



## Peer Network (Townsville) presents...

### Supporting your mates - Depression and Anxiety

Most of us unfortunately have and will have a friend or loved one suffer from either Anxiety, Depression or even both at the same time at some point in our lives. And to add salt to the wound not many of us have much of an idea of what or what not to do in that situation. If you would like to get some **free** training to assist you then we recommend you continue reading.

**When:** Wednesday 7th March 2018 at 9am to 11am

**Cost:** Free

**Where:** VVCS, Nathan Business Centre, 340 Ross River Road, Cranbrook QLD

**Who:** Anyone with an interest in supporting the wider ADF community and/or their families

**How:** Call VVCS during normal business hours to register to attend on **07 4723 9155**

#### Presenters:

**Dr Jane Hays – Psychiatrist**

**Ms Ros Fidge, Senior Psychologist, Joint Health Unit, Regional Mental Health Team**

Both presenters are experience in providing mental health treatment and support to current and ex-serving ADF members and their families.

During this workshop the presenters will provide information about how to recognise when a mate may be experiencing a decline in their level of emotional wellbeing. They will also help participants to understand how psychologists and psychiatrists can support people with depression and anxiety and provide advice on how to encourage a mate to access support.

#### Other Peer Network (Townsville) activities

Date	Time	Agenda topic
21/3	9.30am – 3pm	safeTALK This half-day workshop aims to provide introductory training to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate assistance. Registration will also be open to the general community for this workshop.
4/3	9am - 11am	Service provider presentation (to be advised)
2/5	9am - 11am	Alcohol & Other Drugs: common issues and treatment options (facilitated training)
5/6	9am - 11am	Service provider presentation: Department of Veteran's Affairs (DVA)



<b>18-19/6</b>	9am - 5pm	<b>ASIST</b> <p>This two day workshop aims to provide comprehensive training to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate assistance. Registration will also be open to the general community for this workshop.</p>
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1800 011 046

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