

Friday, 10 October 2014

MEDIA RELEASE



The Voice contestant to headline mental health awareness event

One of the stars of this year's series of "The Voice", teenage sensation Lij Gilmour, will be the headline act at a mental health awareness day in West Wyalong next week.

Hundreds of local school students and community members will gather in Barnado Park on Friday, October 24 to catch Lij's power packed performance and help raise awareness about mental health and how it affects so many people in the Bland Shire community.

The day will also feature short and interactive workshops from Headspace, John Harper from Mate Helping Mate, the Red Cross Save a Mate program and the Temora Mental Health, Drug and Alcohol (MHDA) team as well as a chalk mural activity which will challenge and inspire creativity.

Workshops will run from 10am until Lij takes centre stage at 11.15am for an hour long set. Bland Shire Council was able to secure The Voice star to perform at the event thanks to a generous grant from Barrick Gold through its Cowal Partnering Program.

After the lunch the focus shifts to the High School MPU where the Black Dog Institute will deliver an hour long presentation from 1pm. Community members are invited and encouraged to observe and participate in any of the activities throughout the day.

Black Dog will also deliver a special community presentation at the Bland Shire Council Chambers at 6pm titled "Navigating Teenage Depression". The session targets parents and carers and examines issues such as "what is depression and bipolar disorder", "how to spot early warning signs in young people" and "how to support a young person you care about".

The session will run for an hour with supper provided. People are encouraged to book their attendance by phoning Bland Shire Council on 6972 2266.

Bland Shire Council Director of Corporate, Community and Development Services, Adele Casey, said Council is proud to be able to deliver such a significant event to the local community.

"Council recognises the importance of mental health awareness and wanted to be proactive in spreading an important message to our community," Mrs Casey said.

"It is imperative that people are aware of and understand mental health issues, how to ask for help, where to get help and how to recognise when a friend, family member or colleague may need help.

"It is important that as a community we all start talking about mental health more often."

The Mental Health Awareness is supported by a number of organisations, led by Council and Barrick Gold and also including the Mental Health Association of NSW,

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Temora MHDA, Headspace, Riverina Blue Bell, Partners in Recovery and the Black Dog Institute.

Further information is available by contacting Council's Community Development Officer, Rebecca McDonnell on 6972 2266. The latest news and information about Lij Gilmour is available at www.lijgilmour.com

For more information contact
Community Relations Officer

Craig Sutton

Phone - 02 69722 266 or Email – council@blandshire.nsw.gov.au

