



MENTAL HEALTH WEEK: 5TH-11th OCTOBER 2008

Mental Health week is an opportunity to raise awareness and remove the stigma associated with mental health issues.

2008 is the Marian Centre's first year contributing to the promotion and, coincidentally, it fell during the week of The Marian Centre's Birthday! A number of successful events took place, reinforcing the Centre's inspiration and enthusiasm.



Happy 2nd Birthday TMC

To begin the week, General Practitioners were invited to Dinner with the executive team of the centre, including Dr. Martin Chapman, CEO of The Marian Centre.



Team TMC

Dr. Chapman and Peter Gasper, Clinical psychologist and Director of Therapies for the centre, presented 40 Perth General Practitioners with informative and entertaining talks.

Peter spoke on the identification and therapeutic practices for the treatment of anxiety, while Dr. Chapman gave an informative talk on current pharmacologic practice. Both speakers were rewarded with numerous questions and the evening proved to successfully promote dialogue and best practice, both strong values of Mental Health Week.

What better way to celebrate the Centre's 2nd Birthday than to hold an open invitation 'information day' and party. Music, refreshments, guest speakers, information, giveaways and a sausage sizzle brought together the key principals of Mental Health Week;

- working in partnership with other organisations and the broader community to develop and implement strategies which improve health and well-being of communities by providing resource information from Beyond Blue, SANE, Carers Australia and more.
- Introducing the community to health promotion programmes and strategies presented by two of The Marian Centre's therapists, Carrie Allmark and Stuart Keith.



Speaker
Carrie Allmark



Music by La Cavatina

In addition to the information day, the centre contributed an article in the Community newspaper Group on the practice of Mindfulness meditation, written by the Centre's Research Director Dr. Melissa Ree, embodying another key principle of mental health week;

THE MARIAN CENTRE



Growth through choice and understanding

- Raising the awareness of the whole community about the causes and effects of health and illness.



Music by La Cavatina

The many stories shared during this week is evidence of issues broadly experienced in our community and has strengthened the Centre's commitment to the great value of raising community awareness and working toward the breakdown of the stigma associated with Mental illness.

The Marian Centre would like to thank everyone that attended the events and is looking forward to hosting similar events in the future.



Distinguished guests,
Father Walsh, Sister
Bernadette and Sister