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Thrive and survive in the community

Almost half of all Australians will experience a mental health problem in their life.

Sydney Local Health District’s mental health service is hosting a free and interactive community forum on Friday, 9 August to spread awareness and share stories for mental health wellbeing.

Themed ‘Living in the Community’, the forum is open to people experiencing mental health problems, their families, friends, carers and health workers.

“By sharing stories of hope and connecting with others who may be experiencing similar feelings, we aim to help more people on their journey to recovery,” peer support worker Phil Escott said.

“People with a mental health problem can survive and thrive in the community; it’s all about having the right support and treatment,” Mr Escott said.

Peer support worker Peter Schaecksen said the forum was in its ninth year, and had a strong history of initiating relationships between health workers and people with a mental health concern.

“This forum offers the perfect opportunity for people to engage and learn more about local services and gain practical skills to help manage their condition and maintain positive wellbeing,” Mr Schaecksen said.

“Recovery is possible and we encourage members of the community to attend and learn more,” he said.

The forum will be held from 10.30am to 3.30pm, Friday, 9 August, at the Centre for Education and Workforce Development, Rozelle.

Spaces are limited; please contact Roxana on 9378 1199 to reserve a place.

For more information, or to interview Phil Escott and Peter Schaecksen, please contact the media team on 9515 9607 or at sydneymedia@sswahs.nsw.gov.au