

## MEDIA RELEASE

26 September 2019

### Program launched for WA Mental Health Conference 2019

THE FULL PROGRAM can finally be revealed for the 3<sup>rd</sup> Western Australian Mental Health Conference, with keynote speakers including Australian tennis champion and author Jelana Dokic; Consultant Child and Adolescent Psychiatrist Dr Helen Milroy; Dr Sebastian Rosenberg; Matt Ball from The Humane Clinic, Di Wilcox, author of popular kids wellbeing book, *The Magic Coat*; an Aboriginal Social and Emotional Wellbeing panel facilitated by Aboriginal Health Council of WA chair Vicki O'Donnell; and a unique comedy coping workshop with comedian Steph Tisdell.

Additionally there will be a wellbeing and chill out zone thanks to the support of Avivo, all of WA's 23 Aboriginal community-controlled health services on display, live painting with lived experience artist Liv Robinson who also painted the fish motif being used as part of the conference branding; a young people's mental health 'free-form' workshop hosted by Youth Affairs Council of WA; and a diverse range of resources and information.

The conference, hosted by the Western Australian Association for Mental Health with the support of the Mental Health Commission and Lotterywest, is being held at the Hyatt Perth on 19-20 November 2019, with the theme, *Strengthening our community*.

The program's four core streams sessions will explore a holistic look at mental health, sharing ideas, and learning from both each other and industry leaders:

- ***Mental health starts where we live, learn, work, and play***
  - Addressing social determinants and population-based challenges.
- ***Recovery and healing***
  - Specialised presentations focussed on sub-populations and their needs.
- ***Balancing the mental health system and prevention***
  - Focussed on keeping people well and returning to better health.
- ***Service integration***
  - Exploring complex sector issues and systemic responses.

The conference working group received 85 abstract submissions, which through a competitive and rigorous judging panel process - comprised of independent people from the community mental health sector, people with lived experience, the public mental health sector, a clinical perspective and the lens of a mental health advocate - selected around 30 presentations to appear at the conference addressing each of the four streams.

WAAMH chief executive officer Taryn Harvey said the conference featured the voice of many people with lived experience sharing their stories of recovery and resilience, as well as service providers looking at ways to improve service integration.

"The conference will develop, strengthen and support WA's mental health sector, provide collaborative opportunities for mental health workers and people with lived experience, to share different perspectives," Ms Harvey said. "Together, we can move forward in the same direction with clear actions and solutions in mind."

Peak body representing the community-based mental health sector in WA.

Level 1, 1 Nash Street, Perth WA 6000 • T: (61) 08 6246 3000

• E: [info@waamh.org.au](mailto:info@waamh.org.au) • W: [waamh.org.au](http://waamh.org.au) • ABN: 15 165 640 637



“Through connections and conversations at the State’s premier mental health conference, we hope to weave a path through WA’s mental health system to ensure it can offer the right support, at the right time, in the right place, to keep people well in their own local communities.”

“The conference principles are underpinned by the WA Mental Health Strategy which aims to ensure our mental health system moves towards being balanced with an increased focus on community support services and prevention programs across the breadth of the State.”

The inclusion of the Mental Health Awards on the eve conference, 18 November at the Pan Pacific Hotel, this year, will also complement the comprehensive program, shining the light on people and organisations setting the best example in workplace practice, recovery models and support. Comedian Steph Tisdell will also do a special stand up performance during the awards gala.

Award finalists across will be announced on World Mental Health Day, 10 October, by Deputy Premier; Minister for Health; Mental Health The Hon. Roger Cook.

The conference and awards will appeal to a diverse range of delegates including people with lived experience as a consumer, carer or family member; professionals from primary health, private sector and non-government organisation services; funding bodies; policy makers; mental health educators and advocates; and people whose work relates to mental health, human resources and/or occupational health and safety.

Find out more about the conference, and register to attend: [waamh.org.au/conference](http://waamh.org.au/conference)

Download the full program here: <https://waamh.org.au/wa-mental-health-conference-2019/program>

### Thanks to our Mental Health Week Sponsors and Supporters



Peak body representing the community-based mental health sector in WA.

Level 1, 1 Nash Street, Perth WA 6000 • T: (61) 08 6246 3000

• E: [info@waamh.org.au](mailto:info@waamh.org.au) • W: [waamh.org.au](http://waamh.org.au) • ABN: 15 165 640 637

Follow us:





### Media Contacts

Taryn Harvey  
Chief Executive Officer  
WA Association for Mental Health  
08 6246 3000  
[THarvey@waamh.org.au](mailto:THarvey@waamh.org.au)  
[waamh.org.au](http://waamh.org.au)



**WAAMH**

Western Australian Association  
for Mental Health

Brooke Johns  
Public Relations Manager  
WA Association for Mental Health  
08 6246 3000  
[BJohns@waamh.org.au](mailto:BJohns@waamh.org.au)  
[waamh.org.au](http://waamh.org.au)

Peak body representing the community-based mental health sector in WA.

Level 1, 1 Nash Street, Perth WA 6000 • T: (61) 08 6246 3000

• E: [info@waamh.org.au](mailto:info@waamh.org.au) • W: [waamh.org.au](http://waamh.org.au) • ABN: 15 165 640 637

Follow us:

