

In 2017, suicide was the leading cause of death in Australia among people aged between 15–44 years, and the second leading cause of death among those 45–54 years of age.

**It's time to start talking about it.**



# Let's talk

mental health and suicide in our  
community

Rotary Club of Sydney in partnership with Wesley LifeForce invite you to join Keith V Garner AM, Wally Lewis AM, Dr Andrew Rochford, Christine Morgan and others for a day discussing the causes of suicide and examining what can be done to support those at risk.

## Let's talk about

- Personal stories from people who have battled depression and faced suicide.
- Practical suggestions for building resilience in your family and workplace.
- Your thoughts and ideas on mental health, suicide and your community.

**When:** Saturday 23 February 2019, 9.30am–4.00pm

**Where:** Wesley Conference Centre, 220 Pitt Street, Sydney

**Cost:** \$50 (includes morning tea, lunch and afternoon tea)  
\$40 for students

**Register now:**  
[trybooking.com/BAFKG](http://trybooking.com/BAFKG)



Keith V Garner AM



Wally Lewis AM



Dr Andrew Rochford

In partnership with



Wesley LifeForce

## Program

9.30am	Morning tea	
10.00am	<p><b>Welcome to <i>Let's talk</i></b></p> <p>As one of Australia's most famous medical health experts, and our MC today, Dr Andrew Rochford will guide us through the day and share his thoughts and experiences along the way.</p> <p><b>Welcome to Country</b></p>	<p><b>Dr Andrew Rochford</b> MC</p> <p><b>Yvonne Weldon</b> Metropolitan Local Aboriginal Land Council</p>
10.20am	<p><b>Let's talk: <i>Valuing mental wellbeing and resilience in our community</i></b></p> <p>As President of the Rotary Club of Sydney, Keith Garner will outline the value of talking openly about mental health and suicide in our community, and how by doing this we start to remove the stigma attached to it, allowing us to work more closely as a community to shift views and build resilience.</p>	<p><b>Keith V Garner AM</b> President of the Rotary Club of Sydney</p>
10.40am	<p><b>Let's talk: <i>Mental health and suicide across Australia today</i></b></p> <p>Christine Morgan, as incoming CEO of National Mental Health Commission, will discuss the current state of mental health and suicide in Australia, the support offered to the community and the thinking for the future. Followed by a Q &amp; A session.</p>	<p><b>Christine Morgan</b> CEO Butterfly Foundation and National Director NEDC</p>
11.20am	<p><b>Let's listen: <i>Living with depression and the road to recovery</i></b></p> <p>Wally Lewis, legendary rugby league player and TV commentator has battled with epilepsy from a young age along with dark days of depression. He will share his story and his hard-fought journey to recovery. Followed by a Q &amp; A session.</p>	<p><b>Wally Lewis AM</b></p>
12.00pm	Lunch and visit exhibitor stalls	
12.50pm	<b>Welcome back</b>	<b>MC</b>
12.55pm	<p><b>Let's learn: <i>Building resilience in the community and workplace</i></b></p> <p>Graeme Cowan will discuss the impact of untreated mental health in the community and workplace, and what strategies can be implemented to benefit individuals and organisations. Followed by a Q &amp; A session.</p>	<b>Graeme Cowan</b>
1.25pm	<p><b>Let's talk: <i>Strategy in action</i></b></p> <p>Kirhi Euloo Wiree from the Redfern LifeForce Suicide Prevention Network will share with us the need for a support network in Redfern, the challenges they faced when engaging with the community and the value the network hopes to bring to the community in the future.</p>	<p><b>Kirhi Euloo Wiree</b> Redfern LifeForce Suicide Prevention Network</p>
1.45pm	<p><b>Let's share: <i>Our thoughts on mental health, resilience and community</i></b></p> <p>Dr Andrew Rochford will lead this interactive session giving you the opportunity to share your thoughts and ideas with our panel of keynote speakers.</p>	<b>Dr Andrew Rochford</b>
2.45pm	Afternoon tea	
3.05pm	<p><b>Let's take action: <i>Help make a change and building resilience</i></b></p> <p>Drawing from the many thoughts and ideas shared during the panel session, let's look at how we as individuals, businesses and a community can have a voice, take action and lead the way to change perceptions of mental health and suicide in our community.</p>	
3.35pm	<p><b>Let's keep talking</b></p> <p>Closing remarks by the President of the Rotary Club of Sydney.</p>	<b>Keith V Garner AM</b>
4.00pm	Convention close	