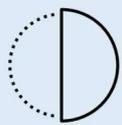


## Talking About Mental Health

**Duration:** 1.5 hours

**Delivery:** Face to face



Almost half (45.5%) of Australians experience a mental illness at some point in their lifetime.

Talking about mental health and illness is important. It can help us to better recognise early warning signs, understand how mental illness can affect a person's life, and have a go-to library of appropriate supports when they're needed.

### What to expect:

An interactive exploration of mental health and mental illness.

### By the end of this session participants will be able to:

- Differentiate facts from myths
- Match mental illness terms with accurate descriptions and common symptoms
- Recognise the impact of stigma
- Use non-stigmatising language when talking about mental illness
- Identify a range of appropriate supports available

We will also share how Lifeline and other supports can help if a person is concerned that someone they know may be thinking about suicide.

No one needs to face their problems alone. Call **13 11 14** available **24/7**.

