



SOUTHERN HIGHLANDS MENTAL HEALTH COMMUNITY FORUM

Facilitated by Mental Health Organisation batyr

An information night on the Mental Health and Wellbeing of Young People.

- Hear a story from a young person sharing their lived experience overcoming mental ill health
- Learn how you can provide support to young people & what to look out for
- See what local services & resources are available to young people & carers
- Hear from guest speaker Dr Tim Sharp one of Australia's leading psychologists and parent himself, sharing his knowledge & experience in helping young people
- Concluding with a Q&A session of local professionals & experts



Featuring Guest Speaker

Dr Tim Sharp, Chief Happiness Officer
The Happiness Institute

**FREE EVENT, ALL WELCOME
THURSDAY 24TH AUGUST 2017
7PM - 8:30PM
MITTAGONG RSL**

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