

30 November 2021

Mental Health & Suicide Prevention Symposium Series

2021



Learning from adversity

Bushfires, COVID and the lessons for
mental health reform

Support is available

Today's discussion may contain personal stories or other information that could be distressing. Please reach out if you or someone you care for requires support.

Crisis support: Lifeline, 13 11 14

Phone-based support: Beyond Blue, 1300 224 636

Family members and friends supporting a person with mental health issues: Tandem Support and Referral Line, 1800 314 325

Our MC: Ingrid Ozols AM

Ingrid is Chair of MHV's Lived Experience Advisory Group. She has over 20 years' experience working in the suicide prevention sector, and is founder of MH@Work, which provides a full spectrum of mental health services for workplaces and the community.

Welcoming address: Kris O'Brien

Kris was awarded a National Emergency Medal for his work for Disaster Relief Australia during the Black Summer bushfire season. He is a MHV Project Coordinator and has worked with Open Arms Veterans and Families Counselling as a community and peer advisor.

Contact us

If you have any queries or technical issues please call 03 9519 7005.

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PROGRAM

12.00pm — Welcome, Acknowledgement of Country, Acknowledgement of Lived Experience

Angus Clelland, CEO Mental Health Victoria; Ingrid Ozols AM, MC, Chair MHV Lived Experience Advisory Group

12.10pm — Opening address

Kris O'Brien, Statewide Coordinator MHV Lived Experience Peer Cadet Program

12.25pm — Panel: Bushfire recovery and mental health

Carmel Flynn, CEO Bushfire Recovery Victoria; Dr Rob Gordon, clinical psychologist; Anastasia Bougehis, Chief Development Officer, Disaster Relief Australia; Kylie Williams, Head of Practice and Impact Management, Save the Children

1.00pm — Panel: COVID-19 and mental health

Belinda Caldwell, CEO Eating Disorders Victoria; Belinda McGregor, Adolescent Mental Health Nurse, South Eastern Health; Dr Dave Carmody, Child And Adolescent Psychiatrist, Call to Mind; Dure De Winter, Program Manager Youth Leadership, Centre for Multicultural Youth

1.35pm — Closing remarks

Ingrid Ozols AM, MC

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