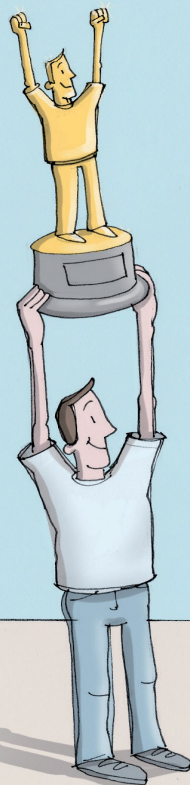


Free Community Education Seminar:

# Breaking down depression & building Resilience



## About this presentation

Delivered by a trained presenter who has a personal experience of mental health issues or of caring for a loved one, '*Breaking down depression and building resilience*' is a **1-hour** presentation suitable for general audiences (including practice staff, LHD Peer Drought Support Team members, drought volunteers and community members) with, or without mental health issues. This presentation will provide accurate information about common mental health issues, their causes, how to spot early warning signs, what to do and how to build personal resilience. The desired outcome is that people will be better informed, better equipped to identify warning signs, and feel more comfortable seeking help and communicating more openly and honestly.

**When:** 5.30pm to 7.30pm on 28 November 2019

**Where:** Cowra Services Club, 101 Brisbane Street, Cowra

**RSVP:** <https://www.wnswphn.org.au/calendar/67/745-Breaking-Down-Depression-and-Building-Resilience-Cowra>

**For more information please email –** [beth.mills@wnswphn.org.au](mailto:beth.mills@wnswphn.org.au)

**Website:** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) (Community education programs)

*A free BBQ dinner will be provided after this event to enable participants to enjoy and engage in further interaction, discussion and networking opportunities*



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