MENTAL HEALTH FORUM

Speaker
Mr Graeme Cowan
*International speaker, author, consultant*

SUNDAY 6 MARCH 2011, 11am – 12.30pm

As well as a major cause of alcoholism and other social problems, stress and depression are the largest contributors to lost productivity in Australia and place an enormous strain on family life.

Having spent most of life as a senior executive for major international organisations, Graeme Cowan’s life hit a seemingly insurmountable roadblock in 2000, when he was diagnosed with severe depression. Graeme emerged not only with the bestselling book BACK FROM THE BRINK to his name (used as a resource for every Lifeline counsellor), but also with a new attitude towards the traditional ways that companies and individuals approach adversity.

Graeme is also a founding member of **RUOK?** ([www.ruokday.com.au](http://www.ruokday.com.au)), an organisation whose purpose it is to provide national focus and leadership for ending suicide by empowering Australians to make a difference, encouraging open and honest communication and driving real connection.

Graeme will be sharing his personal experience with us as well as practical information and strategies, based on his extensive research and interviews with over 3000 people, such as:

- what people do to avoid being “found out”
- how to ask “are you OK?” – 3 essential steps
- how to say “I’m not OK” – 3 essential steps
- where to find the best resources to assist
- assisting someone at home
- practical tips for bouncing back and thriving
- and more

Please come and listen, discuss and learn with us on the 6th March.

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