop Room

Not Just Nervous or Sad

Understanding anxiety and depression with Amy Salmon and Spencer McGill.

Mounbatten Room

Karen will continue with an optional extension of the meditation and mindfulness session.

2.45pm - 3pm **Afternoon tea** (Mounbatten 1)

3pm - 3.45pm

Dunlop Room

Loss and Grief

Navigating life's toughest moments with Anika Ahmad.