



*Ordinary people helping other ordinary people
with ordinary tasks*

Catholic Outreach

invites

«First_Name» «Name»

to a

Mental Health Interactive Workshop

facilitated by Amanda Olsen

DATE: Thursday 20th September 2007

PLACE: Catholic Pastoral Centre
40/A Mary St Highgate WA 6003

TIME: 9.30am - 2.30pm

For catering purposes please RSVP
by 13th September 2007
Tel: 9422 7920



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“One in four people will suffer from a mental illness at some time in their life” (Amanda Olsen).

Do you know someone who suffers from depression, anxiety disorders (panic attacks, obsessive compulsive disorders), bipolar disorder or schizophrenia?

Do you know how you can help by simply listening? Are you aware of the resources and the peak bodies and associations available in your area to help people with mental illness?

Amanda, who currently works for the Emmanuel Centre and Mental Health Services in support of people who are suffering from a mental illness, will lead us on this very interesting interactive workshop.

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Time	Topic
09.30 am	Registration
09.45	Welcome and opening prayer
10.00	Introduction and overview
10.15	Small group workshop
10.45	Group sharing
11.00	Mental illness - causes, types and impact
11.30	Scenario cards and role play
12.00 pm	Psycho social support followed by question time
12.30	Lunch
1.00	Mental Health First Aid
1.30	Role of the Carer
2.00	Resources available
2.30	Conclusion and closing prayer

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