

AGEING WITH CONFIDENCE: MAINTAINING MENTAL HEALTH & SAFETY

Dr Greg Levenston OAM
Opening Address

An initiative of the Eastern Suburbs Older Persons Mental Health Service,
SESLHD
22 October 2025



Older Person Mental Health Forum

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Acknowledgement of Country



SESLHD acknowledges Aboriginal and Torres Strait Islander peoples of the Dharawal, Gadigal, Wangal, Gweagal and Bidjigal peoples as the Traditional Custodians of the lands we operate on. We pay our respects to Ancestors and Elders, past and present.

SESLHD is committed to honouring Aboriginal and Torres Strait Islander people's unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

South Eastern Local Health District Board

The SESLHD Board consists of 9 members:



A/Board Chair – Dr
Gregory Levenston
OAM



Elli Baker



Liam Harte



Helene Orr



Professor Allan
Spigelman



Dr Jan Dudley



Arthur Diakos



Dr John Estell



Anna Gullian

“Safe and Sound with Ageing”



Older Person Mental Health Forum Agenda and SESLHD Services

SESLHD Offers a range of Mental Health Services including:

- Specialist mental health care for people 65+ (and 50+ for Aboriginal people).
- Multidisciplinary teams providing support across community, aged care, and hospital settings.
- Services include psychiatric care, counselling, psychosocial and preventive programs.
- Delivered face-to-face, virtually, in groups, and in partnership with GPs and community services.
- State Mental Health Access Line 1800 011 511 available 24/7

Remember today to:

- Ensure you visit the Equity and Prevention Service Stall
- Enjoy presentation from key speakers:
 - Robyn Williams
 - Elisabeth Shaw and Fiona Tait
 - Dung Nguyen
 - Professor Henry Brodaty
 - Dr Debra Graves