



Sunbury Wellness Group spokesperson Lisa Stein will chat with attendees at the event. (Marco De Luca)

Help for mental health

The Sunbury community will come together on October 10, to support mental health.

Sunbury Community Health is putting on a free event to mark National Mental Health Week (October 8-14), featuring food, conversations, tea, activities and speakers.

SCH community partnership and engagement officer Amanda Perry said the organisation hoped to see a range of people taking the time to connect with others and learn about mental health.

"There seems to be a growing need in the community to understand and support people experiencing mental health concerns," she said.

Ms Perry said she particularly hoped to see carers joining in at the event.

"We know that carers have some of the

poorest mental health outcomes in the country."

The event will seek to engage with all areas of the community. Hume Mens Shed will host a barbecue and the cohealth youth bus will chat to secondary school students. There will also be an inclusive performance from theatre company BoilOver.

The mental health week event will take place on Tuesday, October 10, from 10.30am-2pm at Memorial Hall and Village Green on the corner of O'Shanassy and Brook streets, Sunbury.

Anyone interested in hosting a stall can call 9971 6200.

Details: Amanda, 9744 9593 or amandap@sunburychc.org.au

Serena Seyfort