



MEDIA RELEASE

5 April 2018

Healthy mind, healthy me

Melton City Council is tackling youth mental health head on with an interactive forum.

The Young Minds Matter: Youth Mental Health Forum will help get young people, and their parents and carers, talking about youth mental health and wellbeing.

The free event, on Thursday 19 April, will feature a number of key speakers who will highlight the importance of talking about mental wellbeing at home, and why it is OK to seek help and support.

The speakers will also provide information, advice and links to service providers who can assist young people struggling with mental health.

Key guests include former AFL star Wayne Schwass, musician Clare Bowditch and comedian Nelly Thomas, as well as representatives from headspace and beyondblue.

Dinner will also be provided before the event, and attendees will have the opportunity to join in one of two interactive workshops run by The HopeFull Institute and Jonny Shannon.

Young Minds Matter will be held from 5pm at Catholic Regional College, Melton West.

City of Melton Mayor, Cr Bob Turner, urged all young people from across the municipality to take up the opportunity.

“This forum will have the answers to a lot of the questions you might have about mental health and where to go if you need to reach out for some help,” Cr Turner said.

“Seeking help is a positive sign, and it’s important for young people to have a trusted adult that they can talk to.

“Having honest and open discussions about positive mental health is incredibly important. It can help you recognise the signs of a friend who might be struggling with anxiety or depression, and reaching out to them in a meaningful way might just save their life.

Registrations for the free event are essential. See TRYBOOKING.COM/UPJT for more details, or to register.

DETAILS:

Cost: FREE

Who: Young people aged 12+ and the adults in their lives

Date: Thursday 19 April

Time: 5pm-8.30pm

Where: Catholic Regional College
109–141 Bulmans Road, Melton West

A Thriving Community Where Everyone Belongs



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ENDS

Melton City Council media enquiries (not for publication): Therese Allaoui – Media and Communications Adviser on (03) 9747 7132.