Community forum for people living with a mental illness

People living with a mental illness, their families, friends, carers and health workers are invited to attend a free community forum on the theme of recovery and hope, to be held by Sydney Local Health District (SLHD) on August 17, in Rozelle.

The forum, held in conjunction with South Western Sydney Local Health District, will feature a range of guest speakers talking about practical steps for recovery. Participants will also be invited to take part in small group discussions on topics including stigma, consumer rights and health promotion.

“This event offers good opportunities for consumers and carers to engage with services and learn practical skills centred on maintaining positive wellbeing,” SLHD Mental Health Service Consumer Team Leader, Phil Escott, said.

“It is expected that this one-day workshop will initiate social supports for mental health consumers and help them gain self-determination for recovery.”

District Coordinator of Consumer Initiatives Mental Health Service, Peter Schaecken, said up to 46 per cent of the Australian population between the ages of 18 and 65 would experience some type of mental illness in their lifetime.

“However, the evidence shows that the majority of mental health consumers are able to recover. Recovery is about having a good life in spite of mental illness,” he said.

The forum will be held from 10.30am – 3.30pm, Friday, August 17, at the Centre for Education and Workforce Development, Rozelle.

For more information and to RSVP, contact Sahra or Simon on 9378 1100.