



BUILDING A MENTALLY HEALTHY WORKFORCE

Thursday 27 June 2013

AGENDA

- 10:00am Registration
- 10:30am *Welcome and Introduction*
- 10:40am Guest Speaker - Tricia Eldridge - OzHelp Foundation
- 11:00am *Morning tea*
- 11:30am Session 1: Mental health in the workplace - What's your problem
Facilitator: Jeanette Purkis - Author of '*Finding a Different Kind of Normal*'
- 12:30pm *Networking Lunch*
- 1:15pm Session 2: Promoting self-care
Facilitators: Julia Bocking - Consumer Consultant for ACT-wide Mental Health Services at ACT Health
Andrew Hore - Cartoonist & Owner at '*Funnyworks Oz*'
- 2:15pm *Afternoon tea*
- 2:45pm Session 3: Cultural Conversations for a mentally healthy workplace
Facilitator: Ben Matthews - Program Manager at Mental Illness Education ACT
Panellists: Vieli Choka - Community Development Project Officer at Companion House
[TBC] - Closing the Gap, ACT Medicare Local
Jancye Winter - Senior Manager at Work Experience and Support Program (WESP), Office of Multicultural Affairs, Community Services Directorate
- 3:45pm Wrap-up discussion
- 4:30pm Close