

We invite you to our

Mental Health Forum 'HEALTHY MINDS'

Tuesday, August 15, 2023

6.30pm for 7pm Start

Supper & book signing at 9.30pm

**Lyndale Secondary College
Auditorium**

14 Halton Road, Dandenong.

**Cost: \$10 per person to be donated to
Australian Rotary Health - Mental Health Research**

Purchase tickets via link below

<https://events.humanitix.com/healthy-minds-mental-health-forum-aolt3xx5>

HEALTHY MINDS

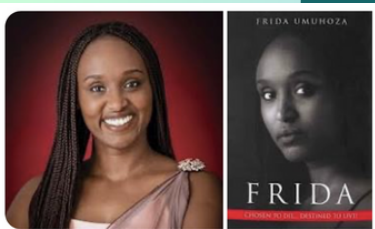


KEYNOTE SPEAKER:
Greg de Moore
Associate Professor of
Psychiatry,
Minds Count Director
& Author



Guest Speakers:

Matt Degruchy VISION
Blindness & Disability Advocate



Frida Umuhoza: Survivor
(at age 14 yrs)
of the 1994 Rwanda Genocide
& Author

'Healthy Minds' Programme

- 7:00pm M.C. Rotarian Phillip Thurgood
Welcome & Introduction of all Speakers for the evening
- 7:10pm Mardi Shepherd - Australian Rotary Health
Presentation: Mental Health in 0 - 12 years
- 7:30pm Guest Speaker: Matt DeGruchy VISION
- 7:50pm Guest Speaker: Frida Umuhoza
- 8:10pm Operation Newstart Speaker
- 8:20pm: Short Break
- 8:30pm: Keynote Speaker: Greg de Moore
- 9:10pm: MC Phillip Thurgood
- 9:15pm: Panel Q & A
- 9:30pm: Book signing & supper

About our speakers:

Mardi Shepherd: Rotary District 9820 Australian Rotary Health chair.

Since 2000, Australian Rotary Health has tackled the great challenge facing our society, that being to improve mental health. The number of Australians currently diagnosed with a mental illness is overwhelming, particularly in our young people. Research shows us that half of mental illness begins by the age of 14 . ARH is now one of the largest non-government funders of mental illness research in Australia.

Greg de Moore:

Associate Professor of Psychiatry based at Sydney's Westmead Hospital and is a director of the Minds Count Foundation.

Greg works as a clinician, teacher and researcher in the fields of neuropsychiatry, general hospital psychiatry, deliberate self-harm and the history of medicine.

As a Director of Psychiatry Training, he oversees the psychiatric education of young doctors as they work towards becoming psychiatrists and is affiliated with Western Sydney University and the University of Sydney.

Matt Degruchy

Matt was diagnosed with Stargardt's Disease at the age of 9 and has been coming to terms with it ever since in his own way. Matt hopes to encourage other people around the world with disabilities to live bigger, better lives and to break through the barriers life throws at them.

Frida Umuhoza

Frida was born in Rwanda on March 14th, 1980 where she lived with her parents and five siblings.

Frida and her family were victims of the 1994 Rwanda genocide against the Tutsis.

Her entire family was murdered during that genocide.

Frida was only 14 years old when she was buried alive alongside her fifteen family members.

Frida's story of survival is one of bravery, resilience and inspiration.

Frida shares her story of miraculous survival, God's grace, the power of forgiveness, inner healing resilience around the world.

Operation Newstart

Operation Newstart is an innovative re-engagement program for young people aged 14-16 attending Victorian State Schools who are at significant educational risk. Many are at risk of expulsions, have failed to attend school regularly and are at risk of not completing their secondary education.

Headspace

Each year, headspace helps thousands of young people access vital support throughout 140 headspace centres across Australia.

Headspace offer online and phone counselling services, work and study services, and presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.