

25 October 2012

Mental health online forum.

THIS Thursday The Land will host an online forum with a panel of mental health professionals available to answer questions or address comments.

It's designed to build on the 56-page Glove Box Guide to Mental Health initiated by The Land and the Rural Adversity Mental Health Program (RAMHP) and free inside the October 18 issue of The Land.

The Land's editor Sally White said the joint initiative was designed to build awareness around mental health issues and provide readers with information about where to seek assistance and how they can help their family and friends.

"We hope this initiative helps start more conversations in the bush around mental health - and we want to keep those conversations going with this online forum," she said.

"The experts on our panel can answer your questions about what services are available and how to initiate what may seem like difficult conversations with those close to you about problems you or they may be having.

"It will also be an opportunity to share information about initiatives underway in your local community that are helping raise awareness about mental health and ensure people stay connected."

The expert panel, pulled together by RAMHP, will include a psychiatrist and clinical psychologist, mental health educators and other NSW Health mental health professionals as well as a rural GP. More details about the panel will follow next week.

The forum will run from 12.30pm to 1.30pm (Eastern Daylight Time).

Join us on Thursday November 1 to participate, or you can send questions and comments by email to editor.theland@ruralpress.com, editor.farmonline@ruralpress.com or by posting in the comments field below.



<http://www.theland.com.au/>