# Media Release

Friday 4th September 2015

## A Community Conversation on Mental Health

Geoff In partnership with Uniting Care Wesley welcomes the community to join him for a Community Conversation on Mental Health, on Tuesday the 15th September from 7pm to 9pm, at the Savoy Soccer Club in Port Pirie.

There has long been a need to provide our community with relevant information on the services that are available locally and this event provides that opportunity.

This event is open to everyone and provides an opportunity to hear from those who have experienced mental health illness and hear from a range of speakers who will cover various topics revealing that there are many situations in a person's life that can affect their mental health and wellbeing.

Guest speakers include Minister Zoe Bettison, Minister for Social Inclusion, Beyond Blue, Country Health (Mental Health Team), Uniting Care Wesley (Domestic Violence and Homelessness), Standby Response Service for support after suicide and the South Australian Police who will cover Drug and Alcohol Awareness.

The range of mental health programs and services across the Mid North of SA aim to improve the independence, participation and life time wellbeing of people affected by mental illness. Programs and services can help people to build personal resilience and support people to sustainably manage the impacts of their illness.

Resource information will be provided identifying the many services available locally, by phone, personal visits and online resources and where to get help.

A panel including Headspace, SA Health, and guest speakers will invite audience participation in the form of a Question and Answer time.

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