

# **LET'S BREAK THE SILENCE**

## **Wednesday 5<sup>th</sup> October 2011**

One in five (20%) Australian adults experience **mental illness** in any year  
**AND... FIVE in FIVE can help!**

### **Keynote Speaker: Professor Pat McGorry**

Australian of the Year 2010; leading international research,  
clinician and advocate for the youth mental health reform agenda;  
Executive Director of Orygen Health

## **Sunbury Memorial Hall**

### **Barkly St, Sunbury**

### **7.00 - 9.00pm**

*This is a free event!*

**Local Services    Local solutions**

**Examples of work developed by local young people  
as part of the Sunbury Secondary College "Opening  
the doors" project**



In November 2010, over 60 people contributed to signing and recognizing friends, family and community members who are managing with a mental health issue. This year these silhouettes will be displayed throughout the hall. Blank silhouettes will be available for messages and thoughts.

**NATIONAL MENTAL HEALTH WEEK**  
**9<sup>th</sup> – 15<sup>th</sup> OCTOBER 2011**

This event is supported by:

**HEALTH. WESTERN  
WELLBEING. REGION  
EVERYONE. HEALTH  
CENTRE**



and the *Sunbury Healthy Minds Network*