

Monday 20 May 2013

DISPELLING THE MYTHS – THE TRUTH ABOUT SCHIZOPHRENIA

Strengthening community awareness about the complexities of mental illness and reducing its associated stigma are the aims of a free mental health forum to be held at Bondi Junction early next month.

Hosted by South Eastern Sydney Local Health District (SESLHD), the community event will focus on understanding schizophrenia and dispelling the myths.

Toni Garretty, Clinical Coordinator with the Family and Carer Mental Health Program, SESLHD said those who have schizophrenia can experience severe disturbances in their thinking, emotion and behaviour.

“This forum will look at the impact of this mental health issue and offer information on symptoms, effective treatments, protective and possible risk factors.

“It will also provide links to community organisations and services that offer support to compliment clinical care and enhance recovery,” she said.

The event will feature a presentation from a psychiatrist, and a person living with schizophrenia and a carer will also deliver their personal stories.

Local community support agencies will be present on the night to provide additional information.

Approximately 0.4 per-cent of the population has been diagnosed with schizophrenia, with three quarters of those experiencing their first episode between the ages of 15 and 30.¹

The free event will be held at the East Leagues Club, Bondi Junction, Wednesday 5 June. Registration at 6pm. Light supper will be provided.

Those interested in attending should register with Julie Ward on 9382 2038 by Friday 31 May.

The forum is part of SESLHD’s commitment to educating the wider community.

¹ MH First Aid second edition manual, Betty Kitchener, Anthony Jorm and Claire Kelly.